

Article

Effect of Outdoor Leisure Activity Participation on Leisure Attitude, Serious Leisure, Recreational Specialization, and Leisure Satisfaction

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Abstract: Due to the recent COVID-19 pandemic, there has been a tendency for people to participate more frequently in outdoor leisure activities as opposed to indoor leisure activities. Leisure activities bestow various benefits. The purpose of this research is to study the effect of leisure attitude, serious leisure, recreational specialization, and leisure satisfaction among outdoor leisure activity participants in South Korea. Therefore, this research is used to analyze the relationships amongst leisure attitudes, serious leisure, recreational specialization, and leisure satisfaction among various theories about leisure. The participants in this study were collected from amongst 356 people who were frequent participants in outdoor leisure activities. For the data analysis, we used frequency, confirmatory analysis, reliability, correlation, and structural equation modeling. The findings are as follows. First, leisure attitude had an influence on serious leisure and leisure satisfaction. Second, serious leisure had an effect on recreational specialization and leisure satisfaction. Third, recreational specialization had an influence on leisure satisfaction. According to the results of this study, leisure attitude and recreational specialization had insignificant effects, but all other hypotheses were accepted. Despite the COVID-19 pandemic, it was various reasons such as, leisure attitude, serious leisure, recreational specialization, leisure satisfaction and which was continuous participation in outdoor leisure activities were confirmed in South Korea.

Keywords: outdoor leisure activity; leisure attitude; serious leisure; recreational specialization; leisure satisfaction



Citation: Song, W.-I.; Ahn, B.-W. Effect of Outdoor Leisure Activity Participation on Leisure Attitude, Serious Leisure, Recreational Specialization, and Leisure Satisfaction. *Societies* **2023**, *13*, 155. <https://doi.org/10.3390/soc13070155>

Academic Editor: Michael A. Stefanone

Received: 10 May 2023

Revised: 12 June 2023

Accepted: 27 June 2023

Published: 28 June 2023



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1. Introduction

The number of people participating in outdoor leisure activities has been steadily increasing as the positive perception of leisure activities has increased, along with an increased interest in health [1]. Outdoor leisure activities have been known to have a significant impact on an individual's physical and spiritual health. In addition, the interest in outdoor leisure activities has increased over time as modern individuals who have been experiencing increased stress caused by rapid urbanization possess a desire to return to nature. It is widely advised that outdoor leisure activities are activities that modern people should actively participate in to improve their health [2].

In 2020, society underwent sudden changes due to the outbreak of the COVID-19 pandemic. In particular, all members of society had to practice social and physical distancing [3]. The number of people suffering from various symptoms of psychological and mental stress has increased rapidly. Social distancing, which was a measure implemented in order to mitigate the spread of the coronavirus, had the effect of blocking the spreading of the epidemic within groups [3]. However, social distancing also caused side effects, such as loneliness, depression and anxiety, decreased physical activity, and panic disorders [4]. Accordingly, it was necessary to make efforts to minimize the side effects related to social

distancing through the maintenance of mental health or through the participation in appropriate leisure activities. For people who participated in leisure activities before the advent of the coronavirus, changes in the social environment due to the coronavirus resulted in the prevention of participation in leisure activities. So, we intend to analyze the relationship between leisure attitude, serious leisure, recreational specialization, and leisure satisfaction for participants in outdoor sports (hiking, biking, golfing, paragliding).

