

**Constraints on Leisure Activities Participation  
Among Chinese Immigrants In Canada**

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## ABSTRACT

Constraints on Leisure Activity Participation among Chinese Immigrants in Canada

By Feihuang (Faith) Xiong

Chair of Advisory Committee: Dr. Bob Payne

**Key words:** acculturation, leisure constraints, immigrants, reducing participation, starting leisure participation, desiring leisure participation

Although leisure constraint studies and issues of leisure behaviour among racial minorities have been well documented over the past twenty years, very little systematic effort has been devoted to explore immigrants' perceptions of constraints on leisure. This study attempts to fill this gap by focusing on the largest immigrant group in Canada, Chinese immigrants, to examine the constraints associated with three types of leisure participation decisions, including constraints that caused people to reduce or cease leisure participation, constraints that intervened in people's desire to take part in new leisure activities, and constraints that hindered people from starting new leisure activities they desired to do.

Questionnaires were completed by 133 Chinese immigrants from Toronto and Thunder bay, Ontario, Canada. Results reveal that for the past two years, 29 percent of respondents were quitters who had reduced at least one of their leisure participation and had not started participating in any new leisure activities, 20 percent were replacers who replaced leisure activities they had quitted with new ones, another 20 percent were adders who had not quit any of their old leisure activities but had added at least one new leisure activity, and 30 percent were continuers who neither had stopped nor had started

participating any leisure activities. And outdoor recreational activities were the most often started activities, exercise-orientated activities were both the most often ceased and desired to take up activities. As well, typical Chinese activities were also the most often ceased leisure activities.

Four dimensions of leisure constraints (social-cultural constraints, personal constraints, access constraints, and time constraint) emerged from a factor analysis. The two most important constraint dimensions for Chinese immigrants were time constraint and access constraints. The intensity of personal constraints differed depending on the types of constrained leisure. Comparably, for those who desired to start new leisure activities, personal constraints were not important at all. However personal constraints still had impacts for those who did not desire to take up new leisure activities.

Results also indicate that, for those who have reduced/ ceased leisure activity participation, there were no significant differences between highly acculturated respondents' and lowly acculturated respondents' perceptions of leisure constraints. However, for both the decision of not desiring new leisure activities and the decision of desired to start new leisure activities, the higher the acculturation level respondents hold the lower the level of importance for the social-cultural constraints. Moreover, among various socio-demographic variables, education, financial status, age, length of residence and gender somewhat differentiated immigrants' perception of leisure constraints according to different leisure participation decisions.

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My last thesis words... It's finally been done.

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## CHAPTER ONE

### INTRODUCTION

#### *1.1 Background of the Study*

Immigration is a social phenomenon that affects most of nations around the world, especially in Canada. As a national policy, Canada's immigration policy plays important roles that benefit to both the country and the individuals who immigrated to Canada. In Canada, immigration has been traditionally an important source of population growth. According to Statistics Canada (2006), of the total growth in the Canadian population between 2004 and 2005, fully 78 percent was due to immigration, four times of the growth due to natural population increases. As well, immigrants in particular play a very important role in maintaining economic prosperity of host countries and offer invaluable contributions to their cultural and political spheres of life (Stodolska, 2002). On the other hand, immigrants gain more opportunities than in their birth countries. However, the motivations for immigration vary according to different individuals. Longitudinal Survey of Immigrants to Canada (LSIC) of 2001 (Statistics Canada, 2003) showed that many people immigrated to Canada for economic reasons; some came to Canada to reunite with their family; others chose to leave their homeland for political or other personal reasons. No matter the reasons for people to immigrate to Canada, most immigrants have the same plan in mind: they would make Canada their new home. The vast majority (91%) of these new arrivals expressed their intention to settle here permanently and become Canadian citizens (Statistics Canada, 2003).

Among the varieties of immigrant groups, Chinese immigrants account an important component. In the 1990s, as China stepped up its efforts towards its

acceptance into the WTO and embraced globalization, the Chinese government eliminated most of the remaining restrictions on the exit of its citizens (Wang & Lo, 2004). As a result, a steady flow of Mainland Chinese, mainly professionals and skilled workers, has been arriving in Canada. Overall, Chinese immigrants account for 20 percent of Canada's total immigration in-take (Wang & Lo, 2004). Calculated at the current rate, and if Canada's immigration quota is to be raised to 1 percent of the Canadian population as has been set by the federal government as a long-term goal, annual arrivals of Chinese immigrants could reach 60,000, mostly from Mainland China, in the near future (Wang & Lo, 2004).

Large number of immigrants and their next generations makes the segment of Canadian population grow fast and diversified. It becomes necessary and important to conduct research on all aspects of immigrants including their family lives, career development, economic performance and health care. Meanwhile, the increasing ethnic diversity of Canada presents challenges and opportunities in every sphere of public policy. Existing research on immigrant has focused much on immigrants' economic performance, while leisure lifestyle of immigrants is scarcely addressed. However, it is without question that leisure play critical roles in immigrants' post arrival life.

During the adaptation period, immigrants need to get to familiar with the new circumstance and cultural society which maybe quite different to those of their birth country. Through participating recreation activities, immigrants ease the hardship of the initial adaptation period, establish new social networks, and maintain old social networks in the host countries. What's more, leisure activities are the ways help them retain a connection with their traditional way of life and maintain a healthy emotional

balance during the difficult period (Juniu, 2000).

Although immigrants being studied as subjects are not universal, research on leisure of racial and ethnic minorities has gained significant popularity during the last two decades. The most prominent is that three theories emerged to explain ethnic groups' leisure activities participation which are the Marginality Theory (Washburne, 1978), the Ethnicity Theory (Washburne, 1978) and Acculturation and Assimilation theory (Carr & Williams, 1993; Yinger, 1981). These theories respectively express the characteristics of ethnic groups' leisure participation from different aspects. However, they all exposed that ethnic groups encounter more barriers to take part in leisure activities in contrast with mainstream groups.

Understanding immigrants' leisure participation changes and constraints to leisure definitely will help Canadian governmental agencies and leisure practitioners to design or adjust their policies. Dating back into 1973, Malpass (1973) suggested there was a reason to believe that ethnic groups, perhaps recent immigrants, do not have effective access to municipal services. Upon arrival in Canada the immigrant is confronted with an array of leisure activities with which he/she may be totally unfamiliar.

The existing literature done on immigrants in North American showed that there were a set of immigrant-specific constraints which hindered immigrants to be acculturated into Canadian society. Rublee and Shaw (1991) found that these leisure constraints include inadequate language skills, lack of overall orientation in Canadian everyday life, severe post arrival social isolation, cultural differences, lack of social interactions and difficulties in obtaining access to affordable and culturally sensitive

childcare. Similar findings also showed in Stodolska (2002)'s study on Polish immigrants in Canada. It was found that except the leisure constraints that were common to mainstream populations such as lack of time and financial difficulties, there also existed certain reasons for immigrants ceasing participation in leisure activities because of different social environment between original and destination countries, differences such as climate and popular activity.

In addition, in terms of the constraints studies, it appears that the array and intensity of constraints differ depending on the types of constrained leisure such as the inability to maintain participation at or increase it to desired levels, ceasing participation in former activities, and the nonuse of public leisure services (Jackson & Scott, 1999). As the process of understanding the constrained leisure is still ongoing, researchers kept on questioning whether the same constraint item operates in the same ways at each stage of the decision-making process. Having recognized these problems, Jackson (1988) recommended "investigating more than one aspect of constrained leisure within the context of the same study and then comparing the nature and relative importance of the constraints that are associated with each" (cited in Jackson & Dunn, p.169, 1991).

Consequently, this study is to address the leisure lifestyles of Chinese immigrants who are the largest immigrant group in Canada, by focusing on their changes of leisure activity participation and leisure constraints associated with three types of leisure participation decisions. In order to wholly explore this issue, an exploratory study is conducted. Two groups of Chinese immigrants are selected from Toronto, Ontario, Canada and Thunder Bay Ontario, Canada.

### *1.2 Need of Study*

In terms of the need of this study, it embodies in the following aspects:

1. Chinese immigrants are increasing in Canada. Between 1980 and 2000, nearly 800,000 Chinese immigrants landed in Canada (Citizenship and Immigration Canada, 2001). As a universal phenomenon, more and more Chinese citizen would choose to immigrate to Canada for a better quality of life and stable and peaceful living circumstance. However, literature focusing on Chinese immigrants' leisure behaviour in Canada is nearly blank. It is very necessary for both academicians and practitioners to pay attention to this research field. One of the reasons is that research on the determinants of adaptation among immigrants as well as on factors that affect their quality of life has much to offer both in terms of policy implications and contributions to the understanding of the complex adjustment process that immigrants undergo.
2. Leisure activity participation is very crucial for immigrants at the beginning of the adaptation period. Researchers should not only explore immigrants' leisure behaviour but also need to examine what kinds of factors inhibit immigrants to leisure participation. Understanding the leisure constrains on immigrants is full of applicable meanings.
3. Since 1980, leisure constraint study has become one of the important components of leisure studies and been crucial for a fuller appreciation of leisure behaviors. However, there is not much research focusing on immigrant population. Researcher hopes that the study could be one of

the initial studies on Chinese immigrants' leisure constraints in Canada which would activate more research interests in this area.

### *1.3 Definition of terms*

Operational definitions of variables used in this study are as follows:

1. Immigrant: defined as people who are or who have ever been landed immigrants no matter whether they are currently Canadian citizens (Census Canada, 2004). Landed immigrants are people who have been permitted by immigration authorities to live in Canada permanently; some may have lived in Canada for a number of years, while others may arrive recently. The second or later generations of Chinese immigrants who are born in Canada are not included in immigrant population.
2. Leisure activity: any activities undertaken during free time or non-work hours of the day, such as socializing, sports, entertainment, recreational activities and hobbies, etc (Tsai & Coleman, 1999).
3. Leisure constraint: factors that are assumed by researchers and perceived or experienced by individuals to limit the formation of leisure preferences and to inhibit or prohibit participation and enjoyment in leisure (Jackson, 1991).

## CHAPTER TWO

### LITERATURE REVIEW

The related literature review in the study consists of three parts. The first section addresses a broad retrospective glance at leisure research on ethnicity and minorities in the last forty years. The second section concerns with the studies on exploring the nature of leisure constraints. The third sections deals with constraint studies on immigrants.

#### *2.1 Leisure of Ethnicity and Leisure Participation*

During the past decade, a significant number of studies focused on the leisure behaviour of minority populations. Most of the research used the marginality/ethnicity framework. With the increase of immigrants in North America, those existing theoretic frameworks failed to examine the cultural affects on immigrants' leisure behavior. Besides, more and more researchers began to question the limitations of these theoretical approaches. Under such circumstances, some leisure researchers looked beyond the traditional framework of ethnicity and leisure studies, and explored the phenomena from the angle of ethnic cultural adaptation and change, i.e., the acculturation process. This section reviews the development of leisure research in ethnicity.

#### *2.11 Marginality*

The marginality perspective suggests that socio-economic factors play an important role in people's leisure behaviours (Washburne, 1978). Gramann and Allison (1999) explained that "under-participation in some activities by minority populations is explained as [a] function of their marginal position in society (e.g., discrimination, inadequate transportation, underdeveloped programs, and lack of facilities) that reduces the opportunity to take part in desired forms of recreation" (p. 290).

Traced back to Washburne's (1978) thesis, it was found that the leisure differences between the white and black Americans as well as other ethnic groups are due to unequal access and inequitable distribution of recreational facilities. Therefore, according to this theory, the inequity in resource allocation could be an important structural barrier for those ethnic groups.

As a consequence, physical distance and transportation problems become obvious constraints for ethnic groups to access leisure resources. For instance, West (1989) explored the leisure patterns of black and white participants in Detroit city parks and surrounding regional parks. He confirmed that transportation problems were a significant barrier for blacks to use the regional park. Similarly, Gobster (2002) through his study of the recreation patterns of minority users of Chicago's Lincoln Park found that the distance to the park restricted Latino and Asian leisure participants use of it, especially for large, family-oriented groups of minorities.

However, differences in participation reflect not only the inequitable treatment in resource allocation and opportunity, but also differences in socio-economic status. For example, Cunningham, Leivadi, and Apostolopoulos (1994) analyzed participation patterns in sport and fitness activities among white, black, and Hispanic employees. They indicated that due to the payment of the activities and the personal reasons, Hispanics and blacks were less likely to engage in sports such as golf, skiing, and swimming. Hence, in general, the lower status in income and wealth among many ethnic groups caused them only to undertake those leisure activities that they could afford in money, time, and transportation costs.

Likewise, some research achieved similar results from a social class and class

awareness perspective. Floyd, McGuire, Noe and Shinen (1994) expected that those occupying the same social class would share similar lifestyle choices and leisure preferences. Their findings illustrated that blacks and whites who defined themselves as middle-class have similar leisure preferences. Furthermore, their research indicated similarities across race when controlling for subjective social class.

### *2.12 Ethnicity*

Some other previous studies suggest that ethnicity may be responsible for determining constraints on leisure faced by minorities (Gramann & Allison, 1999; Stodolska & Yi, 2005).

Ethnicity theory does not focus on resource constraints. It provides a cultural explanation for inter-group differences, and involves a complex interplay of social values, social organization, and normative elements passed from one generation to the next through the socialization processes of the family, local schools and the community. The ethnicity thesis assumes that ethnic groups preserve a distinct sub-cultural identity and integrity, while at the same time maintaining contact and interaction with the mainstream (Gramann & Allison, 1999).

There are two implications of the ethnicity theory. First, it implies that ethnic minorities have different leisure patterns and preferences (e.g. Stamps and Stamps, 1985; Hutchison, 1987; Irwin, Gartner & Phelps, 1990). For instance, Hutchison (1987) did field observations of white, black, and Hispanic groups in thirteen neighborhoods and regional parks in Chicago. Significant differences were found not only in the types of activity, but also in the age, sex, size and social composition of activity groups. These results suggested that meaningful social and cultural differences between ethnic and

racial sub-groups produce distinctive patterns of recreation behaviour. Blacks and whites participated in activities oriented toward smaller groups, while Hispanic participated with in family and family/extended groups. Hispanics made more use of the neighbourhood facilities and they followed cultural traditions concerning sex and age segregation. Similar findings were also shown on Irwin et al. (1990)'s study on Mexican-Americans and Anglo-Americans.

Irwin et al. (1990) examined the influence of cultural differences on the group's recreation styles. The researchers were interested in whether Mexican-Americans form a subculture in American society and if recreation facilities provided opportunities to strengthen their cultural values. Significant differences were found between the two groups. Mexican-Americans camped in larger groups than Anglos, and placed higher priority on tangible campground design features such as toilets and fire rings. Anglo campers preferred quiet surroundings and privacy, whereas Mexican-Americans did not care if other people were around. It was suggested that differences between the groups were related more to cultural differences rather than socio-economic or social class variations.

Research also showed that leisure activities have different meanings to ethnic groups. Qualitative work by Allison and Geiger (1993) showed that even though two ethnic groups may participate in the same activities, the cultural meaning of their participation may differ. For example, although both Chinese immigrants and White Americans may garden, the former group may do as a way to raise food for traditional Chinese meals, thus maintaining a tie to their native heritage. However, the white Americans much more treat garden as a leisure activity. Chinese immigrants appeared

to maintain Chinese cultural activities throughout their life in United States (Allison and Geiger, 1993)

Recently, Deng (2003) conducted a comparison study between Chinese immigrants in Canada and Anglo-Canadians on their attitudes towards national parks, the environment and leisure. The results suggested that ethnicity plays an important role in terms of the different attitudes held by Chinese immigrants and Anglo-Canadians. In the case of leisure attitudes, the attitudes held by the Chinese toward leisure are generally negative in comparisons with those held by Anglo-Canadians. He suggested that it could be because the fact that “the Chinese suffering from the pressures of survival are more eager to have leisure pursuits once the opportunity arises” (p. 387).

### *2.13 Acculturation*

Although both the marginality and ethnicity frameworks did contribute to the understanding of the meaning of leisure for ethnic groups, they did not explicitly deal with the issue. Many obvious constraint factors can not be tackled (Floyd, 1998). He further argued that researchers should get beyond marginality and ethnicity to explore ethnicity in leisure research. Acculturation is a recent new explanation that may help explain ethnic and racial differences and constraints in leisure patterns.

The individual’s level of acculturation has been looked as key influence on the intensity and types of leisure constraints. From the empirical studies, it shows the a few factors that are used to measure levels of acculturation play important roles in leisure participation (Deng, 2003). These factors include language proficiency, distinct religious beliefs, networking with the mainstream society, leisure partners from the mainstream society, length of residence in host country and so on (Marin & Marin, 1990, Tsai, Ying

& Lee, 2000, Suinn, Rickard-Figueroa, Lew & Vigil, 1987).

Floyd and Gramann (1993) examined the effects of acculturation on outdoor recreation patterns. It was hypothesized that the greater the level of acculturation, the more similar Mexican-Americans would be to Anglo-Americans in outdoor pursuits. Results showed that the recreation behaviour of highly acculturated Mexican-Americans was more similar to Anglo-Americans than those less-acculturated Mexican-Americans. Acculturation had its effects on site visitation, and was reflected in activity participation patterns. Moreover, the level of acculturation effects perceived leisure constraints. Thus the hypothesis of “the higher level of acculturation ethnic group experience, the fewer leisure constraints they encounter” is proposed. Stodolska (1998) focused on Polish immigrants in Canada and explored the relationship between leisure constraints and acculturation. She found that immigrants experience constraints not commonly found in the general population and substantiated that the perceived importance of certain constraints among immigrants diminishes with increasing acculturation level.

Similar findings are also shown in research on Chinese teenage immigrants in the U.S. Yu and Berryman (1996) analyzed the interactions among constraints on leisure, self-esteem, and acculturation among teenage immigrants from China to New York in a quantitative study. Their findings indicated that the lifestyle and leisure participation patterns of adolescent Chinese immigrants closely mirrored those of their ethnic community. Findings of the study also showed that along with increasing acculturation levels, Chinese adolescents participated more extensively in sports and affiliated more often with recreational clubs.

## *2.2 Nature of Leisure Constraints*

Constraints research has become one of the major themes in leisure studies over the last two decades (Jackson & Scott, 1999). One of the main goals of leisure research is to understand people's behaviours in the leisure domain of their lives. Therefore, it becomes important to ask about the reasons that constrained people in their leisure. Apparently, research on leisure constraints enhances people's understanding about participation, motivations, and satisfaction of leisure (Jackson, 1991).

A broad glance at the last forty years of research on leisure constraints suggests the existence of a number of eras, each one characterized by certain issues, concepts and theoretical frameworks, methodologies, and disciplinary perspectives (Jackson & Scott, 1999). In terms of the purpose of this study, these eras can be described as: (1) early studies of constraints; (2) the development and redefining of the concept of constraints; and (3) the issue of the heterogeneity of constrained leisure (Jackson & Scott, 1999).

### *2.21 Early Studies of Constraints*

While explicit research on leisure constraints dates from the 1980's, interest in understanding the causes of people's participation in leisure activities began much earlier. Goodale and Witt (1989) stated that "... the origins of recreation service provision are founded in attempts to overcome the deleterious conditions which precluded or limited recreation participation for one group or another" (p. 421). Further, they mentioned "... concern about barriers, nonparticipation in recreation activities, and lack of leisure opportunities has always been an important progenitor of park, recreation, and leisure services" (p. 422). It was assumed that the barrier of 'lack of opportunity' is a reason for non-participation. Therefore, the provision of services was based on the

principle of satisfying demand or the wish to convert latent demand into manifest or expressed demand by providing such services (Jackson & Scott, 1999).

Early concerns about barriers were practical rather than academic. Included in the voluminous reports from the (U.S.) Outdoor Recreation Resources Review Commission (ORRRC) was the issue of barriers to participation. The question was simply, why people do not participate in outdoor activities at their desired levels (Ferris, 1962; Mueller, Gurin, & Wood, 1962).

### *2.22 Development and Redefining the Concept of Constraints*

*Concept of Constraints.* Between the end of the 1970's and the early of 1980's, the research attention on leisure constraints shifted away from focusing on questions about the specific barriers (e.g. How does a lack of facilities affect participation?), toward the more general questions of, What constraints account for nonparticipation (Jackson & Scott, 1999). As a result, a dramatic growth of research emerged. For instance, Romsa and Hoffman (1980) defined four sets of reasons for non-participation: lack of interest, time, facilities and funds. In addition, Boothby, Tungatt, and Townsend (1981) categorized six main groups of resources for ceasing participation in sports activities; they were loss of interest, lack of facilities, physical disabilities or inadequate fitness, leaving a youth organization, moving away from the area, and no time to spare.

Based on the development of research on leisure participation, some researchers began to question the concept of barriers to recreation participation. An advance of the terminology started with replacing "barriers to recreation participation" with "leisure constraints". The term "barriers" was usually recognized as any factor that affected leisure participation in somewhat negative way such as limiting participation, reducing

the frequency or intensity of participation, and reducing the quality of the experience or satisfaction gained from the activity (Goodale and Witt, 1989; Jackson, 1988).

“Constraints”, however, was more encompassing by including barriers before a preference was made (Crawford & Godbey, 1987). It is inclusive and extends into “internal” psychological areas, such as formation of preferences and satisfactions (Nadirova, 2002). “Barriers”, on the other hand, were more likely to focus on one particular constraint that intervenes between preference and participation (Crawford & Godbey, 1987). Later, Jackson (1991) proposed that the word “recreation” should be replaced by “leisure” which helps to broaden the focus of investigation further.

The definition of leisure constraint has passed through a series of developments. Leisure constraints were originally conceptualized as a mechanism for better understanding barriers to activity participation (Samdahl & Jekubovich, 1997). At the beginning, a constraint to leisure was defined as any factor which precludes or limits an individual’s frequency, intensity, duration or quality of participation in recreation activities (Ellis & Rademacher, 1987). Furthermore, in 1988, Jackson proposed that “constraints per se are best viewed as a subset of reasons for not engaging in particular behavior”. Jackson later updated the definition to “... factors that are assumed by researchers and perceived or experienced by individuals to limit the formation of leisure preferences and to inhibit or prohibit participation and enjoyment in leisure” (Jackson, 1991). A few years later, Shaw (1999) agreed that constraint is a factor that may prevent, reduce or modify participation, or may adversely affect the quality of enjoyment of leisure activities.

Challenges to the assumption that leisure constraints restrict leisure participation

have taken into account the ways in which people negotiate constraints but constraints in these accounts nevertheless have been understood as wholly negative or restricting (Shogan, 2002). Overall, researchers have had a tendency to define constraints in a boarder and more accurate way which analyzes all the potential aspects of constraint. In this study, Jackson's (1991) definition was applied to explore leisure activities participation constraints in Chinese immigrants that constraints are factors that are assumed by researchers and perceived or experienced by individuals to limit the formation of leisure preferences and to inhibit or prohibit participation and enjoyment in leisure.

*Classification of constraints and models.* One of the serious impediments to the development of knowledge in leisure constraints was the variation in the number and types of items that have been included in previous studies (Jun, 2003). In order to better conceptualize the understanding of constraints to leisure, several researchers have begun to develop comprehensive scales consisting of numerous items rather than just a few.

According to Jackson and Scott (1999), the classification of constraints has been tackled in a number of ways, ranging from subjective groupings utilized purely for the purpose of discussing the results of item-by-item analysis, through conceptual methods of classification, to rigorous computer-based quantitative methods, such as factor analysis, cluster analysis, and multidimensional scaling. Although the methods applied to explore leisure constraints have differed, several common dimensions have emerged (Vries & Bruin, 1996; Yu & Berryman, 1996; Hawkins, Peng, Eklund, & Hsieh, 1999). These include time commitments, costs, facilities and opportunities, skills and abilities, and transportation and access. The commonality in results suggests that there is a stable

and meaningful core of leisure constraints regardless of the specific circumstances of a particular study or the nature the sample (Jackson & Scott, 1999).

In addition, Jackson, et al. (1991) summarized the different ways to classify leisure constraints: 1) constraints were classified according to **the level of activity participation**. There are three categories: constraints on starting new leisure activities; and constraints causing people to reduce or to discontinue the activities in which they participated; and, 2) constraints classifications were based on **internal-external dichotomy** such as motivational versus physical constraints; absolute versus relative constraints; blocking versus inhibiting barriers; and temporary versus permanent constraints.

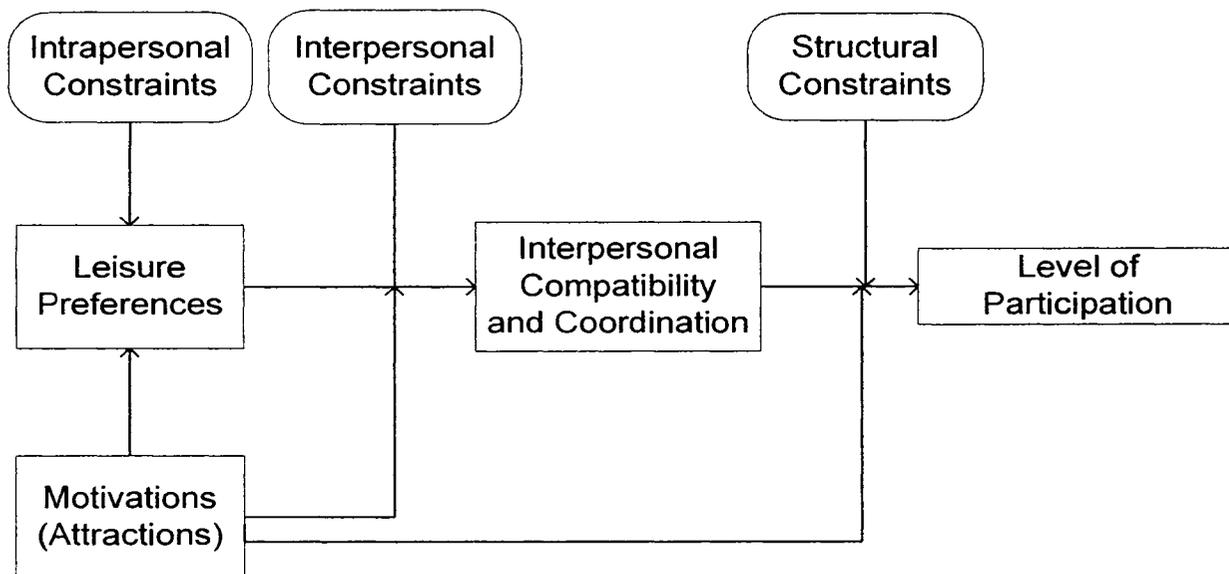
However, researchers pointed out classification schemes can describe the phenomena of interest but are unable to explain their occurrence (Jackson, et. al., 1991). Analyzing the internal mechanism of the constraints and how different constraints work together on hindering people's participation becomes important. Such argument is consistent with the findings by Vries and Bruin (1996) in a quantitative study of over 2,000 people in three regions of the Netherlands. They found that the classification of individuals in terms of perceived constraints was informative with regard to the leisure activities in which they participated, the frequency of the activities, and the company they kept while participating. Furthermore, if respondents participated in only a few activities, these tended to be common activities for everyone: walking and cycling. So the specialization appears to be driven by constraints rather than by more or less randomly distributed preferences. It seemed that studying patterns of perceived constraints is a more viable approach than studying the effect of each perceived

constraint separately.

With this concern, researchers began to classify constraints in a clear way for the purpose of exploring the mechanism of constraints and understanding the constraint patterns. For example, Crawford and Godbey (1987) argued that constraints can be understood only within the broad context of the preference-participation relationship and categorized constraints into three categories according to the way they affect this relationship: intrapersonal, interpersonal, and structural. Intrapersonal constraints involve individual psychological states and attributes which interact with leisure preference rather than intervening between preferences and participation. According to Scott (1991), these types of constraints exist when individuals, as a result of personality needs, prior socialization, abilities, and perceived reference group attitudes, fail to develop leisure preferences. Interpersonal constraints are the result of interpersonal interaction or the relationship between individual's characteristics that can affect both preferences and participation. For example, an individual may experience an interpersonal leisure constraint if he or she is unable to locate a suitable partner with which to engage in a particular activity (e.g. tennis). Structural constraints were defined as intervening factors between leisure preference and participation. This type of constraints includes financial resources, time shortages, availability or opportunity.

Based on the fundamental work by Crawford and Godbey (1987), a hierarchical model of leisure constraints introduced the idea that different kinds of constraints were experienced and negotiated in a given order (as figure 2-1; Crawford, Jackson, Godbey, 1991).

Figure 2 - 1: Hierarchical Model of Leisure Constraints (*Crawford, Jackson, & Godbey, 1991:313*)



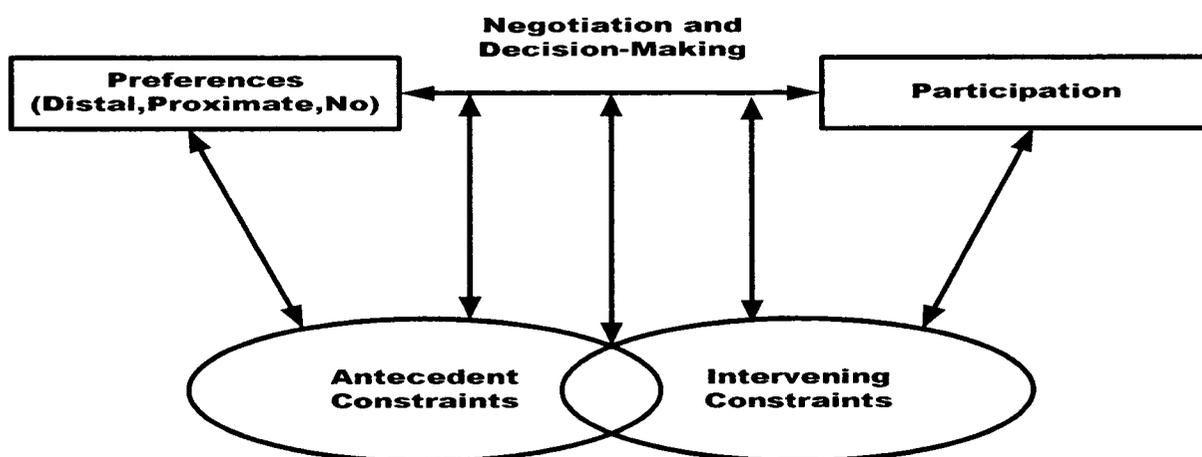
According to Crawford et al. (1991):

....first at the intrapersonal level. Leisure preferences are formed... when intrapersonal constraints... are absent or their effects have been confronted through some combination of privilege and exercise of the human will. Next depending on the type of activity, the individual may encounter constraints at the interpersonal level; this could happen in all activities requiring at least one partner or coparticipant but would likely be less relevant in the case of solitary leisure activities. It is only when this type of constraint has been overcome that structural constraints begin to be encountered. Participation will result from the absence of or negotiation through structural constraints. If structural constraints are sufficiently strong, however, the outcome will be nonparticipation (p.313).

On the other hand, Henderson, Stalnaker and Taylor (1988) classified constraints into “antecedent” and “intervening” constraints. Antecedent constraints are defined “as conscious and unconscious psychological states and/or sociological conditions that influenced one’s preference or interest in leisure. Thus, this definition of antecedent is clarified from the data to include social conditions which influenced behaviour as well as interpersonal aspects” (p 237). And intervening constraints refer to “those structural

and interpersonal which immediately have an impact on the decisions made regarding a leisure experience” (p 237). Intervening and antecedent constraints interact together to influence people’s preferences, negotiation, and participation in leisure activities. An interactive link between preferences and participation may be evident in the negotiation process (as shown in figure 2-2). This model shows antecedent constraints have indirect influence on leisure participation, while intervening constraints have more direct influence.

*Figure 2 - 2: Integrated Model of Leisure Constraints (Henderson, Stalnaker and Taylor, 1988: 273)*



### *2.23 Issue of the Heterogeneity of Constrained Leisure*

Through the 1980s, interest in leisure constraint research broadened in several important and interrelated ways. Researchers began to use a variety of criterion variables to measure the impact of constraint. These includes the inability to maintain participation at or increase it to desired levels (McGuire, Dottavio, & O’Leary, 1986; Shaw, Bonen, McCabe, 1991), ceasing participation in former activities (Jackson & Dunn, 1988; McGuire, O’Leary, Yeh & Dottavio, 1989), the nonuse of public leisure services (Scott

& Jackson, 1996), and insufficient enjoyment of current activities (Witt and Goodale, 1981) (as cited in Jackson & Scott, 1999).

Based upon the recognition that constraints enter into and influence people's leisure at many stages of the decision-making process, the consequent question arises as to whether the leisure constraints are interchangeable, and are internally homogeneous or heterogeneous concepts of constrained leisure (Jackson & Dunn, 1991; Jackson & Rucks, 1993). For example, Jackson & Dunn (1991) found that in two large-scale public questionnaire surveys in the Province of Alberta, Canada, results showed that barriers for ceasing participation are significantly different from those to participating in a desired activity. The cost of equipment was more frequently identified as a deterrent to starting an activity; physical inability was more frequently identified as a reason for ceasing participation.

The similar finding also emerged in Jackson & Rucks's (1993) study in which the constraints associated with ceasing were compared with those against starting participation. They found that there was a general trend of similarity in the absolute and relative importance of the constraints associated with these two aspects of constrained leisure. However, five constraints (the cost of activity, being unsure of where to participate, having no one with whom to participate, the lack of transportation, and skills not being good enough) were shown more frequently as the least somewhat important barriers to new participation than as reasons for ceasing participation.

In conclusion, Jackson and Scott (1999) maintained that:

...there is a common core of constraints that tends to emerge regardless of the criterion variable chosen, the relative strength and importance of items and dimensions vary sufficiently among criterion variable... This finding implies that researchers must be very careful when designing

research and choosing the criterion variable against which to measure the impact of constraints, and preferably should select two or more such variables for inclusion in a single study (p. 305).

### *2.3 Leisure Constraints and Changes of Leisure Activity Participation of Immigrants*

For ethnic groups, the construction of leisure could be somewhat different because the meaning, the role, and the importance of leisure could be specific to one's culture (Tsai & Coleman, 1999). There have been few studies reported on the constraints of immigrants. However, the existing evidence suggests that immigrants experience certain unique types of constraints related both to their specific minority status and to the post-arrival adaptation process they undergo (Stodolska, 1998). Such leisure constraints cause immigrants to change their leisure participation patterns in different ways from others. In the following section, these two aspects - the leisure constraints of immigrants and the changes of leisure participation patterns – are reviewed.

In her qualitative study of recent immigrants from Latin American, Juniu (2000) reported that immigrants experienced such constraints as lack of time, being overworked, family responsibilities and language barriers. Lack of time is a type of constraint seriously influenced not only immigrant populations but also the general population. In some other research, it also illustrated that lack of time is a key obstacle for immigrants in their leisure lives (Tsai & Coleman, 1999; Yu & Berryman, 1996; Stodolska & Yi, 2003). Moreover, Stodolska and Alexandris (2004) mentioned that a strong emphasis on economic success and proving a stable economic security for their children makes most recent immigrants work long hours and sacrifice the leisure sphere of their lives to work.

Under such constraints, most working-class immigrants in Juniu's (2000) study reported that visiting family members and friends and getting together for BBQs and

parties to be their favourite leisure activities. The limitation on the types of activities that require company of people of their own cultural background illustrates the weak status of immigrants. The lack of established social networks, being social isolated, and the inabilities to find leisure partners are all the barriers that inhibited immigrants from participating in certain limited leisure activities. Research findings obtained by Tirone and Shaw (1997) on Indian communities also proved that a disturbed social network is an important factor that affects leisure pursuits of Indian immigrants. Moreover, Stodolska (2002) also suggested that the lack of old friends and extended families constituted a factor that not only limited leisure participation of some immigrants, but also reduced the quality of their leisure experience.

Lack of language skills is another powerful factor inhibiting immigrants in their leisure pursuits. For instance, Rublee and Shaw (1991), through their study on Latin American refugee women in Atlantic Canada, found that the negative impact of lack of language skills cut these immigrants off from community involvements, resulting in reduced opportunities for socialization in church and in neighborhood settings. Therefore, the refugee women most often undertook the types of activities that were more home-oriented, passive, and focused on child-care-related activities. The importance of lack of English proficiency was also reported in Yu and Berryman's (1996) quantitative survey on Chinese immigrant youth in New York City, United States. They found that lack of English proficiency was perceived as main recreation barrier, followed by lack of opportunity, lack of partners and lack of money.

In addition, Yu and Berryman (1996) found that those Chinese immigrant youths participated most frequently in home/indoor activities (e.g. watching Chinese programs

on TV/video, listening to Chinese music/songs, and talking on the telephone) and least frequently in sports and other outdoor activities (e.g. bicycling, walking for pleasure, and picnicking). They further concluded that the activities the Chinese immigrant youth most frequently engaged in could be characterized as "... being less organized, less expensive, less physically active, less skill oriented, and more easily accessible than many other types of activities" (p. 267).