First, leisure attitude defined as the attitude or state of mind that people possess regarding leisure. Some authors described this change as an interest and awareness in leisure based on leisure attitude at the present moment where one can enjoy leisure activities [5]. Previous studies have shown that leisure activity was positively related to leisure attitude, and that leisure behavior is an external expression of leisure attitude [6]. If an individual has a more positive leisure attitude, then that individual is more likely to regularly participate in the activity [7]. Leisure attitude is a crucial factor in the determination of leisure activities. Research into the attitudes of leisure participants aimed to analyze the leisure activities and identify the relationship or cause of participation. This suggests that the attitude towards leisure could be changed in the right direction [8]. Ragheb and Beard [9] recorded it as a learned and coherent action, either kind or unkind, to a given condition or situation, and they classified leisure attitude into cognitive, affective, and behavioral attitude patterns. Cognitive attitude affects a person's general understanding, beliefs, and knowledge of leisure activities; affective attitude affects a person's positive or negative emotions based on their past situation of leisure activities; and behavioral attitude affects a person's current intention to participate in leisure activities based on their past leisure activity situation. LA is an internal state based on experiential knowledge or value about leisure [10]. According to a study by Shim and Lee, when the leisure attitude of college students increases, they become specialized in recreation, and Kim insisted that the formation of values or attitudes of a specific group brings about the specialization of leisure activities [11,12]. Kim and Song reported that it affects cognitive and behavioral aspects such as time use, importance of leisure, environment, time, and effort, and affective aspects such as values, retrospectives, and preferences [13].

Hypothesis (H1). *Leisure attitude has an influence on serious leisure, recreational specialization, and leisure satisfaction.*

Second, serious leisure concretely shows the psychological characteristics of people who continuously engage in leisure activities. Previous studies confirmed that the higher the level of serious leisure, the greater the psychological characteristics, such as a high sense of achievement, as well as the greater the functional results of the participants [14]. In other words, serious leisure is not the result of a functional leisure development process, such as people's knowledge or skills, but rather, it is a concept that can be described as the psychological experience of leisure that continues on [15].

The adjective 'serious' in this case includes characteristics such as sincerity and attention rather than sobriety, distress, or unrest [16]. Perseverance and persistence, endeavor, leisure career, everlasting acquisitions, specific norms, and identification with the profession were some of the hallmarks of participation in serious leisure [17]. Considering the main activities of a participant in serious leisure, university programs for seniors can be an opportunity to develop this type of leisure during adulthood. For years, multiple investigations [18] pointed out that the participation in learning spaces had positive outcomes for older adults such as feeling satisfaction with oneself, improving self-worth, keeping the mind active, stimulating the mental faculty, and accomplishing pleasure, happiness, and authority. Looking at previous studies focused on serious leisure, the relationship between serious leisure and participation in outdoor leisure activities, leisure immersion, and the structural model analysis of happiness are the important factors that were actively being carried out for people who participate in outdoor leisure activities [19,20].

Hypothesis (H2). *Serious leisure has an influence on recreational specialization and leisure satisfaction.*

Third, recreational specialization depends on the level of equipment use for the participant [21]. Recreational specialization was a concept that was first proposed by Little and Bryan to explain the diversity of people participating in specific activities [22,23]. Little described an expert as a person who has a specific interest in a specific object, event, or idea, invests a considerable amount of time, and has an enterprising mindset on the object, idea, or event [22]. Bryan systematically introduced the concept of recreational specialization and described recreational specialization as a cline from a public person to a specialist, which is expressed by the skill, equipment, and preference of the place of activity used when participating in leisure [23]. According to Scott and Shafer, recreational specialization is a process of recreational participants' behavior, skills, knowledge, and commitment to a specific activity developed through a review. In addition, the recreational specialization process was conceptualized in the following three dimensions: action and concentration, commitment, and knowledge and skill. These three dimensions could be understood as a dynamic process of specialization that develops into different processes [24]. Park explained that participants with a relatively low degree of specialization and those with a high degree of specialization would show different aspects in skill level, equipment preference, location selection, and activity preference [25]. According to the recreational specialization process, participants in leisure activities go through developmental stages from beginners to experts, and various behavioral patterns appearing in the development process are used to characterize active leisure activities [26]. Recreational specialization, a concept introduced by Bryan, has been studied by many scholars, and research is being conducted in various directions according to areas of interest. In previous studies, Lee, Jang, Oh, and Kang reported that a higher value of recreational specialization indicates greater environmental friendliness [27]. Kim and Hwang stated that recreational specialization has a positive influence on leisure satisfaction and quality of life [28]. Leisure activities have a positive impact on individuals' lives. In other words, leisure attitude and leisure facilitation could affect the recreational specialization of simulation golf participants.