Connected with lack of language skills, lack of social interactions is another factor limit immigrants. Interpersonal factors that immigrants can not find partners to take part in leisure activities were found very obvious in Tsai and Coleman's (1999) study of Chinese immigrants in Australia. In addition to lack of social interactions, resource factors (e.g. time and money) limited Chinese immigrants both in starting new leisure activities and reducing /discounting of leisure activities.

Overall, in terms of the factors affecting constraints of immigrants, Stodolska and Yi (2005) suggested that

... constraints on leisure experienced by immigrants depend on the immigration policy of the host country at the time of their arrival, as well as on the factors such as place of settlement, prevailing societal attitudes, economic situation, and size of immigrant community (p. 67).

Immigrants need to tackle leisure activity choices with two special scenarios: first, immigrants face certain constraints on participation in mainstream activities, including being unfamiliar with existing opportunities, lack of skills and even discriminations; and, second, immigrants who want to take part in certain traditional ethnic activities may face especially strong constraints including lack of facilities and equipment, lack of partners, and shattered social networks (Stodolska & Yi, 2005).

## *2.4 Summary*

In summary, the preceding review has shown that there are at least three theoretic perspectives (i.e. marginality, ethnicity and acculturation) to explain the special characteristics of different ethnicities' leisure activity participation. As well, the leisure constraint literature indicated that people are subjected to a wide range of constraints to leisure. To better understand how in which these constraints influence leisure participation, it is important to examine the ways that constraints operate in different kinds of leisure decisions. The final literature review on immigrants about their leisure constraints and changes of leisure activity participation illustrated that immigrants might have somewhat different constructions of constraints to leisure such as the languages barriers, the minority status, different leisure preferences compared with the mainstream populations and other constraints. Moreover, due to the complicated circumstances that immigrants face, immigrants' leisure activity patterns have been changed. Immigrants groups have been found to take up some kind of leisure activities whereas give up some others.

Therefore, this study takes advantage of the earlier research. The analyses are divided into two sections. First, explore the changes of leisure activity participation of Chinese immigrants in Canada. Second, explore the ways that constraints operated in different types of leisure participation decisions. Specific research questions of this study were to:

1. What are Chinese immigrants' changes in the patterns of leisure activity participation including the status of reducing/ceasing leisure activity participation, starting new leisure activities, and desiring new leisure

activity participation?

2. What are Chinese immigrants' acculturation level and the relationships between the acculturation level and the perceived importance of leisure constraints?
3. Identify leisure constraints that are associated with three types of leisure participation decisions. They are: (1) constraints that caused Chinese immigrants to reduce or to cease the leisure activities in which they participated; (2) constraints that intervened in people's desire to take up new leisure activities; (3) constraints that hindered people from starting new leisure activities in which they wished to participate.
4. Whether particular constraints are salient in one type of leisure activity decision but not salient in the other?
5. Explore Chinese immigrants' perceptions of leisure constraints and the socio-demographics such as gender, age and educational background.

## CHAPTER THREE

### RESEARCH METHODS

Upon getting the ethic approval from the Lakehead University Ethics Review Board, I applied the quantitative survey for the data collection that allowed statistical analysis to be conducted in Chinese immigrant communities in Canada. The two study areas were leisure activity participation changes and leisure constraints across three types of leisure decisions. The approach to collect information was a snowball sampling technique. This approach proved both time and cost effective. Statistical analyses included analyses of regression, ANOVA, factor analysis and correlation.

This chapter consists of three sub-sections. The first sub-section focuses on the procedures used for data collection. The second sub-section discusses the measures relating to acculturation and leisure constraint items. The last section explores the statistical methods for data analysis.

#### *3.1 Data Collection*

##### *3.1.1 Targeted Population and Sample*

The first generation Chinese immigrants in Canada are the targeted population in this study. The cities of Toronto and Thunder Bay were chosen as the study areas. For the purpose of this study, the snowball method was applied for data collection. Snowball sampling and convenience sampling methods have been used in many previous studies that are not designed to generate statistics about a population (Deng, 2003). However, they can effectively contact potential participants within the constraints of limited time and money. A few researchers used the method to explore Chinese and leisure constraints (Tsai & Coleman, 1999), Chinese and the environment (Leung & Rice,

2002), and Chinese and wilderness-oriented parks (Hung, 2003) (Cited in Deng, 2003).

As snowball sampling was conducted for data collection, a few issues require clarification. First, there was the problem of identifying the potential Chinese participants. I personally am an international student in Canada; however, I had contacts with a few Chinese immigrants both in Toronto and Thunder Bay. Some of them dedicated to Chinese community work, or were members of Chinese clubs and organizations. They became the basis of my snowball sampling. Second, these participants were asked to recommend and to introduce some other Chinese immigrants who could become involved in this study.

Data collection for Chinese immigrants in Toronto commenced on Oct. 15, 2005 and concluded on Jan 4<sup>th</sup>, 2006. Snowball sampling began with 6 Chinese immigrants in Toronto; at the end, 110 Chinese immigrants from Toronto completed the questionnaire.

For Chinese immigrants in Thunder Bay, the contacts were from Oct. 15, 2005 to Jan 4<sup>th</sup>, 2006. In Thunder Bay, 4 Chinese immigrants snowballed to a total of 23 Chinese immigrants who were involved in the study.

### *3.12 Characteristics of Participants*

As Table 3-1 illustrates, of the 113 participants, 83 (62.4%) were males and 50 (37.6%) were females. In addition, 44 (33.1%) were single and 86 (64.7%) were married or had common-law partners, while the other 3 (2.7%) were divorced or widow. Most of the participants were between 25 to 34 years old which accounts for 35.3 percent. 44 (33.1%) were between 35 to 44 years of age and 24 (18%) of them were above 45 years old.

Regarding education level, 36.8 percent ( $n = 49$ ) of the participants held a higher university or post-secondary degree. Among other participants, 35 (26.3%) had undergraduate or post-secondary degrees and 36 (27.1%) had high school or equivalent graduation. Only 9.8 percent ( $n=13$ ) of participants' education level was lower than high school.

As far as for financial status was concerned, Tsai and Coleman's (1999) research on Chinese immigrants in Australia showed that Chinese would have been reluctant or had difficulties in reporting their income. This researcher also found the same results when doing the pilot study. Based on this fact, only self-rated financial status was obtained in the main study. No one in the study perceived his/her financial status as much higher than average. 12.8 percent ( $n = 17$ ) of respondents perceived their financial status as much lower than average, 25.6 percent ( $n = 34$ ) as lower than average, 48.1 percent ( $n = 64$ ) as average, and 13.5 percent ( $n = 18$ ) as higher than average.

In terms of the length of residence in Canada, overall, most of the Chinese respondents had arrived in Canada within the past 10 years. 66.9 percent ( $n = 89$ ) of the respondents had resided in Canada for less than 5 years, 14.3 percent ( $n= 19$ ) had resided from 6 to 10 years. About 9 percent ( $n = 12$ ) of them had lived in Canada for longer than 20 years.

A large number of respondents ( $n = 67$ , 50.4%) considered themselves as being mostly Chinese and a little Canadian. Almost 25.6 percent ( $n = 34$ ) considered themselves as totally Chinese, 21.8 percent ( $n = 29$ ) as half Chinese and half Canadian. Very few of respondents identified themselves as most Canadian and a little Chinese ( $n = 2$ , 1.5%) or totally Canadian ( $n = 1$ , 0.8%).

Table 3- 1<sup>1</sup>  
*Socio-demographic Characteristics of Participants*

Category	Number (N.)	Percentage (%)
<b>Sex</b>		
Male	83	62.4%
Female	50	37.6%
<b>Marital Status</b>		
Single	44	33.1%
Married/ Partner	86	64.7%
Divorced/Widowed	3	2.3%
<b>Age</b>		
16-24	11	8.3%
25-34	47	35.3%
35-44	44	33.1%
Above 45	24	18%
<b>Education</b>		
Less than high school	13	9.8%
High school or equivalent	36	27.1%
Undergraduate or post-secondary degree	35	26.3%
Higher university or post-secondary degree	49	36.8%
<b>Financial status</b>		
Much lower than average	17	12.8%
Lower than average	34	25.6%
Average	64	48.1%
Higher than average	18	13.5%
Much higher than average	0	0
<b>Length of Residence in Canada (years)</b>		
0-5	89	66.9%
6-10	19	14.3%
11-15	6	4.5%
16-20	7	5.3%
>20	12	9%
<b>How do you consider yourself</b>		
Totally Chinese	34	25.6%
Mostly Chinese, a little Canadian	67	50.4%
Approximately half Canadian and half Chinese	29	21.8%
Mostly Canadian, a little Chinese	2	1.5%
Totally Canadian	1	0.8%

<sup>1</sup> Please note that all the tables in this study if no specific sources are mentioned in the text, the tables are all retrieved from the data which is collected by the author from Oct, 2005 to Jan, 2006 in Toronto and Thunder bay, Ontario, Canada.

*Continued*

Category	Number (N.)	Percentile (%)
Occupation		
Professional Work	53	39.8%
Labor Work	28	21.1%
Student	22	16.5%
None	21	15.8%

*Note:* <sup>①</sup>Due to rounding, the total percentage for the category is not always 100. <sup>②</sup>Due to the missing values, the total number for each category is not always 110 for Toronto respondents and 23 for Thunder Bay respondents.

It should be pointed out that although the sampling process was a snowball sampling, the overall profiles of Chinese immigrants were consistent with the study from the 2001 Census of Canada Economic Family File (Hann, 2005). There, it was found that 34 percent of Chinese immigrants in Toronto had university degrees, while only 23 percent of Canadians living in Toronto were university trained. Although immigrants were well-educated, they also tended to have lower income than their Canadian counterparts. For instance, the average income of Chinese immigrants in Toronto in 2001 is over 10 percent lower than those of Toronto Canadian-born individuals which could explain that most of Chinese immigrants in the study perceived low levels of income about their economic status.

In sum, respondents were mostly in the age range from 25 to 45, more males than females. Most of respondents had high education background while the perceived low financial status was low. A majority of respondents had resided in Canada for less than 10 years; only very few of them identified themselves as most Canadian and a little Chinese or totally Canadian. Most of respondents had jobs, however quite a few were in the status of unemployment.

### *3.13 Data Screening*

Prior to the data analysis, 2 of 133 cases were removed from the data set as one of them had 8 missing values while the other one had 7 missing values. In addition, 7 cases had one missing value. These missing values will be replaced by their corresponding means as these missing values were scattered randomly through the 19 acculturation items.

### *3.14 Questionnaire Development and Distribution*

Two questionnaire versions – an English version and a Chinese version of the study was developed for Chinese immigrants (see the appendixes). The English version was based on the questionnaire used by Tsai & Coleman (1999) on leisure constraints of Australian Chinese immigrants. However, I added one more section about acculturation and its measurement.

Therefore, the major themes that the survey was concerned with included:

- 1) The leisure activity changes were measured by asking three open-ended questions: (a) what activities they have ceased/ reduced since the past two years; (b) which new activities they are taking up since the last two years; and (c) which new activities they desire to start in the future.
- 2) Followed by each leisure activity change question, constraints associated with the exact leisure participation decision were measured: (a) constraints that made them to cease/ reduce the leisure activities in which they participated; (b) constraints that intervened in people's desire to take up new leisure activities; and (c) constraints that hindered them from starting new leisure activities in which they wished to participate.
- 3) Measurements of acculturation

4) Participants' background.

In all, the questionnaire consisted of ninety questions. The Chinese version was translated from the English version. It was also reviewed by a Chinese scholar who was one of the committee members of this dissertation. A Chinese graduate student in School of Outdoor Recreation, Parks and Tourism at Lakehead University also helped to check the accuracy and appropriateness of the Chinese version.

The complete questionnaire package included the cover letter, the consent form, the questionnaire and the comment form. Potential individuals who agreed to participate were offered the choice of completing either an English or Chinese language version of the questionnaire.

In order to distribute the questionnaire more conveniently for snowball sampling techniques, three methods were used.

The first method was email distribution. Many potential participants wished to receive and to return the questionnaire by internet because it is very convenient. In order to make the questionnaire user-friendly, I edited both English and Chinese versions into E-version templates, so that participants only need click the right answer to return the questionnaire.

The second method was hard copy distribution. Considering that some Chinese immigrants cannot access the internet nor have no knowledge on operating computer systems, hard copies of questionnaire packages were also provided.

Thirdly, face to face interviews were conducted. For those who have a limited educational background and have difficulty understanding the meaning of the questionnaire, an in-person interview is the best method to conduct the survey.

Due to confidentiality of personal information and the snowball sampling techniques, sending follow-up reminders for unreturned questionnaires was not possible. Moreover, since there was no way to track how many questionnaires been sent out, both the response and the refusal rates are unknown.

### *3.2 Measures*

Measures relating to levels of acculturation and leisure constraints are discussed in this section.

#### *3.21 Measurement of Acculturation Level*

As a social phenomenon acculturation is always applied to describe the process when the minority values, attitudes, and behaviors may be at odds with those of the mainstream. There are several ways to measure an individual's acculturation level described in the literature. In terms of my study, three questions need to be answered for the measurement of participants' acculturation levels: (1) what are the dimensions of acculturation; (2) what are the questions that should be asked in the questionnaire in order to examine participants' acculturation status; and, (3) how to divide people into different levels of acculturation.

*Concept of acculturation.* In terms of the process of acculturation, Gordon (1964, 1975) provided one of the most popular and representative expressions of the acculturation conceptual framework. From his perspective, members of minority subcultures may gradually become like majority group members as they overcome cultural and structural barriers that block their full membership in mainstream society. He identified seven acculturation dimensions (cultural assimilation, structural assimilation, marital assimilation, identificational assimilation, attitude receptional

assimilation, behavior receptional assimilation, and civic assimilation) and argued that acculturation does not necessarily occur at the same rate among all the dimensions. While cultural assimilation takes place first, it is not necessarily followed by other assimilative experiences. However, once structural assimilation occurs, the remaining assimilation subtypes are presumed to follow.

According to Stodolska (1998), Williams and Ortega (1990) reduced the seven-dimensional model into three dimensions which are culture assimilation, structural assimilation, and behavioural-receptional assimilation. Later on, the three-dimensional explanation was used as a foundation for a few studies on minorities in the United States (e.g., Floyd & Gramann, 1993) and Polish immigrants in Canada (e.g., Stodolska, 1998).

Another widely accepted explanation of the acculturation process was proposed by Oetting and Beauvais (1992) who suggested that the process of acculturation should not be seen as linear but rather orthogonal. According to them, increased identification with one culture does not mean at the same time a decreased identification with another. For instance, Chinese immigrants could express high identification with both Chinese and Canadian culture.

*Acculturation instrument.* As it was discussed in Chapter 2, there are many well-documented acculturation scales found in the literature which were developed to target specific ethnic groups, such as (1) Mexican Americans (e.g., the Acculturation Rating Scale for Mexican Americans (ARSMA), as used by Cuellar, Harris, & Jasso, 1980; the Cultural Life Style Inventory; (CLSI I & II), used by Mendoza, 1989, 1994); (2) Asian American (e.g., the Suinn-Lew Asian Self-Identity Acculturation Scale;

(SLASIA); employed by Suinn, Lew, & Vigil, 1987); (3) Polish immigrants (e.g. Stodolska, 1998); and, (4) Chinese Americans (e.g. the General Ethnic Questionnaire used by Tsai, 2000).

Although the above acculturation scales were applied in many research studies, in this study, none of them can completely reflect the nature of Chinese culture values as well as the psychological and behavioural traits of Chinese immigrants. However, these scales provide a sound theoretical background and the concepts needed to develop a new acculturation measure specifically for Chinese immigrants in Canada.

Measurement of Chinese immigrants' acculturation levels was also part of Deng's (2003) study on Chinese immigrants' attitudes towards nature. According to him, there were several guiding principles that should be followed in order to design a new acculturation measure for Chinese immigrants. Among these guiding principles, he emphasized that "item wording" should reflect the psychological more than behavioural dimension of acculturation and that the instrument should include items that can reflect most dimensions of the acculturation process.

Based upon Deng's guiding principles and previous acculturation scales, a new acculturation measure was developed in this study. In this measure, four distinct and conceptually meaningful items emerged: (1) Language use and proficiency; (2) Affiliation with Chinese background; (3) Attitudes towards the Canadian culture; and, (4) Living habits preference (see appendix).

*Measuring the level of acculturation.* The measurement of an individual's acculturation level is designed in such a way that a low score reflects low acculturation, while a high score reflects high acculturation. The final scores used to measure the scale

of acculturation level are decided by the average scores of the sum of total 19 items. Then as a result, a score ranges from a minimum value of 1 (lowest acculturation) to a maximum value of 5 (highest acculturation).

Previous research has discussed how to classify individuals into different levels of acculturation. Generally speaking, there are three methods of classification (Deng, 2003). Suinn et al. (1987) classified individuals into three levels by their mean scores on an acculturation scale. A mean score from 1.00 to 2.33 is classified as low level of acculturation, a mean score from 2.33 to 3.66 is medium level of acculturation, and a mean score from 3.66 to 5.00 is categorized as high level of acculturation. Sometimes, based on sample size and study design, only two levels of acculturation are identified, by dividing the middle score. Scores from 1.00 to 3.00 becomes low-medium level of acculturation; from 3.01 to 5.00 represents high level of acculturation (Deng, 2003).

The second method considers the dynamic status of the respondent's answers based on mean score and standard deviation (Cuellar, Arnold & Maldonado, 1995; Lessenger, 1997). Using this method, the categories can be classified into three or five levels (e.g. ① "scores < mean - 1\*SD" = "very Chinese oriented"; ② "mean - 1\*SD ≤ scores ≤ mean + 1\*SD" = "medium acculturated"; ③ "score > mean + 1\*SD" = "very acculturated or very Canadianized").

The third method uniformly classifies individuals based on percentiles (Deng, 2003). For instance, if the respondents are classified in three different levels, they can be divided according to the 33<sup>rd</sup> and 66<sup>th</sup> percentiles.

For this study, acculturation level results will be determined by the following ways: first, the outcome should reflect the acculturation patterns of Chinese immigrants

in Canada; second, it should be reasonable for statistical analyses. Therefore, all three methods have been tested. Considering these, the mean and standard deviation based method was the best method for this study as it illustrated the dynamic ranges of Chinese immigration in the level of acculturation.

### *3.22 Measuring Leisure Constraints*

As discussed in the Chapter Two, immigrant populations encounter constraints to recreation and leisure not only common to the mainstream population, but also some can be specifically relating to the immigrants themselves. Previous studies provide references on leisure constraint instruments for the general population as well as instruments for ethnic groups. In this study, to measure the perception of leisure constraints, a list of 16 constraints to leisure were adopted from Tsai & Coleman's (1999) study on leisure constraints of Chinese immigrants in Australia. In their instrument, 24 constraint items were listed for participants to evaluate. Considering the adaptability on this study and the complete space of questionnaire, I eliminated 8 constraint items and used the 16 item constraint scale (See Appendix).

## *3.3 Data Analysis*

The computer program SPSS version 11.5 (SPSS Inc, 2004) is used for statistical analysis in this study. Four types of statistical analyses will be conducted: (1) stepwise regression analysis, (2) factor analysis, (3) one-way ANOVA; and (4) bivariate correlation.

### *3.31 Regression analysis*

Regression analysis is a tool for the investigation of relationships between variables. Application of regression analysis exists in almost every field. As far as this study is

concerned, in order to identify the variables that influenced the individual's process of acculturation, regression analysis was conducted. Multiple regressions help to describe the relationship between one dependent variable and a set of independent variables. As well, it gives the simplest equation with the best predictive power (SPSS Inc, 2004). The independent variables considered important were Chinese immigrants' socio-demographic characteristics. The dependent variable was the acculturation levels of respondents. The final results showed the most powerful independent variable that influence Chinese immigrants' levels of acculturation.

### *3.32 Factor analysis*

Factor analysis attempts to identify underlying variables, or factors, that explain the pattern of correlations within a set of observed variables (SPSS Inc, SPSS handbook p. 313). It is used to uncover the latent dimensions of a set of variables. It reduces a larger number of variables to a smaller number of factors (Garson, 2006a). There are two types of factor analysis ---exploratory factor analysis (EFA) and confirmatory factor analysis (CFA). EFA seeks to uncover the underlying structure of a relatively large set of variables while CFA seeks to determine if the number of factors and the loadings of measured (indicator) variables on them confirm to what is expected on the basis of pre-established theory (Garson, 2006a).

The first sort, EFA, was applied to reduce the number of variables and identify potential factors of leisure constraint items in this study. The principal components method with varimax rotation, by far the most common form of factor analysis (Darlington, 2006), was used. It followed the common conventions of using an eigenvalue of over 1.00, and a factor loading of over .50.

### *3.33 One- way ANOVA*

An analysis of variance (ANOVA), sometimes called an F test, is used to uncover the main and interaction effects of categorical independent variables (called "factors") on an interval dependent variable (Garson, 2006b). The key statistic in ANOVA is the F-test of difference of group means, that involves testing if the means of the groups formed by values of the independent variable are different enough not to have occurred by chance (Garson, 2006b).

In terms of this study, one-way ANOVA was widely used. Genders and levels of acculturation were considered as factors. Dependent variables were leisure constraints across the three types of leisure activity participation decisions. Therefore, ANOVA detected any significant differences in the perception of leisure constraints between (1) men and women; and (2) highly acculturated respondents and low-medium acculturated respondents.

### *3.34 Bivariate Correlation*

In probability theory and statistics, correlation, indicates the strength and direction of a linear relationship between two variables (Cohen, 1988). In this study, the relationships between the importance of leisure constraints and various socio-demographic variables, including length residence in Canada, financial status, age, and educational levels, were examined by using bivariate correlation. I believe that the relationships between socio-demographic variables and the constraint items are bidirectional. Thus bivariate correlation analysis is much more valid than regression analysis for this work.

### *3.4 Summary*

This chapter addresses three topics: data collection, measures, and data analysis.

Snowball sampling techniques were conducted for data collection. Chinese immigrants in Toronto and in Thunder Bay were research participants. Questionnaires were distributed by e-mail, or hard copies or face to face interviews. Based on the purpose of this study, the questionnaire was designed to measure respondent's acculturation level and perception of the importance of leisure constraints. In terms of data analysis, four statistical techniques using the SPSS statistical software package - regression analysis, factor analysis, ANOVA and correlation analysis - were employed, whereas the steps of all data analysis has shown in the following table (Table 3-2).

Table 3- 2  
*Steps of the Data Analysis*

Steps	Data Analysis
Step 1:	Leisure activity participation change (i.e. the specific activities that participants have ceased/ reduced; are already participating; and would like to participate)
Step 2:	What factors influence participants' process of acculturation <i>Method: Step-wise Regression</i>
Step 3:	Dimensions of leisure constraints <i>Method: Factor Analysis</i>
Step 4:	Whether particular constraints are salient in one type of leisure activity decision but not salient in the other <i>Method: One way ANOVA</i>
Step 5:	Whether the acculturation level matters participants' perceptions of leisure constraints <i>Method: One way ANOVA</i>
Step 6:	Whether there are correlations between leisure constraints and demographic characteristics <i>Method: Bivariate Correlations and one way ANOVA</i>

## CHAPTER FOUR

### RESULTS

This chapter consists of three sub-sections. The first sub-section presents changes in leisure participation of immigrants. The second sub-section focuses on the classification of respondents according to their acculturation levels. The last sub-section deals with the key theme of this study; the constraints associated with three types of leisure participation decisions: 1) constraints that caused people to reduce or to cease the leisure activities in which they participated; 2) constraints that intervene in people's desire to take up new leisure activities; 3) constraints that hindered people from starting new leisure activities in which they wished to participate.

#### *4.1 What Are Chinese Immigrants' Changes In Leisure Activity Participation?*

In this part, a picture is provided about the changes of Chinese immigrants in their leisure activity participation during the adaptation period. The analysis follows on Jackson and Dunn (1988)'s "ceasing-starting" framework which combined the patterns of starting and ceasing participation to establish four distinct groups of individuals.

#### *4.11 What Are the Four Categories of Leisure Activity Participation Changes?*

The analysis showed that almost one half of the respondents (49.2%) reduced their participation in at least one leisure activity, and only 40 percent of respondents took up new leisure activities in the past two years or after having settled in Canada (if respondents reside in Canada less than two years). In order to examine each individual's pattern of change, the "yes/no" answers were cross-tabulated to Chinese immigrants.

According to Jackson and Dunn (1988), respondents were divided into four categories according to their changes on leisure activity participation: 1) Quitters, those

whose had reduced their participation in at least one leisure activity and had not started participating in any new forms of leisure; 2) Replacers, those who replaced leisure activities they had quitted with new ones; 3) Adders, those who had not quit any of their old leisure activities but had added at least one new leisure activity; and 4) Continuers, those people who neither had stopped or had started participating any leisure activity. Through this process, one can establish the proportion of immigrants and understand the trends of immigrants towards their changes in leisure activity participation.

In this study, within the sample of Chinese immigrants from Toronto and Thunder Bay, 29.2 percent of respondents were quitters, replacers and adders both accounted for 20 percent and 30.8 percent were continuers (see Table 4-1). The leisure change patterns of Chinese immigrants illustrates that most have altered their leisure activity participation in the last 2 years. A large majority of Chinese immigrants who reduced / ceased at least one leisure activity kept the non-leisure participation status instead of initiating participation in another leisure activity. For those who had started a new leisure activity, the replacers and adders were half and half. The proportions of respondents who maintained their leisure participation status and who reduced leisure activity participation were almost equivalent.

Table 4- 1  
*Categories of Respondents according to Changes on Leisure Activity Participation*

Category	Have Reduced/Ceased Leisure Activity Participation	Have Started New Leisure Activity	Number (N.)	Percentage (%)
Quitter	Yes	No	38	29.2%
Replacer	Yes	Yes	26	20.0%
Adder	No	Yes	26	20.0%
Continuer	No	No	40	30.8%

*4.12 What Are the Activities that Chinese Immigrants Have Reduced/ Ceased, What Are the New Activity Already Participating, or Would Like to Participate?*

In the preceding section, a comparative analysis helps to understand the different groups of people who altered their leisure participation patterns. However, the reasons underlying the observed changes are, as yet, unknown. In order to gain an insight into the nature of leisure activity participation changes, it is necessary to determine the most commonly ceased, the most commonly started leisure activities and the most commonly desired leisure activities. Following this approach, this section explores categories of leisure activities and proportions of respondents ceasing and starting leisure activities.

In this study, respondents were asked which leisure activities they: a) had reduced/ceased in the past two years: b) had taken up, and c) desired to take up. Based on respondents' answers and the theoretical framework to categorize leisure activities used by Iso-Ahola et al. (1994) and Stodolska (1999), seven broad categories were defined (Table 4-2).

Table 4 – 2

*Allocation of Specific Activities to Categories (Activity Type)*

---

**Exercise-oriented activities**

Balls, basketball, bowling, dancing, extreme sports, fitness, football, gym, outdoor exercise, pool, running, sports, squash, tennis, yoga

---

**Outdoor recreational activities**

Barbecue, bicycling, boating, camping, climbing, fruit pickup, fishing, going out, golf, hiking, hockey, hunting, mountain climbing, out-of-town trips, park visitation, piloting, rock climbing, scuba diving, shooting, skiing, snowboarding, weekend family going out

---

**Hobbies**

Calligraphy, computer graphics, cooking, drawing, drum, entertainment, evening learning programs, library reading, piano, sing, water painting

---

**Home-based recreation**

Chess, games, internet surfing, learning computer programs, music, home-reading, TV

---

**Typical Chinese activities**

Badminton, chatting, Chinese book reading, dining out, Mahjong games, parental conference, parties, Ping pong, poker cards, swimming, table tennis, Tai-chi, tea bar leisure, relatives-visitation, watching games

---

**Cultural activities**

Christian books reading, church-Bible study, community activities, concert, English learning in Church, learning Chinese, learning English, movies, volunteer work

---

**Others**

Aboard travel, beauty salon, choir group, discussion meeting, driving travel, making new friends, massage, internet friends socialising, service club, shopping, social with friends, travel

---

Iso-Ahola’s categories “team sports” and “mechanized outdoor recreation” were not adopted in the study because of the small sample size of the study and non-applicability to the respondents. Stodolska’s categories on Polish immigrants “typical ethnic group activities” and “cultural activities” were used in this study. As only a few respondents’ answers were in the category of “travel/tourism”, the tourism-related activities were classified into the category of “others”.

Through the analysis of leisure activities, proportions of all respondents’ reducing/ceasing, starting and desired leisure activities have been calculated (See Table 4-3). It appears that Chinese immigrants who had reduced/ ceased leisure activity

participation most often ceased participating in exercised-oriented activities (26.21%), outdoor recreational activities (13.59%), and typical Chinese activities (26.21%) (See Table 4-3). However, outdoor recreational activities (40.54%) and exercise-oriented oriented activities (20.27%) were the categories of activities in which they most often started to participate. In terms of the activities Chinese immigrants desired to start, it shows that a majority of the respondents desired to start participating in one of the three categories of activities: exercise-oriented activities (34.33%), outdoor recreational activities (19.40%), and typical Chinese activities (17.91%). No one wanted to take up home-based recreational activities.

Table 4 – 3

*Proportions of Respondents Ceasing, Starting and Desired Leisure Activities*

Activity Category	Activities reduced/ceased % of Sample	New Activities taken up % of Sample	Activities desired to take up % of Sample
Exercise-oriented activities	26.21	20.27	34.33
Outdoor recreational activities	13.59	40.54	19.40
Hobbies	5.83	2.70	11.94
Home-based recreation	5.83	6.76	0
Typical Chinese activities	26.21	12.16	17.91
Cultural activities	8.74	12.16	2.99
Others	13.59	5.41	13.43

Overall, the analyses on respondents' leisure activity changes reveal that for Chinese immigrant, differences existed among the most often reduced/ ceased activities, the most often taken up activities, and the most often desired to take up activities. Among the seven leisure activity categories, outdoor recreational activities (40.54%) were the most often started activities, exercise-orientated activities were both the most often ceased and desired to take up activities (26.21%, 34.33% respectively).

#### *4.2 What are the Acculturation Levels of Chinese Immigrants in this Study?*

This sub-section examines the acculturation level of Chinese immigrants followed by Deng's (2003) approach. Respondents are classified into three subgroups according to their scores on acculturation questions. The possible relationships between acculturation and sex, age, income, education, religion, and length of residence are also explored.

##### *4.21 Measure Acculturation Level*

As it is stated in Chapter 3, there are three ways to measure acculturation level. These are the mean method (Suinn et al, 1987), mean and standard deviation based method (Cuellar et al., 1995), and percentile based method (Deng, 2003). For this study, acculturation level results should satisfy the following criteria: first, the outcome should reflect the acculturation patterns of Chinese immigrants in Canada; second, it should be reasonable for statistical analyses. Therefore, mean method and percentile based methods were excluded as both of these two methods were too steady to reflect the dynamic characteristics of the process of acculturation.

The standard deviation and mean based method was used. If one classifies Chinese immigrants into three levels of acculturation with standard deviations (*SD*) ranging from -1.0 *SD* (score < mean - 1\**SD* = very Chinese orientated) to +1.0 *SD* (score > mean + 1\* *SD* = very acculturated), one may demonstrate the levels of acculturation satisfactorily. In terms of this study, to help examining the level of acculturation of respondents, the average scores of those acculturation questions for each respondent were firstly calculated. Then, the mean score of all respondents are decided by averaging all respondents' acculturation average scores. It shows the overall mean score of acculturation was 3.23 and standard deviation (*SD*) was 0.57. Therefore,

those whose acculturation average score was less than 2.66 value (mean score - 1 × SD) were classified as being low acculturated, while those whose average score was greater than 3.80 value (mean score + 1 × SD) were classified as being high acculturated. Those whose average score was between 2.66 and 3.80 were regarded as medium acculturation.

As a result (Table 4-4), 90 (68.7%) respondents were classified into the medium level of acculturation, 17 (13%) were into low level of acculturation and 24 (18.3%) were into high level of acculturation. This result was consistent with a study by Goldmann (1998). According to him, 17.1 percent of Chinese in Canada were segregated (low acculturated), 74.5 percent were integrated (medium acculturated), and 8.4 percent were acculturated.

Table 4 – 4  
*Three-level-classification of Acculturation*

Category	Number (N.)	Percentage (%)
Low level of acculturation	17	13%
Medium level of acculturation	90	68.7%
High level of acculturation	24	18.3%

According to Husbands and Idahosa (1995), in North American, it is very rare for a visible minority to be totally absorbed into the mainstream society. In terms of the first generation of Chinese, the process of accepting Canadian culture seems very slowly. Researchers, Kriger and Kroes (1972) even argued that the second-generation Chinese Americans would very likely retain much of their culture heritage. Thus it is not strange that only small percentages of Chinese immigrants are categorized as highly acculturated.

#### *4.22 What Factors Influence Acculturation Level?*

In order to examine not only the relationships between acculturation and gender, age,

financial status, education, religion and length of residence, but also the most influential variable among these factors, stepwise regression analyses were conducted. As it is shown in Table 4-5, age, educational level, financial status and length of residence in Canada were all significantly related to acculturation. However, gender, religion were not related to respondents' acculturation levels.

Table 4 – 5  
*Stepwise Regression Analysis of Acculturation --- coefficients*

Model	Unstandardized		Standardized	T	Sig.
	B	SE	$\beta$		
1. Length of Residence	.131	.039	.290	3.323	.001
2. Length of Residence	.203	.043	.448	4.698	.000
Age	-.212	.062	-.329	-3.444	.001
3. Length of Residence	.219	.042	.485	5.263	.000
Age	-.210	.059	-.325	-3.554	.001
Educational Level	.153	.046	.271	3.344	.001
4. Length of Residence	.192	.043	.425	4.430	.000
Age	-.215	.058	-.334	-3.686	.000
Educational Level	.150	.045	.266	3.318	.000
Financial status	.113	.056	.172	2.009	.047

In this study, higher scores refer to higher acculturation, and lower scores refer to lower acculturation. Moreover, variables with positive coefficients are positively related to acculturation. In this sample, the findings indicated that those with a longer length of residence in Canada, and/ or higher education tend to be more acculturated than those who with shorter length of residence in Canada, and/ or lower education. Furthermore, younger people and/ or wealthier people were more likely to be acculturated. Table 4-6 also indicates that among the four variables which were significantly related to acculturation, length of residence is the most powerful one, followed by age, educational level and finally financial status.

Table 4-6 illustrates the R Square and R Square Change which demonstrate each variable's proportions of the variance in acculturation. For the model 1, the predictor length of residence alone accounts for 8.4 percent of the variance in acculturation. The R Square Change of model 2 shows that the predictor age accounts for 8.3 percent of the variance in acculturation after controlling for length of residence. Once again, R Square Change of model 3 shows that the predictor educational level accounts for 7.2 percent of the variance in acculturation, after length of residence, age and educational level were partialled out from age. Last, financial status accounts for 2.5 percent of the variance. About 26.5 percent of the variance in the criterion variable was explained by the length of residence (8.4%), age (8.3%), educational level (7.2%) and financial status (2.5%) predictor variables.

Table 4 – 6

*Stepwise Regression Analysis of Acculturation --- Model Summary*

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics		
					R Square Change	F Change	Sig. F Change
1	.290(a)	.084	.077	.549	.084	11.041	.001
2	.409(b)	.167	.153	.526	.083	11.859	.001
3	.489(c)	.239	.220	.504	.072	11.183	.001
4	.514(d)	.265	.240	.498	.025	4.036	.047

*Note:*

<sup>1</sup>. Predictors: (Constant), Length of residence

<sup>2</sup>. Predictors: (Constant), Length of residence, Age

<sup>3</sup>. Predictors: (Constant), Length of residence, Age, and Educational level

<sup>4</sup>. Predictors: (Constant), Length of Residence, Age, Educational level, and Financial status

From the above analysis, it is clear that Chinese immigrant may experience different levels of acculturation due to his/her comprehensive background on education, age, and length of residence. All these factors influence individual's acculturation

process. However, the most powerful factor is the length of residence.

#### *4.3 What Are the Leisure Constraints of Chinese Immigrants in This Study?*

##### *4.3.1 What are the Dimensions of Constraint Items?*

Factor analysis was applied to detect dimensions of constraints. The analysis followed the analysis of Tsai & Coleman (1999), in which it was based on the combined responses of two constraint questions. A question was asked whether respondents have the desire to start new leisure activities. Those who answered “no” to the question went on to rate the importance of constraints for their lack of interest in desiring to start participating in new leisure activities. Those who answered “yes” went on to evaluate the constraints that hindered them from starting desired new leisure activities. Thus, every respondent responded to either one of these two sets of constraint questions. Therefore, for the factor analysis, a total of 131 sets of responses were used.