Hypothesis (H3). *Recreational specialization has an influence on leisure satisfaction.*

Fourth, leisure satisfaction improves the quality of human life through leisure activities, and also plays an effective role in the pursuit of self-actualization and happiness, which are the highest human needs, and the maintenance and promotion of health. Several researchers have discovered that this role plays a very important function in leisure activity participants and wields a significant impact on an individual's life [29,30]. Yoo studied rafting participants and rock climbers [31]. As a result, it was concluded that as they became experts in an adventurous activity, the quality of their experience of the structural features of the activity deepened. After all, the experience of leisure activities could be divided into an experience related to the activity itself and an experience related to the surrounding properties of the activity.

Therefore, this study focuses on examining the relationship between the leisure attitudes, serious leisure, recreational specialization, and leisure satisfaction of people who participate in outdoor leisure activities (hiking, biking, golfing, and paragliding). One of the best ways to overcome the mental and physical stresses related to the COVID-19 pandemic was to participate in outdoor leisure activities. Outdoor leisure activities have continued to be an important factor in helping people to overcome challenges associated with the COVID-19 pandemic and have also provided us with various benefits.

2. Methods

2.1. Research Subject

The subjects of this research consisted of adults who participate in outdoor leisure activities. Activities that the adults participated in included hiking, biking, golfing, and

paragliding. Data were gathered from 356 participants who engage in outdoor leisure activities using a convenience sampling method. This is a method in which a researcher extracts a sample from the population through an accessible and convenient method. In this study, a survey was conducted by directly visiting outdoor activity participants. The survey used the self-assessment method, in which the research subjects filled out the questionnaire themselves. A survey was conducted among 400 adults from 6 September 2021 to 24 February 2022. From the data collected, only 356 questionnaires were analyzed, while 44 questionnaires were discarded due to incompleteness of data.

2.2. Measurement

Data consisted of collected questionnaires, which contained 60 questions about the five instruments, such as sociodemographic characteristics (3 items), leisure attitude (12 items), serious leisure (14 items), recreational specialization (14 items), and leisure satisfaction (17 items).

2.2.1. Socio-Demographic Characteristics

As for the sociodemographic characteristic variables, participants were asked to report their gender, age, area, and outdoor leisure activities, among others. Among the 356 respondents, there were 195 males (54.8%) and 161 females (45.2%). The age was classified as follows: 30 years old and under (89, 25.0%), 31–40 years old (91, 25.5%), 41–50 years old (95, 26.7%), and 51 years old or above (81, 22.8%). Among the outdoor leisure activity patterns, there were data on individuals who engaged in the following activities: hiking (101), biking (98), golfing (86), and paragliding (71) (Table 1).

Table 1. Characteristics of the research subject.

	Concepts	N	%
Gender	Male	195	54.8
	Female	161	45.2
Age	30 years old and under	89	25.0
	31–40 years old	91	25.5
	41–50 years old	95	26.7
	51 years old over	81	22.8
Leisure activity pattern	Hiking	101	28.4
	Biking	98	27.5
	Golfing	86	24.2
	Paragliding	71	19.9

2.2.2. Leisure Attitude

To measure leisure attitude, a tool described by Lee [32], which was based on the development of the leisure attitude scale designed by Ragheb and Beard [33], was used. Leisure attitudes were surveyed using a 5-point scale, ranging from ‘strongly negative (1 point)’ to ‘strongly positive (5 points)’.

2.2.3. Serious Leisure

To measure serious leisure, based on the Serious Leisure Inventory and Measure (SLIM) by Gould et al., the questionnaire questions used by Hwang and Seo were modified and secured to fit the purposes of this study [34,35]. For serious leisure scale, a 5-point scale was used to respond to answers ranging from ‘strongly negative (1 point)’ to ‘strongly positive (5 points)’.

2.2.4. Recreational Specialization

The recreational specialization scale was developed by Lee, Park, and Hwang, and was revised by a specialist group for use as the recreational specialization scale in this study [36]. For the recreational specialization scale, a 5-point scale was used to respond to answers ranging from ‘strongly negative (1 point)’ to ‘strongly positive (5 points)’.