The method of principal components with varimax rotation was used to identify the latent factors. Four constraint factors emerged which accounted for a total of 58 percent of the variance in the data with a covering of 12 constraint items (see Table 4-7). Based on the nature of items and the factor loadings, they are named as social-cultural constraint factor, personal constraint factor, access constraint factor and time constraint factor. Among the 12 covered constraint items, item difficult to communicate with other participants is a special item as it loads on two factors (i.e. social-cultural constraint factor and personal constraint factor) and achieve the criterion weight both greater than 0.5 (factor loading = 0.549, 0.545 respectively). In details, difficult to communicate with other participants could be formed because of the overall culture differences between China and Canada so that Chinese immigrants perceive difficulties in communication

with people from other people. It also could be formed because of personal reasons such as lack of confidence, or feeling nervous when talk with others. Under such circumstances, it is reasonable to comprise the item into both factor dimensions.

Table 4-7  
*Factor Analysis of Constraint Items*

Constraint Dimension	Factor Loading			
	F1	F2	F3	F4
<b>Social-cultural</b>				
Feeling uncomfortable because of different cultures	.790			
Language barrier	.748			
Do not know how to get involved	.727			
Lack of sense of belonging	.695			
Transportation problems	.625			
No one to participate with	.586			
Difficult to communicate with other participants	.549			
<b>Personal</b>				
Feeling unwelcome		.807		
Physical problems		.749		
Difficult to communicate with other participants		.545		
<b>Access</b>				
Lack of necessary skills			.722	
Lack of provision			.702	
<b>Time</b>				
Lack of Time				.891
Eigenvalue	5.43	1.46	1.28	1.12
Proportion of Variance (%)	33.98	9.16	8.02	7.02
Cumulative Proportion of Variance Explained (%)	33.98	43.13	51.16	58.17

Therefore, as Table 4-8 illustrated, the socio-cultural constraints factor accounted for about 34 percent of item variance. Large (>0.50) loadings occurred for six constraint items, namely for feeling uncomfortable because of different cultures, language barrier, do not know how to get involved, lack of sense of belonging, transportation problems, no one to participate with, and difficult to communicate with other participants. It appears usual that these constraints formed a single dimension,

given that most of these constraints could be formed due to the social-cultural environments.

The personal constraints factor, accounting for a further 9 percent of total variance, has large factor loadings on variables namely physical problems, feeling unwelcome and difficult to communicate with other participants. This particular dimension of constraints is considered to reflect any individual's psychological and physical constraints to leisure participation.

The access constraint factor comprised two items, accounting for 8 percent of the total item variance. High factor loadings were observed for two constraint items, namely lack of necessary skills and lack of provisions ((e.g. facilities, services, programs). This particular dimension indicates difficulties in terms of accessibility to leisure activity participation.

Lastly, time constraint factor comprised just time constraint and accounted for another 7 percent the total item variance.

#### *4.32 What Factors are the Most Important in Constraining Leisure Participation of Chinese Immigrants across the Three Types of Leisure Participation Decisions?*

Overall in this study, the analysis of leisure constraints across the three types of leisure participation decisions was performed on the combined responses of three constraint questions. For those who have already reduced/ ceased leisure activity participation, they evaluated the importance of the leisure constraint items that caused them to reduce/ cease leisure activity participation. Question "Are there any leisure activities that you do not take part in, but would like to do regularly?" separated the whole sample into two groups. For those who answered "No" to the question evaluated leisure constraints that

intervened in their desire to take up new leisure activities. As well, those who answered “Yes” to the question evaluated leisure constraints that hindered them from starting new leisure activities in which they wished to participate. Therefore there are leisure constraints associated with three different types of leisure participation decisions which are repetitively shown in tables as “Reduced/ Ceased”, “Not Desired”, and “Desired to Start”.

In order to examine the importance of leisure constraints across the three types of leisure participation decisions, the simple factor scores of each factor for individual respondents were calculated by averaging the levels of importance of items in the respective factors (see Table 4-8).

Table 4 - 8

*Means of Constraint Factors by Types of Leisure Participation Decisions*

Constraint Dimension	Type of Leisure Participation Decisions					
	Reduced/ Ceased		Not Desired		Desired to Start	
	Mean	SD	Mean	SD	Mean	SD
Social-cultural	2.66	1.04	2.49	0.93	2.33	0.95
Personal	2.30	0.95	2.33	1.03	1.76	0.90
Access	2.54	1.12	2.66	1.08	2.56	1.11
Time	3.89	1.13	3.68	1.28	3.61	1.31
Means by Decisions	2.85		2.79		2.57	

Overall, the level of importance of constraints ranged from 3.89 (very important) for time constraint to 1.76 (slightly important) for personal constraints. Standard deviations indicate the levels of difference of the importance of each constraint factor being perceived by respondents. For those who desired to start new leisure activities, in terms of time constraint, they had biggest divergence on the perceived levels of importance (SD=1.31). On the contrary, they had similar perceptions on the levels of importance of personal constraints (SD= 0.90). Across the three types of leisure

activity participation decisions, those who had reduced/ ceased leisure activity participation experienced the highest level of leisure constraints (overall mean = 2.85). The level of importance of leisure constraints as reasons for reducing/ ceasing leisure activities was the highest across the three types of leisure activity participation decisions (overall mean = 2.85). While, the lowest level of importance of leisure constraints was for the decisions of participating in new leisure activities (overall mean = 2.57).

For those who reduced/ ceased leisure activities, time constraint and social-cultural constraints (mean = 3.89, 2.66 respectively) were most important, followed by access constraints and personal constraints (mean = 2.54, 2.30 respectively).

Chinese immigrants who did not desire to start new leisure activities perceived time constraints (mean= 3.68) had the most important impact, followed by access constraints and social-cultural constraints. In turn, personal constraints were the least important.

For people who desired to start new leisure constraints, a similar pattern of relative importance of constraints was found. Time constraints, access constraints (mean = 3.61, 2.56 respectively) were the most important constraints that inhibited respondents to initiate participation, followed by social-cultural constraints (mean = 2.33). The constraints that were significantly less important were personal constraints (mean = 1.76).

In order to investigate whether particular constraints were salient in one of the two leisure activity decisions (no desire for new leisure activity participation and not starting new leisure activities), but not salient in the other, one-way ANOVA was conducted for each constraint factor. Due to the questionnaire design, the whole sample

is divided into two groups by the question of whether there are any leisure activities that participants do not take part in, but would like to do regularly. They are “Not desired” group and “Desired to start” group (see Table 4-9).

Table 4 -9

*ANOVA: Significant differences in levels of importance of constraints across two types of Leisure Participation Decisions: Not Desired and Desired to Start*

Constraint Dimension	Not desired	Desired to Start	F	Sig.
	Mean	Mean		
Social-cultural	2.49	2.33	.935	.335
Personal	2.33	1.76	9.67	.002*
Access	2.66	2.56	.289	.592
Time	3.68	3.61	.087	.769

*Note:* p<.005

The results indicated that for personal constraints, there were significant differences in their levels of importance across the two types of leisure participation decisions (F= 9.67). Comparably, for those who desired to start new leisure activities, personal constraints (mean = 1.76) were not important at all. However they still had impacts for those who did not desire to take up new leisure activities (mean = 2.33).

In details, the above analyses show that the importance of leisure constraints as reasons for having no desire for new leisure activities and as reasons to participation in new leisure activities that respondents want to are almost similar. However, there was one exceptional factor, personal constraints which indicate that respondents perceived different levels of importance according to different leisure participation decisions. Personal constraints were not salient for people who desired to start new leisure activities.

*4.33 Does the Importance of Constraint Factors Vary Among Lowly Acculturated Participants, Medium Acculturated Participants and Highly Acculturated Participants?*

In this section, analyses were conducted to explore whether acculturation levels make a difference in how respondents rank the importance of constraint items. One way ANOVA analysis was used to estimate the importance of leisure constraint factors among lowly acculturated respondents, medium acculturated respondents and highly acculturated respondents (as Table 4-10).

Table 4- 10

*ANOVA: Significant Differences Among Different Levels of Acculturated Respondents In The Perception Of The Leisure Constraints*

Constraint Dimensions	Reduced/ Ceased		Not Desired		Desired to Start	
	F	Sig.	F	Sig.	F	Sig.
Social-cultural	.371	.691	3.976	.023*	3.236	.049*
Personal	.004	.996	.153	.858	.842	.438
Access	1.241	.297	1.904	.156	.361	.699
Time	.454	.638	1.253	.291	.113	.894

Note: \*p< .05

Results indicate that, for those who have reduced/ ceased leisure activity participation, there were no significant differences among lowly acculturated, medium acculturated and highly acculturated respondents' perceptions of leisure constraints.

For both the decision of not desiring new leisure activities and the decision of desired to start new leisure activities, significant differences among highly acculturated respondents', medium acculturated respondents' and lowly acculturated respondents' perceptions of social-cultural constraints were found (F= 3.976, 3.236 respectively). The mean scores of social-cultural constraints for highly acculturated respondents (mean = 1.85, 1.87 respectively) are much lower than those lowly acculturated (mean = 2.62, 3.25 respectively) and medium acculturated respondents (mean = 2.61, 2.34 respectively)

(Table 4-11). The higher the acculturation level respondents hold the lower the level of importance for the social-cultural constraints.

Table 4-11

*Social-cultural Constraint Mean Score Comparison Among Different Levels of Acculturated Respondents for the decision of Not Desiring New Leisure Activity and the Decision of Desired to Start New Leisure Activity*

Constraint Dimension	Not Desired Group (Mean)			Desired to Start Group (Mean)		
	Acculturation Level			Acculturation Level		
	Low	Medium	High	Low	Medium	High
Social-cultural*	2.62	2.61	1.85	3.25	2.34	1.87

*4.34 Are There Any Demographics Based Differences in the Perception of Constraints Across Three Types of Leisure Participation Decisions?*

Bivariate correlation was used to examine the relationships between constraints and various socio-demographic variables. Table 4-12 indicates that only for those people who have no desire to start new leisure activities, importance of some constraint factors was significantly correlated with the level of education. The higher the level of education of the respondents, the lower the importance of social-cultural constraints ( $p = -0.279$ ; Sig= 0.011) and personal constraints ( $p = -0.236$ ; Sig= 0.033). For those who have reduced/ ceased leisure activity participation and who desired to start new leisure activity, no significant differences between lower educated respondents' and higher educated respondents' perception of leisure constraints are found.

Table 4-12

*Correlation Between Educational Level and Constraints for Those Who Not Desired to Start A New Leisure Activity*

Constraint Dimensions	Correlation Coefficient	Sig.
Social-cultural	-.279*	.011
Personal	-.236*	.033
Access	-.168	.131
Time	-.068	.545

Note: \*\* $p < 0.01$

Regarding the relationships between financial status and leisure constraints, the importance of personal constraints and time constraint were not significantly correlated with the financial status for all three types of leisure activity participation decisions (see Table 4-13, Table 4-14, Table 4-15). However, significant correlations were found between financial status and social-cultural constraints and access constraints. For all respondents, no matter whether they desired to start new leisure activities or not, the better the financial status of the respondents, the lower the importance of social-cultural constraints. Similarly, for those who had reduced or ceased in their leisure involvement and for those who did not desire to start new leisure activities, negative relationships between financial status and the perception of importance of access constraints existed.

Table 4 – 13

*Correlation between **Financial Status** and Constraints for Those Who Reduced/Ceased Leisure Activity Participation*

Constraint Dimensions	Correlation Coefficient	Sig.
Social-cultural	-.168	.189
Personal	-.128	.316
Access	-.264*	.038
Time	.074	.568

Note: \*p< 0.05; \*\*<0.01

Table 4 – 14

*Correlation between **Financial Status** and Constraints for Those Who not Desired to Start a New Leisure Activity*

Constraint Dimensions	Correlation Coefficient	Sig.
Social-cultural	-.354**	.001
Personal	-.186	.094
Access	-.295**	.007
Time	-.003	.982

Note: \*p< 0.05; \*\*<0.01

Table 4 – 15

*Correlation Between Financial Status and Constraints for Those Who Desired to Start a New Leisure Activity*

Constraint Dimensions	Correlation Coefficient	Sig.
Social-cultural	-.342*	.020
Personal	-.157	.303
Access	-.195	.198
Time	.005	.976

Table 4-16 shows the correlation between respondents' age and leisure constraints. The importance of constraints was not significantly correlated with the respondents' age for those respondents who had reduced/ceased leisure participation and for those who did not desire to start new leisure activities. However, for those who desired to start new leisure activities, it was found the increasing age of respondents could help to decrease the importance of access constraints. This result shows that the older the respondents were, the lower the importance of lack of provision and lack of necessary skills.

Table 4 – 16

*Correlation between Age and Constraints for Those Who Desired to Start a New Leisure Activity*

Constraint Dimensions	Correlation Coefficient	Sig.
Social-cultural	-.259	.082
Personal	.006	.966
Access	-.496**	.001
Time	-.046	.762

Note: \*p< .05; \*\*<.01

Table 4-17, Table 4-18, and Table 4-19 indicates that importance of social-cultural constraints and access constraints were significantly correlated with respondents' length of residence in Canada. The longer Chinese immigrants stay in Canada, the more familiar they become with their new circumstances, therefore, the lower the importance of the social-cultural constraints and access constraints they

perceive. However, personal constraints and time constraint were shown no significant correlations with respondents' length of residence in Canada.

Table 4 – 17

*Correlation between Length of Residence and Constraints for Those Who “Reduced/Ceased” Leisure Activity Participation*

Constraint Dimensions	Correlation Coefficient	Sig.
Social-cultural	-.272*	.031
Personal	-.028	.828
Access	-.073	.573
Time	.070	.589

Note: \*p< .05; \*\*<.01

Table 4 – 18

*Correlation between Length of Residence and Constraints for Those Who Not Desired to Start a New Leisure Activity*

Constraint Dimensions	Correlation Coefficient	Sig.
Social-cultural	-.403**	.000
Personal	-.080	.478
Access	-.190	.087
Time	.104	.353

Note: \*p< .05; \*\*<.01

Table 4 – 19

*Correlation between Length of Residence and Constraints for those who Desired to Start a New Leisure Activity*

Constraint Dimensions	Correlation Coefficient	Sig.
Social-cultural	-.166	.269
Personal	-.106	.487
Access	-.339*	.023
Time	-.029	.850

Note: \*p< .05; \*\*<.01

One-way ANOVA were conducted to detect any significant differences between men and women in the perception of the various constraints (Table 4-20). No significant differences between males' and females' perceptions of leisure constraints were found towards the decisions of not desiring new leisure activities and not starting new leisure activities. For those who had reduced /ceased leisure involvement, significant

differences between males' and females' perceptions of time constraint were found.

Male perceptions on lack of time tended to be higher than their female counterparts.

Table 4- 20

*ANOVA of Significant Differences Between Men and Women Who Reduced/ Ceased Leisure Activity Participation on the Perceptions of Leisure Constraints*

Constraint	Women's Mean	Men's Mean	F	Sig.
Immigration	2.651	2.653	.000	.992
Personal	2.123	2.425	1.577	.214
Access	2.537	2.543	.000	.984
Time	3.519	4.171	5.436	.023*

Note: \*p< .05

Overall, in this section, there were quite a few significant findings in the relationships between the constraint items and various socio-demographic variables. The importance of some constraint factors are significantly correlated with some demographic variables. Education, financial status, age, length of residence and gender somewhat did differentiate immigrants' perception of leisure constraints according to different leisure participation decisions.

## CHAPTER FIVE

### DISCUSSION and CONCLUSION

The study was intended to explore the leisure participation change patterns and the effects of acculturation on leisure constraints experienced by Chinese immigrant population in Canada. The results with respect to leisure participation change patterns suggest two distinct directions. First, the most-often ceased, the most-often started and the most-desired for participation leisure activities for Chinese immigrants differ from those of the mainstream and some other ethnic groups. Second, the underlying reasons for such change patterns seem not to be commonly found among the mainstream population.

Besides these, the findings of the study on leisure constraints suggest that the perceived importance of leisure constraints by Chinese immigrants has some unique characteristics. Acculturation, for instance, does not seem to have any effect on leisure participation decisions, but has a strong impact only on the decision concerning new leisure activities. Moreover, as expected, the influences of acculturation on constrained leisure are different for people in different circumstances.

Therefore, this chapter discusses the study findings and draws conclusions for this study. The chapter consists of three sections. The first section provides summaries and discussions of the two study areas: changes in leisure activity participation and leisure constraints. The second section deals with the possible implication of the study. Recommendations for future research and the limitations of this study are discussed in the third section.

### 5.1 Changes in Leisure Activity Participation

In this study, 29 percent of respondents were quitters who had reduced at least one of their leisure participation and had not started participating in any new leisure activities, 20 percent were replacers who replaced leisure activities they had quitted with new ones, another 20 percent were adders who had not quit any of their old leisure activities but had added at least one new leisure activity, and 30 percent were continuers who neither had stopped nor had started participating any leisure activities. The patterns observed among the sample of Chinese immigrants closely resemble those obtained both in Stodolska's (1999) study on Polish immigrants in Canada and Jackson and Dunn's (1988) study on general population in Alberta, Canada.

Table 5 - 1  
*Starting and discontinuing Leisure Activities: A Comparison Study*

Category	Chinese Immigrants Study (2005)	Stodolska (1999)	Jackson & Dunn (1988)	McGuire, O'Leary, Yeh & Dottavio (1989)
Quitters	29.2%	16.7%	22.7%	18.3%
Replacers	20.0%	29.9%	27.4%	4.2%
Adders	20.0%	21.6%	20.2%	17.9%
Continuers	30.8%	31.8%	29.7%	59.0%

However, compared with Polish immigrants, there was a considerably larger proportion of quitters and a smaller proportion of replacers among the sample of Chinese immigrants. The proportion of adders and continuers in these two ethnic groups are quite similar. As many researchers have pointed out, although immigrants are categorized as a certain social population, they actually cannot be generalized as one homogenous group (Stodolska & Yi, 2003, Tsai & Coleman, 1999). Thus it is believed that the similarities and differences between Chinese immigrants and Polish immigrants

in Canada are due to the status of each migrant group and the unique characteristics of each ethnic group.

As Stodolska (1999, p50) has pointed out, although the ceasing and starting behaviour of immigrants look quite similar to the pattern identified in the general population in Jackson & Dunn's (1988) study, the underlying reasons are different. Her findings indicate that for Polish immigrants, there exist certain immigrant-specific motivations responsible for Polish immigrants' ceasing-starting patterns. However, it is unknown whether such motivations are the same for Chinese immigrants' leisure ceasing-starting decisions. Further analyses are needed and therefore are discussed later in this chapter.

The differences between the results of the present study and that of McGuire, et al. (1989) may be caused by to the different research directions. McGuire, et al. (1989) emphasized only outdoor recreational activities, whereas the other three studies all focused on all types of leisure activities.

#### *5.11 Most-Often Ceased Activities*

Results of the study show that the most oftenly ceased activities by Chinese immigrants were exercised-oriented activities, typical Chinese activities and outdoor recreation activities which show some divergence from the findings of Stodolska's (2002) research on Polish immigrants, by Jackson & Dunn (1988) and the mainstream population by Iso-Ahola et al. (1994). Exercise-oriented activities and team sports were the most often ceased pastimes found in Jackson & Dunn's study. The study by Iso-Ahola et al. established that exercise-oriented activities and outdoor recreational activities were ceased most frequently. In contrast, Stodolska found that outdoor recreation, typical

Polish and home-based activities were activities being set aside by Polish immigrants. In this study, the most-often ceased activities by Chinese immigrants are exercised-oriented activities, typical Chinese activities, and outdoor recreation activities. Similarly, Tsai & Coleman (1999) discovered that Chinese immigrants in Australia most frequently reported reducing participation in exercise-orientated activities (e.g. basketball), typical Chinese activities (e.g. badminton, mahjong), and socializing.

Iso-Ahola (1994) argued that the high dropout rates in exercise-oriented activities among the general population could be attributed to high replacement rates for activities in this category. However, perhaps due to the absence of qualitative data, it is unknown why the mainstream population reports such a high rate of reducing participation in outdoor recreation activities. Through a qualitative analysis of Polish immigrants, Stodolska (2002) found that money and time problems take the main responsibility for Polish immigrants' ceasing of outdoor recreation activity. She further indicated that the increased financial and time-relate pressures for immigrants would lead them to discontinue participation in the most costly and time-consuming leisure pursuits. Apparently, in Canada, many outdoor recreational activities such as skiing and hiking take more spare time, money and transportation facilities compared with other activities. Thus, Stodolska (2002) pointed out that "the similar patterns will be observed among other immigrant groups whose members will abandon the most costly and time-consuming traditional pastimes in the period of financial difficulties following immigration" (p. 106).

There is no qualitative data, however, about the choices of constraint items that lead Chinese immigrants to discontinue leisure activity participation (Table 4-13). My

findings show that time and those social-cultural factors play important roles for Chinese immigrants in their decisions to reduce their leisure activity participation. I believe that Chinese immigrants discontinue leisure activities because the new physical and social environment forces them to adjust their leisure life style. This interpretation might also help to explain why typical Chinese activities are also the most often ceased activities. As the cultural traditions and life environments are quite different between China and Canada, Chinese immigrants can not find resources to support those typical Chinese activities. Therefore, Chinese immigrants perceive an importance of the lack of certain provisions in Canada.

Among those social-cultural constraints, lack of copartners seems to be an important one that is shown in other literature. Having no one to participate with is easily understood from the reality of post-arrival social isolation and lack of established social networks. Stodolska (2002) indicated that lack of friends and family members was mainly responsible for Polish immigrants discontinuing home-based activities which are the most popular pastimes in Poland. Similar to this finding, Tsai and Coleman (1999) found that the inability to find leisure co-participants was a salient factor for Chinese immigrants to take up leisure activities in Australia. Some other studies on Latino (Juniu, 2000) and Indian communities (Tirone & Shaw, 1997) also illustrate that the lack of old friends and extended family constituted a factor that not only limited leisure participation, but also reduced the quality of the leisure experience.

I conclude that, apart from the time constraint - the most important reason for ceasing participation for both the mainstream and immigrant populations - there are some factors cause Chinese immigrants to abandon their leisure participation. Most

importantly, the cultural differences between Canada and China restrict the leisure participation choices of Chinese immigrants.

#### *5.12 Most-Often Started Activities*

Although immigration does create new constraints on leisure, it may also make new demands for leisure participation. This study shows that a majority of Chinese immigrants started participating in outdoor recreation and/or exercise-oriented activities. This trend appears to be consistent with the previous study by Stodolska (1999). The most-often started activities by Polish immigrants were also in these two categories. She further mentioned that the fact these two category activities are immensely popular among the mainstream population and are associated with people of high social status makes immigrants might attempt new exercised-oriented and outdoor activities (p. 60). Many immigrants intend to follow what other people do. The literature has shown there are a few other reasons that lead immigrants to participate in certain kinds of leisure activities. For this study, the following reasons can be helpful in understanding Chinese immigrants' choices on starting new leisure activities.

Stodolska and Yi (2005) pointed out that "immigration may eliminate constraints on certain activities, particularly if these activities were highly constrained in the home country" (p. 66). The highly constrained activities may be the result of economic aspects, provision availability, traditional culture restrictions and so on. For instance, Juniu's (2000) qualitative study on Latino immigrants showed that regardless of their social background, immigrants perceived better opportunities across a larger spectrum of recreation and cultural activities offered in American life. Likewise, in Stodolska and Alexandris's (2004) study, Korean immigrants noticeably increased their

participation in golf and tennis, both activities that are severely constrained by high costs in Korea. Tirone and Pedlar (2000) found that, although still being restricted by similar ethnic cultural codes, young South Asian adults and teenagers often broke down family restrictions and participated in mainstream Canadian activities such as dances, going to clubs and sport activities.

For the Chinese immigrants in this study, the most-often started outdoor activities such as skiing are not deeply imbedded in Chinese culture. Even in the north of China, where resources for skiing are available, the facilities are not well-developed. Interestingly, the successful man-made ski resorts in Shanghai show that Chinese people are willing to try these kinds of outdoor activities. Since ski resorts are both available and well-developed in Canada, Chinese immigrants have the opportunity to start the activity which is restricted in China.

Immigrants also tend to start some new leisure activities as a way to facilitate their immersion into the new society (Yu & Berryman, 1996; Stodolska, 1999; Stodolska & Yi, 2003). These new leisure activities can be popular in the mainstream or prevalent in the ethnic communities in the host country. Stodolska (1999) discovered that most Polish immigrants started fishing because their Polish friends all did it. Thus, immigrants face two-fold acculturation choices. On the one hand, immigrants face the challenge of overcoming the post-arrival depression caused by lack of social networks, language skills, and a new environment. They have to learn to adapt. On the other hand, acting like others in their ethnic community seems also important to immigrants. The ethnic subculture in the host country provides immigrants with an orientation to Canadian life and environment that eases their access to mainstream culture.

Finally, many Chinese immigrants have begun to attend church-related activities since they came to Canada. Similar findings are reported by Rublee and Shaw (1991). They found community-based leisure and church-related activities may play a significant role for immigrants from Latin American countries. Hirschman (2003) indicates that churches and other religious organizations assist in the creation of community and are a major source of social and economic assistance for immigrants. Therefore, “the combination of culturally-attuned spiritual comfort and material assistance heightens the attractions of membership and participation in churches for immigrants” (Hirschman, 2003, p.3).

Some of the churches in Toronto are led by priests who have Chinese origins and who speak Chinese. To some degree, churches become places for Chinese people to gather together regularly in order to share life experiences and make new social networks. Moreover, the variety of activities held by churches such as camping, day trips and social meetings become important sources for Chinese immigrants to become familiar with Canadian culture and enjoy leisure activities.

#### *5.13 Most-Often Desired Activities*

For activities that Chinese immigrants would like to do regularly but not take part in at the time the survey was done (Table 4-6), Chinese immigrants reported that these activities were exercise-oriented activities (e.g. sports, gym fitness), outdoor recreational activities (skiing, camping, golf), typical Chinese activities (swimming, mountain climbing), and hobbies. Again, the results are consistent with Tsai & Coleman’s (1999) findings that Australian Chinese immigrants wanted to be involved in sports and exercise (e.g. tennis, golf, badminton), outdoor recreation (e.g. bush walking, fishing,

camping), and hobbies (e.g. crafts).

Therefore, the activities that Chinese immigrants desire to begin are not exactly the same as the activities they have already started. The latent demands for leisure activity participation accumulate into two patterns. First, Chinese immigrants are interested in the activities that can be done by daily-basis, such as swimming, gym fitness and golf. This can be easily understood if one employs traditional Chinese beliefs. For thousands of years, Chinese people were encouraged to do regular, basic exercises for a healthy life. When immigrants come to Canada, they might have to give up some activities they regularly did in China. However, once they want to do some leisure activities regularly, they will likely choose the activities that they are familiar with. This explanation is consistent with Deng's (2003) findings that Chinese immigrants in Edmonton, Alberta are more accepting of traditional activities or familiar activities. Second, Chinese immigrants are willing to do leisure activities (skiing, camping, mountain climbing) that are close to nature. One Chinese Taoism speaking is "To Be One With Nature" (tian ren he yi 天人合一), meaning people should involve themselves with nature and become part of it. Under this principle, people can do something with nature more than merely being outside and appreciating the beauty of nature.

I propose that ethnicity plays an important role in Chinese immigrants' desires to do regular, basic leisure activities. A series of research on Chinese immigrants shows that the Chinese ethnic groups intend to retain their traditional cultural values through participation in leisure activities. For example, Allison and Geiger (1993) indicated that Chinese immigrants appeared to maintain participation in culturally-related activities throughout most of their lives in America. Even when those activities that were

undertaken by elderly Chinese were the same as those of the rest of the population, they were filled with Chinese content (e.g. gardening, sewing). More than this, leisure, in some cases, may be used as a tool to prevent acculturation, to promote ethnic resiliency and to ensure preservation of the ethno-religious group (Stodolska & Livengood, 2003).

In sum, the studies on changes of leisure activity participation show interesting patterns. On the one hand, Chinese immigrants were forced to abandon some of their pastimes due to the environmental differences between China and Canada. On the other hand, the impact of immigration also urges Chinese immigrants to undertake new leisure activity which were either popular among mainstream population or popular within Chinese community. However, results of the most often desired activities illustrate that ethnicity plays an important role for Chinese immigrants to choose their desired leisure activity.

## *5.2 Leisure Constraints*

### *5.2.1 Dimensions of Leisure Constraints and their Relative Importance*

In this study, Chinese immigrants reported that their leisure involvement was inhibited to varying degree by four types of constraints, namely, social-cultural constraints, personal constraints, access constraints and time constraint. Social-cultural constraints had incorporated a series of constraints originating from the socio-culture changes. The personal constraints comprised psychological and physical problems. The access constraints incorporated the facilities and opportunities dimensions and the skills dimensions. The most important leisure constraint for Chinese immigrants for all three types of leisure participation decisions was time constraint. Access constraints and social-cultural constraints were seen as slightly less important constraints. Personal

constraints were seen as the least important.

Time is often thought of as the primary constraint to leisure (Robinson & Godbey, 1999). It constraints every aspect of participation in leisure activity: how much time can be devoted to it, how often it can be done and how much time is needed for preparation. Moreover, it also influences people's ability to experience leisure as a state of mind (e.g. feeling rushed) (Godbey, 2005). For immigrant populations, time appears to be a particularly severe obstacle in leisure participation. Tsai & Coleman (1999) argued that leisure has to compete for time with other spheres of life, such as work and family. The willingness and the priority in allocating resources to leisure may be influenced by the place and the perceived importance of leisure in one's life. One can image that, in order to improve their standard of living, immigrants sacrifice their leisure sphere of life in favour of other activities. For instance, Homa (1980) stated "... for positions based on the merits of their expertise and work performance and (immigrants are) willing to sacrifice a good deal of their leisure for additional studies and overtime work to compensate for their temporary inadequacies" (p.101). Under such circumstances, leisure is considered less important. Therefore, the time constraint is perceived as a very important obstacle.

Access constraints related to the negative attitudes towards currently available leisure opportunities and capable leisure activities in Canada. Previous studies have suggested that ethnic groups may have such perceptions because the available opportunities are not attractive to them (Washburne, 1978). In 1986, Clayworth found that elderly Chinese immigrants in Australia considered the Australian clubs and organizations as inappropriate to their needs. The existing significant differences in

leisure preferences between Canadians and Chinese may also drive Chinese immigrants to have limited skills on those popular and available activities in Canada such as hockey and skiing. Therefore, Chinese immigrants perceive those available leisure opportunities as less appealing or even not leisure opportunities. Further understanding of the reasons that underlie the perception by immigrants that leisure opportunities are poorly provided will help leisure providers to better serve Chinese ethnic groups.

The social-cultural constraints in this study embodied the constraints that were originated from the changes of social settings and culture environments. Upon immigration, having language barriers and feeling uncomfortable because of different cultures reflects the initial cultural barriers experienced by immigrants; whereas feeling uncomfortable when entering into a new cultural environments can be a common problem faced by anyone. However, such uncomfortable feeling could be more extensive among Chinese immigrants because of their unfamiliarity with the Western cultures and customs. When this type of feeling is applied into leisure activity participation, Chinese immigrants may experience strong constraints on finding copartners, transportation problems and the channels to get involved in leisure activities.

Comparably, in this study personal constraints that were relevant to respondent's psychological and physical problems were seemingly the least important. However, this type of constraints was substantial and always accompanied with leisure activity participation across the life span. Personal constraints could be more salient for Chinese people if they take up leisure activity in China. But facing the changes of lifestyle during the adaptive period in the host country, Chinese immigrants experience some more important constraints other than personal constraints.

### *5.22 Constraints across different types of leisure participation decisions*

There is an overall pattern of similarity in the relative importance of constraints items as reasons for not desiring for new leisure activity participation and as reasons for not starting new leisure activities. However, in this study, one dimension of leisure constraints was significant in the ANOVA analysis. This result was not in accord with the previous studies in this area. Research conducted by Jackson & Dunn (1991), Jackson and Rucks (1993), Tsai & Coleman (1999) and Jun (2004) appear to illustrate that constrained leisure is heterogenous and this does not exist in a broad context.

In terms of the significant finding in this study, no desire to start new leisure activity groups perceived personal constraints to be greater constraints than did not started new leisure activity groups. On the other hand, Chinese immigrants who have no desire to start new leisure activity appear to be constrained more by feeling unwelcome and physical constraint, which seem not important to those who do not start new leisure activity.

However, personal constraints did not appear to be very important constraints as it showed that they were the least important constraints perceived by Chinese immigrants (Table 4-10). On the other hand, personal constraints were not salient as other constraints that either hinders Chinese immigrants from desiring new leisure activities or hinders them from starting new leisure activities (mean = 2.29, 1.58 respectively). Apparently, there are some other key constraints that have influences on the two types of leisure activity participation decisions. For instance, in this study they were time and access constraints. Besides, some constraints such as personal constraints in this study that have salient impacts on a particular leisure activity decision in contrast

to other leisure activity decisions. This finding is consistent with Jackson and Rucks' (1993) statement. They documented: "several, if not all, types of constraints became more or less important depending on the precise stage of the leisure decision-making process at which they are experienced, whereas other constraints are unique to a particular stage" (p.229).

### *5.23 Acculturation and Leisure Constraints*

The findings of this study reveal that the perceived importance of leisure constraints is negatively associated with acculturation level. However, it was not the same as expected that acculturation level would strongly affect all aspects of leisure constraints of immigrants. The findings suggest that acculturation level has a significant effect only on a single dimension of constraints which is social-cultural constraints. For the decision of not desiring new leisure activities and desired to start new leisure activities, the higher the acculturation level respondents hold, the lower the level of importance of the social-cultural constraints.

Not surprisingly, social-cultural constraints were less important for more acculturated individuals. Since the measure of acculturation level included English language proficiency and use variables, cultural preferences, and choices of making friends, it appears reasonable that the leisure of immigrants with a better knowledge of official language and acceptance of the Canadian culture will be less constrained by those social-culture related constraints. On the other hand, one can imagine the more acculturated immigrants, who have adopted mainstream religion, diet preferences, and customs could easily interact with the general population, therefore feeling comfortable and enjoyable in involving those leisure activities.

#### *5.24 Socio-demographics and Leisure Constraints*

Individual's level of education is found in many studies that it is related to the perceived importance of constraints. In this study, for those Chinese immigrants who do not desire new leisure activities, the perceptions of the importance of social-cultural constraints and personal constraints were associated with their levels of education. However in the Tsai & Coleman (1999) study of Chinese immigrants in Australia, education was associated with several constraints for reducing/ceasing leisure participation and for not starting desire new leisure activities. One can suggest two aspects that might help to understand such relationships. Firstly, immigrants with higher levels of education might "be more receptive to different leisure pursuits", and are "more confident in trying out different activities" (Tsai & Coleman, 1999, p.258). Secondly, some capabilities of highly educated immigrants such as such as language skills, cultural adaptability and confidence in building social networks can help reduce the importance of the constraints.

In the present study, financial status differentiates Chinese immigrants' perceptions of access constraints and social-cultural constraints. The wealthier Chinese immigrants perceived these two types of leisure constraints as less important. In terms of access constraints, financial capability clearly can help increase immigrants' involvements in some leisure activities associated with higher costs of transportation, admission, and equipment. Some immigrants who can not afford these "expensive" leisure activities will not be interested in those types of leisure activities or may even not perceive them as leisure opportunities. Therefore, being restricted in activities that they can afford, immigrants definitely will perceive a higher importance of the lack of provision constraint.

Apparently, immigrants' financial abilities inhibit their motivations for new leisure activity participation. This study shows that most Chinese immigrants self-evaluated their financial status at just average or even lower (Table 4-1). Under such circumstances, immigrants' financial situations become very big obstacles for their leisure activity participation.

Although Chinese immigrants' income seems strongly connected with their perceptions of leisure constraints, interestingly, immigrants themselves do not perceive a lack of money as a very important constraint for leisure participation. Chinese people always would not declare their bad financial situation, as they think they will be looked down on by others and lose face. Perhaps, some of the respondents' answers do not reflect their real financial situations on this question.

It is reported that age has no connection with the constraints for the decision of reducing/ceasing leisure activity participation and decisions of not desired to start new leisure activities. However, it was shown that the younger the Chinese immigrant, the greater the importance of access constraints on starting the new leisure activities. Specifically, lack of provision and not having the necessary skills are important constraints here. Other studies have found similar relationships. For example, Jackson & Searle (1985) found that people who wanted to start a new activity but found their participation blocked by constraints tended to be relatively young adults.

Unlike the finding in Tsai & Coleman's (1999) study that the length of residence in Australia was unrelated to Chinese immigrants' perception of leisure constraints, this study shows that a longer period of residence in Canada appears to be a sufficient condition for better adaptation and a reduction in the importance of social-cultural

constraints or access constraints on all three types of leisure activity participation decisions.

In some studies, gender is found to have a significant impact on the perception of leisure constraints. It is suggested that women face more constraints in their leisure participation than do men (Jackson & Henderson, 1995), and "...especially structural constraints (especially lack of time) and intrapersonal constraints (especially the ethic of care, self-attitudes and body attitudes) on women's opportunities for and participation in leisure" (Shaw & Henderson, 2005, p. 27). However, such phenomena are not totally consistent with the results found in this study. Only the perception of lack of time between men and women was found to be significantly different in the decision of reducing/ceasing leisure activity participation.

### *5.3 Implication of the Research Findings*

From a policy development standpoint, the findings of this study provide several implications for governmental agencies and practitioners in leisure provision. First, this study clearly illustrates the overall situation of the leisure lifestyles of Chinese immigrants in Canada. Most of the previous research on Chinese immigrants does not focus on this area. As a result, this study fills a gap and provides leisure providers useful information to understand Chinese immigrants' leisure participation characteristics.

Second, given the findings of this research, it is possible for leisure providers to understand that although immigrants use leisure facilities less frequently, Chinese immigrants have many latent demands for leisure activity. The recognition of the gaps in provision should provide a starting point for leisure providers to do something for Chinese immigrants during their adaptation period.

With respect to developing leisure programs, leisure providers should recognize that Chinese ethnicity plays an important role in Chinese immigrants' leisure activity participation. Furthermore, Chinese immigrants perceive different levels of the constraints that are felt by the mainstream population, and experience altogether different leisure constraints. Some characteristics of Chinese immigrants in terms of leisure activity are also applicable to other ethnic immigrant groups. Therefore strategies designed to attract more immigrants to use the current leisure provisions or to satisfy immigrants' latent needs should be aimed at those specialties of ethnic immigrant groups.

This study presents several practical implications. First, it is found that outdoor recreational activities are the activities that most Chinese immigrants have already started or desired to start in the future. Those outdoor recreation providers can employ information campaigns to increase immigrants' awareness of opportunities.

Another similar implication concerns swimming. Swimming is the activity that is most often reduced/ ceased and started by Chinese immigrants, as well as being desired to start. The strong interests in swimming by Chinese immigrants may give related governmental or commercial agencies an idea that the opportunities available for swimming should be increased in the areas where a large number of Chinese immigrants reside.

Second, it is stated that increasing acculturation levels can help diminish the perceived important of social-cultural constraints. In other words, advancing the process of socio-cultural adaptation will whet Chinese immigrants' desire for new leisure activities and start those activities they would like to take up. Therefore, the effect of leisure constraints can be removed or lessened by offering culturally-oriented learning

programs.

Finally, for people who want to start a new leisure activity, younger adults seem to perceive higher levels of leisure constraints than older adults. Specifically, younger adults are far more likely to be influenced by lack of provision, and the lack of necessary skills. If leisure providers wish to target younger adults, social programs designed to offer younger adults the necessary skills and to bring people together could be considered as ways to reduce these constraints.

#### *5.4 Research Limitations and Recommendations*

Although based on the limited resources for this study the research methods discussed in the study appear to be appropriate and acceptable, as with any form of research, this study is not without limitations.

First, since the results are built on a small sample size and non-probability sampling research methods, this research could only be regarded as an exploratory study. The generalisability of the findings derived from this sample could be restricted (Tsai & Coleman, 1999).

Second, this study regards Chinese immigrants in Canada as a homogeneous group which may not reveal the whole picture of attitude variations of Chinese immigrants. For example, previous studies show that ethnic groups are not totally homogenous, like Chinese from mainland China seem retain more traditional Chinese culture than Chinese from Hong Kong and Taiwan (Wang & Lo, 2005; Yu & Berryman, 1996). In view of heterogeneity of Chinese immigrants, an intra-group attitude analyses and comparison would be more meaningful.

On the basis of this study it is possible to suggest that further research in this

area could focus on the following areas.

First, further research that uses a qualitative approach is needed. It is possible to assume that missing Chinese-specific constraints exist. The constraint items given to respondents in this survey were chosen from the previous constraint studies on both general populations and some ethnic groups. However, constraints that previous researchers have not pursued might exist. In addition, qualitative methods can help to build up the findings in this study from two other aspects. First, through the in-depth interviewing and focus group, the qualitative approach helps to capture the extent and the ways in which immigrants are constrained in their leisure. The underlying reasons therefore can be explored and transformed into policies. Second, qualitative methods might allow a researcher to investigate the constraints of specific groups such as women or adolescents. Interviewing certain groups of Chinese immigrants will definitely allow one to grasp the detailed nature and the scope of immigrants' leisure constraints.

Second, this study shows that the impact of acculturation on leisure is quite limited and ethnicity plays an important role for leisure lifestyles during the post-arrival period. Some social research on immigrants illustrates that negotiation of culture for newcomers may be more complicated than simply acculturating into or resisting the dominant cultural group. Chinese immigrants may also be influenced by the Chinese subculture in Canada, especially for those who live in big cities having large Chinese communities such as Toronto and Vancouver (Sakamoto & Zhou, 2005). In Stodolska's (2000) study, some Polish immigrants undertook new leisure activities because other Polish immigrants in Canada did so. Therefore, further research on immigrants' leisure lifestyles might explore the impact of ethnic subculture on immigrants' leisure attitudes.

Third, further research is needed that focuses on the constraint negotiation process of immigrants. The suggestion that people can confront and negotiate leisure constraints (Jackson & Rucks, 1995) implies that constraints are not static and stationary. Therefore, exploring how immigrants encounter leisure constraints, negotiate through constraints and thus succeed in initiating or continuing leisure participation definitely having both scientific and practical values.

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*Journal of Leisure Research*, 28(4), 251-272

APPENDIX I: QUESTIONNAIRE (ENGLISH VERSION)



School of Outdoor, Parks & Tourism  
955 Oliver Rd. Thunder Bay, Ontario P7B 5E1  
Tel: (807) 343-8759  
Fax: (807) 346-7836

**CONSENT FORM**

My signature on this form confirms that I agree to participate in the study by Feihuang (Faith) Xiong on CONSTRAINTS ON LEISURE ACTIVITY PARTICIPATION AMONG CHINESE IMMIGRANTS IN CANADA. I have received an explanation about the nature of the study, its purpose, and procedures. I understand the following:

1. I am a volunteer and can withdraw at any time from the study.
2. There is no apparent risk of physical or psychological harm.
3. The data I provide will not be used for any other purpose rather than this study and will be totally confidential.
4. I will receive a summary of the project, upon request, following the completion of the project.
5. Data will be stored at Lakehead University for seven years.

---

Signature of Participant

Date



School of Outdoor, Parks & Tourism  
955 Oliver Rd. Thunder Bay, Ontario P7B 5E1  
Tel: (807) 343-8759  
Fax: (807) 346-7836

Dear Sir/ Madam,

My name is Faith Xiong. I am conducting a study about the constraints to leisure activity of Chinese immigrants in Canada. Very little is known about Chinese immigrants' leisure participation and what types of things help and hinder them from being involved in leisure activities. This information will be very useful in designing good leisure programmes for immigrants and helping them to get more involved in Canadian society.

The intents of this research are (1) to investigate in what kind of activities Chinese immigrants participate in China and Canada, (2) to explore the relationship between acculturation level and leisure constraints, (3) to identify leisure constraints involved in three types of leisure participation decisions (ceasing leisure activities; start new activities; and take part in leisure activities).

To accomplish these goals, I would like you to fill out a questionnaire. Your contribution definitely will help me to better understand your leisure activities. Participation in this survey is voluntary and you have the right to withdraw at any time. All the information you provide will remain confidential and will be securely stored at Lakehead University for seven years. The information you provide will *only* be used in statistical form and will not be able to be connected in any way to you personally. A summary of the findings of this project will be made available to you at your request upon the completion of the project.

For more information regarding this research project, please contact Faith Xiong at (807) 343- 8888 ext 5583 or [fxiong@lakeheadu.ca](mailto:fxiong@lakeheadu.ca). Or Dr. Bob Payne at (807) 343- 8758, or [rjpayne@lakeheadu.ca](mailto:rjpayne@lakeheadu.ca). Thank you for your cooperation.

Sincerely,

Feihuang (Faith) Xiong  
Master of Environmental Studies Candidate  
Faculty of Outdoor Recreation, Parks, and Tourism  
Lakehead University  
955 Oliver Road, Thunder Bay, Ontario, Canada, P7B 5E1  
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## LEISURE CONSTRAINTS OF CHINESE IMMIGRANTS IN CANADA

### GENERAL INSTRUCTIONS:

1. Please complete the questions in order. This questionnaire contains 11 pages (including this page).
2. To answer questions, either circle the number or write down answer in the space provided that is best applies to you.

*Example:*

*Were you born overseas?*

No <sup>1</sup>  
Yes (2)

*Please specify your city of birth:*      Shanghai

3. Please give any factors that restrict your leisure activities in the "Comments" Section of the last page.
4. If you have any difficulties in understanding the questions, or have any other questions concerning this survey, feel free to call Faith Xiong at 807-343-8888 ext 5583 or write to [fxiong@lakeheadu.ca](mailto:fxiong@lakeheadu.ca).

### DEFINITION

**In this study, leisure activities mean any activities undertaken during free time or non-work hours of the day; such as socialising, sports, entertainment, recreational activities, and hobbies, etc.**

**Thank you for taking part in this survey!!**

### SECTION A: REDUCING / DISCONTINUING LEISURE ACTIVITIES

The following three questions intend to find out about the reasons that contribute to your reduced (i.e., done less) participation in, or discontinued (i.e., stopped doing) participation leisure activities.

(Q1) **During the past two years, have you reduced or discontinued any leisure activities in which you participated regularly?**  
(Circle appropriate number.)

No 1 —————→ *If no, go to question 3 on page 4.*

Yes 2



*If yes, please list one or two of these regular leisure activities that you have reduced or discontinued.*

Activity 1: \_\_\_\_\_

**Did you reduce or discontinue doing this activity?**  
(Circle appropriate number.)

Reduced 1

Discontinued 2

Activity 2: \_\_\_\_\_

**Did you reduce or discontinue doing this activity?**  
(Circle appropriate number.)

Reduced 1

Discontinued 2

*Go to question 2 on the next page.*

Please answer this question only if you answered "yes" to question 1.

(Q2) Here are some reasons that people give for reducing or discontinuing their leisure activities. Please indicate how important each of the following reasons was for your reducing or discontinuing leisure activities in general. Please circle the number that best describes your situation, using the following rating scale:

1 = not important at all  
2 = slightly important  
3 = moderately important  
4 = very important  
5 = extremely important

Please respond to ALL statements.

Lack of time	1	2	3	4	5
Did not know what was available	1	2	3	4	5
Physical problems (e.g. age, health, fitness, injuries, tired)	1	2	3	4	5
Financial cost	1	2	3	4	5
Transportation problems	1	2	3	4	5
Language barrier	1	2	3	4	5
Lack of provision (e.g., facilities, services, programs, etc.)	1	2	3	4	5
Activities/opportunities available do not appeal to me	1	2	3	4	5
Did not enjoy the activities	1	2	3	4	5
Feeling unwelcome	1	2	3	4	5
Did not know how to get involved	1	2	3	4	5
Lacked of necessary skills	1	2	3	4	5
Feeling uncomfortable because of different cultures	1	2	3	4	5
No one to participate with	1	2	3	4	5
Difficult to communicate with other participants	1	2	3	4	5
Lack of sense of belonging	1	2	3	4	5
Had lost interest in the activities	1	2	3	4	5

3

(Q3) **Have you taken up any new leisure activities during the past two years?**  
*Please circle the appropriate number.*

No 1

Yes 2



**If yes, please name one or two main leisure activities that you have taken up during the past two years.**

Activity 1: \_\_\_\_\_

Activity 2: \_\_\_\_\_

### **SECTION B: STARTING NEW LEISURE ACTIVITY**

Another important area of this study is to learn more about the reasons inhibiting Chinese immigrants from starting new leisure activities.

(Q4) **Are there any leisure activities that you do not take part in, but would like to do regularly?** *Please circle the appropriate number.*

No 1      →      *If no, go to question 5 on the next page.*

Yes 2



**If yes, please name one or two main activities that you would like to do.**

Activity 1: \_\_\_\_\_

Activity 2: \_\_\_\_\_

*Please go to question 6 on page 6.*

Please answer the following question **only if** you answered "no" to question 4.

(Q5) Listed below are some reasons why people do not want to start new leisure activities. Please indicate how important each of the following reasons were **in** your decision **NOT to start new leisure activities in general?** Please circle the number that best describes your situation, using the following rating scale:

- 1 = not important at all
- 2 = slightly important
- 3 = moderately important
- 4 = very important
- 5 = extremely important

Please respond to ALL statements.

Do not think I'll enjoy the new activities	1	2	3	4	5
Lack of time	1	2	3	4	5
Do not know what was available	1	2	3	4	5
Feeling unwelcome	1	2	3	4	5
Lack of provision (e.g., facilities, services, programs, etc.)	1	2	3	4	5
Physical problems (e.g. age, health, fitness, injuries, tired)	1	2	3	4	5
Financial cost	1	2	3	4	5
Difficult to communicate with other participants	1	2	3	4	5
Transportation problems	1	2	3	4	5
Language barrier	1	2	3	4	5
Lacked of necessary skills	1	2	3	4	5
Feeling uncomfortable because of different cultures	1	2	3	4	5
Lack of sense of belonging	1	2	3	4	5
Do not know how to get involved	1	2	3	4	5
Activities/opportunities available do not appeal to me	1	2	3	4	5
No one to participate with	1	2	3	4	5

Please go to question 7 on page 7.

5

Please answer the following question only if you answered "yes" to question 4.

(Q6) Listed below are some common reasons inhibiting people from starting new leisure activities. Please indicate how important each of the following reasons are in your decision NOT to undertake the new leisure activities that you want to do in general? Please circle the number that best describes your situation, using the following rating scale:

- 1 = not important at all
- 2 = slightly important
- 3 = moderately important
- 4 = very important
- 5 = extremely important

Please respond to ALL statements.

Do not know what was available	1	2	3	4	5
Feeling unwelcome	1	2	3	4	5
Lack of time	1	2	3	4	5
Activities/opportunities available do not appeal to me	1	2	3	4	5
Physical problems (e.g. age, health, fitness, injuries, tired)	1	2	3	4	5
Lack of sense of belonging	1	2	3	4	5
Difficult to communicate with other participants	1	2	3	4	5
Unsure that I'll enjoy the activities	1	2	3	4	5
Transportation problems	1	2	3	4	5
Language barrier	1	2	3	4	5
Lacked of necessary skills	1	2	3	4	5
Feeling uncomfortable because of different cultures	1	2	3	4	5
Financial cost	1	2	3	4	5
Lack of provision (e.g., facilities, services, programs, etc.)	1	2	3	4	5
Do not know how to get involved	1	2	3	4	5
No one to participate with	1	2	3	4	5

(6)

**SECTION C: Life and Acculturation in Canada**

**(Q7) This section asks about your attitudes towards issue of national identity. Please rate the extent to which you agree or disagree with each of the following statements. Circle the most appropriate answer applied to you based on the following scale:**

- 1 = strongly disagree*
- 2 = disagree*
- 3 = neutral/neither*
- 4 = agree*
- 5 = strongly agree*

*Please respond to ALL statements.*

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 1. Canadian culture has had a positive impact on my life.                   | 1 | 2 | 3 | 4 | 5 |
| 2. I am familiar with Canadian cultural practices and customs.              | 1 | 2 | 3 | 4 | 5 |
| 3. I engage in Canadian forms of recreation.                                | 1 | 2 | 3 | 4 | 5 |
| 4. I celebrate and care much more Canadian holidays than Chinese festivals. |   |   |   |   |   |
|   | 1 | 2 | 3 | 4 | 5 |
| 5. I am totally indifferent to anything that might be going on in China.    | 1 | 2 | 3 | 4 | 5 |
| 6. I would prefer to live in a Canadian community.                          | 1 | 2 | 3 | 4 | 5 |
| 7. I prefer Canadian food   | 1 | 2 | 3 | 4 | 5 |
| 8. I prefer to date or marry Canadian partner                               | 1 | 2 | 3 | 4 | 5 |

**(Q8) Which of the following statements best describes your closest friends (excluding family and relatives as well as individuals with whom you maintain only a professional relationship)?**

1. Practically all my friends are Chinese immigrants.
2. Most of my friends are Chinese immigrants but I know some Canadians of Non-Chinese descent with whom I like to socialize.
3. Approximately the same numbers of my friends are of Chinese and Non-Chinese descent.
4. Most of my friends are Non-Chinese Canadians but I know some Chinese immigrants with whom I like to socialize.
5. Practically all my friends are Non-Chinese Canadians.

⑦

**(Q9) The following questions ask about your proficiency in English and Chinese. Please circle the number that best describes you, using the following rating scale:**

*1 = cannot speak/read at all; 2 = speak/read a little; 3 = fair; 4 = good; 5 = excellent*

What is your ability to: Speak Chinese	1	2	3	4	5
Read Chinese	1	2	3	4	5
Speak English	1	2	3	4	5
Read English	1	2	3	4	5

**(Q10) The following statements ask about your language preferences and usage in different situations. Please circle the number that best describes you, using the following rating scale:**

- 1 = Chinese only;*
- 2 = Mostly Chinese, some English;*
- 3 = Half-half English and Chinese*
- 4 = Mostly English, some Chinese;*
- 5 = English only*

The kind of radio programs I prefer to listen to	1	2	3	4	5
The kind of TV/video programs I prefer to watch	1	2	3	4	5
The kind of newspaper/magazines I read	1	2	3	4	5
The language(s) I speak at home	1	2	3	4	5
The language(s) used in my thought	1	2	3	4	5

**(Q11) How do you consider yourself? (Please circle an appropriate number.)**

Totally Canadian	1
Mostly Canadian, a little Chinese	2
Approximately half Canadian and half Chinese	3
Mostly Chinese, a little Canadian	4
Totally Chinese	5



## SECTION D: PERSONAL DETAILS

Finally, I would like to know some of your personal information for statistical purposes and for interpreting the results. Any information you provide will be confidential.

*For questions 14 to 30, please circle the appropriate answer..*

**Q12: What is your gender?**

1. Male
2. Female

**Q13: What is your education level?**

1. Less than high school
2. Completed high school
3. Some university/ college
4. Completed university/ College
5. Higher university/ post-graduate

**Q14: Are you currently in school (e.g. enrolled in any educational institution)?**

1. no
2. part-time
3. full-time

**Q15: Are you employed?**

1. employed part-time.
2. employed full-time
3. self-employed
4. no job at all.

**Q16: How do you consider your current financial status?**

1. Much lower than average
2. Lower than average
3. Average
4. Higher than average
5. Much higher than average

**Q17: Do you have a driver's license?**

1. Yes (Go to question 20)
2. No ( Skip to question 21)

**Q18: Which of the following statement best describes your situations?**

1. I don't have a car; I usually take public transport for all my activities.
2. I have a car and mainly use it for my activities.

9

**Q19: In most cases, who accompanies you in your leisure activities?**

1. no one
2. friends
3. family members
4. others, please specify \_\_\_\_\_

**Q20: What is your marital status?**

1. Single
2. Co-habit or Married
3. Divorced or widowed

**Q21: Your spouse or partner (if any) is**

1. Chinese
2. Canada-born Chinese
3. Non-Chinese descent

**Q22: Whom are you living with now?**

1. Partner
2. Children
3. Parents
4. Friends
5. Others \_\_\_\_\_

**Q23: Do you use internet as a way to make friends in Canada and going for social activities?**

1. Yes
2. No

**For following questions, please write down the information in the space provided.**

**Q24: What is your main occupation (if any):** \_\_\_\_\_

**Q25: What is the main occupation of your spouse or partner (if any):**

\_\_\_\_\_

**Q26: In what year were you born:** \_\_\_\_\_

**Q27: How many years have you lived in Canada:** \_\_\_\_\_

**Q28: Do you belong to any church or religious group?**

No.

Yes, please specify \_\_\_\_\_.

**Q29: How long did it take for you to finish this questionnaire? \_\_\_\_\_ Minutes**

10

**RECOMMENDING FRIENDS TO TAKE PART**

I need more people to be involved in this survey. It would be very helpful if you could recommend some of your friends to me. Please write down their name(s) and telephone numbers below. I will contact them by phone to explain about the survey. This survey totally relies on your participation and support. **Thank you so much!!**

**Names**

**Telephone Numbers**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**COMMENTS**

**If you have any comments regarding difficulties that you have in undertaking any leisure activities or any other comments, please write about them here.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Finally, please double check to make sure that you have answered all questions.**

**Thank you again for taking part in this survey!**

(1)

APPENDIX II: QUESTIONNAIRE (CHINESE VERSION)



School of Outdoor, Parks & Tourism  
955 Oliver Rd. Thunder Bay, Ontario P7B 5E1  
Tel: (807) 343-8759  
Fax: (807) 346-7836

同意书

本人在此签名表示本人同意参与熊飞凰关于加拿大中国移民休闲制约因素的调查。本人已经了解此项调查的本质，目的和程序。本人清楚的知道：

- 1) 我是自愿参与此次调查，也可以在任何时候选择放弃回答问卷
- 2) 此次调查没有任何身体和心理上的伤害
- 3) 我提供的信息将不会用于出去此项调查以外的任何研究，并予以保密
- 4) 我可以在研究者完成本次调查后，获得关于此次调查的最终总结
- 5) 我提供的信息将在 Lakehead 大学保存 7 年

---

签名

日期

# Lakehead

UNIVERSITY

School of Outdoor, Parks & Tourism  
955 Oliver Rd. Thunder Bay, Ontario P7B 5E1  
Tel: (807) 343-8759  
Fax: (807) 346-7836

尊敬的       ：

您好！

我叫熊飞凰。是加拿大安省 Lakehead 大学，户外休闲旅游学院的硕士研究生。我正在进行一项关于加拿大中国移民休闲制约因素的调查。至今，关于这个论题的研究非常之少，研究者还不清楚具体有哪些的因素影响和制约着中国移民参与休闲活动。了解这些信息，将有利于加拿大政府机构给移民制定更好的休闲项目，并且帮助移民更好的融入加拿大社会。

本次调查的内容具体有：1) 调查中国移民分别在加拿大和中国参与了哪些休闲活动；2) 探求文化同化程度与休闲制约因素的关系；3) 界定分别影响三种不同参与休闲活动的方式的制约因素（三种方式为：停止参加休闲活动，开始参加新的休闲活动和继续参与休闲活动）。

这项研究，需要您参与完成此份问卷调查表。您的协助将有助于我了解您的休闲行为。参与此项调查是自愿的行为，您可以在任何时候选择放弃问卷回答。您所提供的任何信息将会保密并且保存在 Lakehead 大学七年。而且这些信息只会被用来做统计数据分析，任何人都无法透过这些信息来追踪到您个人。另外如果您感兴趣，您可以获取本项调查的最终结果。

如您有任何关于此项调查的疑问，您可以联系我（Faith），电话：（807）343—8888 EXT 5583；电邮：[fxiong@lakeheadu.ca](mailto:fxiong@lakeheadu.ca)。或者联系 Bob Payne 博士，电话：（807）343-8758；电邮：[rjpayne@lakeheadu.ca](mailto:rjpayne@lakeheadu.ca)。非常感谢您的参与合作！

熊飞凰(Faith)

环境研究硕士研究生

户外休闲旅游学院

Lakehead 大学

955 Oliver Road, Thunder Bay, Ontario, Canada, P7B 5E1

[www.lakeheadu.ca](http://www.lakeheadu.ca)

加拿大中国移民的休闲制约因素  
问卷调查表

基本说明:

1. 请按照问卷顺序完成问答。此份问卷调查表共 11 页(包括此页)。
2. 大部分问题只需要圈出代表答案的号码，部分问题需要您在指定空位填上资料。

例:  
您是否在海外出生?

不是 (1)  
是 2

请填上您的出生地: 上海

3. 请在尾页的“意见栏”自由发表您对“休闲活动受局限的障碍”的意见.
4. 请在填写问卷时，如觉得问题不明白，或有其他关于调查的问题，请联络熊飞凰（Faith）电话：807-343-8888 ext 5583 或者电子邮件：[fxiong@lakeheadu.ca](mailto:fxiong@lakeheadu.ca).

定义

在此项调查研究里，休闲活动是指任何空闲时间或者非工作时间以外的活动，例如社交，体育，娱乐，文艺活动及嗜好等。

多谢您对完成这份问卷的帮助。

①

### 第一部分: 减少/停止休闲活动

以下三个问题是关于您减少或中断参与休闲活动的原因。

(问题一) 在过去的两年内, 您是否减少或者停止了您惯常参与的休闲活动?

(请圈出答案号码.)

否 1 ~~——~~ 如答“否”, 请直接转向回答在第四页上的问题三。

是 2



如答“是”, 请您列出一, 两种活动 (是您减少或已停止参与的)。

项目活动一: \_\_\_\_\_

您是减少还是停止参加这项活动呢?(请圈答案号码)

减少 1

停止 2

项目活动二: \_\_\_\_\_

您是减少还是停止参加这项活动呢?(请圈答案号码)

减少 1

停止 2

请继续回答下页的问题

如果您在问答一时，回答“是”，请您继续回答这个问题。

(问题二) 一般人减少或停止休闲活动时基于下列原因。请问，下列各项原因对于您减少或停止休闲活动来说有多重要？请根据下面所列的五级“重要程度”圈出您的答案号码。

- 1 = 完全不重要
- 2 = 轻度重要
- 3 = 中等程度重要
- 4 = 很重要
- 5 = 极度重要

请回答所有项目

缺乏时间	1	2	3	4	5
不知道有什么活动可以参加	1	2	3	4	5
身体问题(例如：年龄，健康，体能，伤患，疲劳等)	1	2	3	4	5
经济支出问题	1	2	3	4	5
交通问题	1	2	3	4	5
语言障碍	1	2	3	4	5
缺乏提供的条件(例如：设施，节目，服务等)	1	2	3	4	5
可供选择的活动/机会并不吸引人	1	2	3	4	5
并未从那些活动中获得乐趣	1	2	3	4	5
有种不受欢迎的感觉	1	2	3	4	5
不知道如何参与投入	1	2	3	4	5
缺乏所需技巧	1	2	3	4	5
文化不同，令人有不自在的感觉	1	2	3	4	5
没有人陪同参与	1	2	3	4	5
难与其他参与者打成一片	1	2	3	4	5
缺乏归属感	1	2	3	4	5
对那些活动失去兴趣	1	2	3	4	5

3

(问题三) 在过去两年间，您有没有参与新的休闲活动？

请圈出答案号码。

没有 1

有 2



如答“有”，请列出一，两种休闲活动（是您新参与的）。

活动一：\_\_\_\_\_

活动二：\_\_\_\_\_

第二部分：开始参与新的休闲活动

此项研究的另一内容是更多地了解阻碍中国移民开始新的休闲活动的因素。

(问题四) 有没有哪一种“休闲活动”是你未有参与而又希望开始定期地参与的？

(请圈出答案号码。)

没有 1 → 如答“没有”，请直接回答第5页上的问题五

有 2



如答“有”，请列出一，两项活动是您希望参与的。

活动一：\_\_\_\_\_

活动二：\_\_\_\_\_

请继续回答第6页上的问题六。

④

如果您对(问题四)选答“没有”，请回答这个问题

(问题五) 一般人不想参与新的休闲活动时基于下列原因。请问，下列各项原因对于影响您不想参与新的休闲活动来说，有多重要？请根据下面所列的五级“重要程度”圈出您的答案号码：

1 = 完全不重要  
2 = 轻度重要  
3 = 中等重要  
4 = 很重要  
5 = 极度重要

(请回答所有项目)

不认为自己会从那些新的活动中获得乐趣	1	2	3	4	5
缺乏时间	1	2	3	4	5
不知道有什么活动/机会可以参加	1	2	3	4	5
有种不受欢迎的感觉	1	2	3	4	5
缺乏有关条件(如设施，节目，服务等)	1	2	3	4	5
身体问题(如：年龄，健康，体能，伤患，疲劳等)	1	2	3	4	5
经济支出问题	1	2	3	4	5
难与其他参与者打成一片	1	2	3	4	5
交通问题	1	2	3	4	5
语言障碍	1	2	3	4	5
缺乏所需技巧	1	2	3	4	5
文化不同，令人有不自在感觉	1	2	3	4	5
缺乏归属感	1	2	3	4	5
不知道如何参与投入	1	2	3	4	5
可供选择的活动/机会没有什么意思	1	2	3	4	5
没有人陪同参与	1	2	3	4	5

请直接到第7页，回答问题七。

⑤

如果您对(问题四)选答“有”，请回答这个问题

(问题六) 一般人不去参与感兴趣的活动是基于下列原因。请问，下列各项原因对于妨碍您参与感兴趣的活动来说，有多重要？请根据下面所列的五级“重要程度”圈出你的答案号码：

- 1 = 完全不重呀
- 2 = 轻度重要
- 3 = 中等重要
- 4 = 很重要
- 5 = 极度重要

请回答所有项目。

不知道有什么活动/机会可以参加	1	2	3	4	5
有种不受欢迎的感觉	1	2	3	4	5
缺乏时间	1	2	3	4	5
可供选择的活动/机会没有什么意思	1	2	3	4	5
身体问题 (例如：年龄，健康，体能，伤患，疲劳等)	1	2	3	4	5
缺乏归属感	1	2	3	4	5
难与其他参与者打成一片	1	2	3	4	5
没信心自己会从那些新活动中获得乐趣	1	2	3	4	5
交通问题	1	2	3	4	5
语言障碍	1	2	3	4	5
缺乏所需技巧	1	2	3	4	5
文化不同，令人有不自在的感觉	1	2	3	4	5
经济支出问题	1	2	3	4	5
缺乏有关条件 (如设施，节目，服务等)	1	2	3	4	5
不知道如何参与投入	1	2	3	4	5
没有人陪同参与	1	2	3	4	5

⑥

第三部分: 加拿大的生活和文化适应

(第七题) 此项问题是关于您对于加拿大文化的认同态度。请问下列各项描述, 您有何等程度的认同? 请根据下面所列的五级“认同程度”圈出您的答案号码。

1 = 极不同意  
2 = 不同意  
3 = 中立  
4 = 同意  
5 = 极度同意

请回答所有项目:

- |                                |   |   |   |   |   |
|--------------------------------|---|---|---|---|---|
| 1. 加拿大的文化对我的生活有正面的影响.          | 1 | 2 | 3 | 4 | 5 |
| 2. 我熟知加拿大文化和风土人情。              | 1 | 2 | 3 | 4 | 5 |
| 3. 我经常参与有加拿大特色的休闲活动.           | 1 | 2 | 3 | 4 | 5 |
| 4. 相对于中国的节庆, 我更加乐于庆祝和注重加拿大的节庆。 | 1 | 2 | 3 | 4 | 5 |
| 5. 我对于目前或将要发生在中国国内的事情根本不关心。    | 1 | 2 | 3 | 4 | 5 |
| 6. 我倾向与居住在加拿大本地人较多的社区。         | 1 | 2 | 3 | 4 | 5 |
| 7. 我更喜欢加拿大的食物。                 | 1 | 2 | 3 | 4 | 5 |
| 8. 我倾向于与加拿大本地人约会或结婚。           | 1 | 2 | 3 | 4 | 5 |

(问题八) 以下哪种言论最贴切的描述了您最亲近的朋友 (除去您的家人, 亲戚和因为工作关系联络的朋友)?

1. 基本上, 我所有的朋友都是中国移民。.
2. 我的朋友大多数是中国移民, 但是我也认识一些相处的不错的非华裔的加拿大人。
3. 我的朋友中, 华裔和非华裔基本上是一半一半。
4. 我大多数的朋友是非华裔的加拿大人, 但是也有些相处不错的中国移民的朋友。
5. 基本上, 我所有的朋友都是非华裔的加拿大人。.

⑦

(问题九) 下列问题是关于您的中，英文水平。

请根据右面所列的五级“语言程度”圈出答案号码。

1 = 完全不会说/阅读; 2 = 能说/阅读少许; 3 = 普通程度; 4 = 好; 5 = 极好

请指出您的各项语言能力: 说中文	1	2	3	4	5
阅读中文	1	2	3	4	5
说英文	1	2	3	4	5
阅读英文	1	2	3	4	5

(第十题) 下列问题是关于您在不同情况下对中，英文的取向。请根据下面所列的五种语言取向，圈出答案号码。

- 1 = 中文
- 2 = 大部分中文，及少许英文
- 3 = 中，英文均等
- 4 = 大部分英文，及少许中文
- 5 = 英文

我所偏爱收听的电台节目	1	2	3	4	5
我所偏爱收看的电视/录影带节目	1	2	3	4	5
我日常看的报纸，杂志	1	2	3	4	5
我在家中说的语言	1	2	3	4	5
我在思考时用的语言	1	2	3	4	5

(问题十一) 您觉得自己是 (请圈出答案号码)

- 完全的加拿大人 1
- 主要是加拿大人，小半是中国人 2
- 一半加拿大人，一半是中国人 3
- 主要是中国人，少许有点加拿大化 4
- 完全是中国人 5

#### 第四部分：个人资料

最后，请您提供一些个人资料，以帮助解释研究结果及用作统计用途。您提供的所有资料将绝对保密的。

由问题十二至二十二，请圈出答案号码。

(问题十二) 您的性别?

1. 男性
2. 女性

(问题十三) 您的教育水平?

1. 高中以下
2. 高中毕业
3. 大学或大专以上学院程度
4. 大学或大专学院毕业
5. 大学以上或研究生程度

(问题十四) 您目前是否在进修(如在学校，大学或其它教育院校)?

1. 不在进修
2. 在兼读(部分时间进修)
3. 是全日制进修

(问题十五) 您目前的就业情况?

1. 有半职或临时性的工作
2. 全职工作
3. 自雇职业
4. 无工作

(问题十六) 您觉得您现在的经济状况怎么样?

1. 极差
2. 中下
3. 中等
4. 中上
5. 极好

(问题十七) 您有驾驶执照吗?

1. 有(如答“有”，请接着回答第十八题)
2. 没有(如答“没有”，请跳至回答第十九题)

(问题十八) 以下哪种说法描述了您目前的状况?

1. 我没有汽车;我通常用大众公共交通去参加休闲活动
2. 我已经拥有汽车，并且用它作为交通工具去参加休闲活动

(问题十九) 在大多数情况下, 陪同您参加休闲活动的人是谁呢?

1. 没有人
2. 朋友
3. 家人
4. 其它, 请具体说明 \_\_\_\_\_

(问题二十) 您的婚姻状况?

1. 单身
2. 同居或已婚
3. 离异或鳏寡

(问题二十一) 您的伴侣或者配偶是(如果有的话)?

1. 中国人
2. 加拿大出生的华裔
3. 没有任何中国血统

(问题二十二) 您目前与谁一起居住呢?

1. 伴侣或配偶
2. 孩子
3. 父母
4. 朋友
5. 其他, 请具体说明 \_\_\_\_\_

(问题二十三) 您是否在加拿大通过因特网的方式认识新朋友, 并且与这些朋友一起参与社交活动?

1. 是
2. 否

由问题二十四至二十九, 请在空格上填上适当资料(如答没有, 请填“无”)

(问题二十四) 您的职业是: \_\_\_\_\_

(问题二十五) 您配偶/伴侣的职业是: \_\_\_\_\_

(问题二十六) 您的出生年份是: \_\_\_\_\_

(问题二十七) 您在加拿大居住了多长时间: \_\_\_\_\_

(问题二十八) 您是否有何种宗教信仰? 如有, 请具体说明

(问题二十九) 您花费了多长时间完成本份问卷调查表? \_\_\_\_\_ 分钟

### 推荐亲友参与本调查

有更多的中国移民提供的资料对本调查非常重要，故恳请您推荐一些合适人士来参与问卷调查。请将他们的姓名，电话写在下面。本人会致电联络，解释本次调查的目的。此项调查全赖您支持和协助，谨此致十二分的谢意！

亲友姓名

联络电话

_____	_____
_____	_____
_____	_____

### 意见栏

如果您有任何有关休闲活动局限性的意见，请写在以下篇幅中

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最后，由于问卷的完整性对研究非常重要，希望您能复查以下是否有遗漏的问题。再三感谢您的支持！！