2.2.5. Leisure Satisfaction

The leisure satisfaction scale used by Ahn reported the analysis of equivalence and latent mean on the leisure satisfaction of Korean adults [37]. For the leisure satisfaction scale, a 5-point scale was used for responses, ranging from ‘strongly negative (1 point)’ to ‘strongly positive (5 points)’.

2.3. Validity and Reliability

2.3.1. Validity

The validity of the research scale was determined using confirmatory factor analysis (CFA). CFA was a procedure used for confirming the inherent factor dimension and hypothesis based on researcher knowledge [38]. The fitness indices used in this study consist of χ^2/df , CFI, TLI, and RMSEA. First, the standard χ^2/df exponent was 3.0 for the fitness standard published by Carmines and McIver, and the CFI index was published by Bentler [39,40]. The TLI index was proposed by Bentler and Bonett, and the fit criterion between the CFI index and the TLI index was measured at 0.90 or higher [41]. The RMSEA index was published by Steiger and Lind, and the fit criterion was set at 0.08 or less [42,43]. The CFA results, including χ^2/df , CFI, TLI, and RMSEA as fitness indices, described the factor structure of each research scale, and are presented in Table 2. The results of the fitness indices of leisure attitude are as follows: χ^2/df , 2.419; CFI, 0.966; TLI, 0.956; and RMSEA, 0.063. The fitness indices of serious leisure are as follows: χ^2/df , 2.878; CFI, 0.964; TLI, 0.951; and RMSEA, 0.073. The fitness indices of recreational specialization are as follows: χ^2/df , 2.928; CFI, 0.966; TLI, 0.954; and RMSEA, 0.074. The fitness indices of leisure satisfaction are as follows: χ^2/df , 2.832; CFI, 0.954; TLI, 0.935; and RMSEA, 0.072. The fit of the research variable was found to be appropriate for each criterion.

Table 2. The result of validity.

	χ^2	χ^2/df	TLI	CFI	RMSEA
Leisure attitude	123.377	2.419	0.956	0.966	0.063
Serious leisure	192.859	2.878	0.951	0.964	0.073
Recreational specialization	199.133	2.928	0.954	0.966	0.074
Leisure satisfaction	247.723	2.832	0.935	0.954	0.072

2.3.2. Reliability

To test the reliability of the study variable, we calculated the Cronbach’s alpha between the overall and sub-factor-related verification level. The result of reliability was verified so that the overall reliability of questions was greater than 0.5, and the sub-factor was greater than 0.6. Concretely, the reliability of leisure attitude’s sub-factors were analyzed to be 0.894, 0.816, and 0.824, and the overall reliability measured at 0.874. The reliability of serious leisure was analyzed to be 0.933, 0.913, 0.889, 0.866, and 0.707, and the overall reliability was 0.885. The recreational specialization was analyzed to be 0.940, 0.883, and 0.884, and overall reliability measured at 0.941. The reliability of leisure satisfaction was analyzed to be 0.898, 0.897, 0.877, 0.724, and 0.814, and the overall reliability was 0.947 (Table 3).

Table 3. The results of reliability testing.

Classification	Sub Domains	Number of Questions	Cronbach's α
Leisure attitude	Cognitive	4	0.894
	Emotional	4	0.816
	Behavioral	4	0.824
	Total	12	0.874
Serious Leisure	Patience	3	0.933
	Professionalism	3	0.913
	Effort	3	0.889
	Personal reward	3	0.866
	Identify as Indigenous	2	0.707
	Total	14	0.885
Recreational specialization	Behavior	6	0.940
	Emotion	5	0.883
	Cognition	3	0.884
	Total	14	0.941
Leisure satisfaction	Stress solution	3	0.898
	Health	4	0.897
	Technical development	3	0.877
	Interpersonal relationship	4	0.723
	Self-development	3	0.814
	Total	17	0.947

2.4. Data Analysis Process

First, the analysis of the demographic variables of the subjects, including gender, age, and outdoor leisure activity pattern, were conducted. Second, the examination of the validity, the confirmatory factor analysis of all variables, and the calculation of the Cronbach's α for all variable reliability were completed. Third, the correlation of research factors examined the bivariate correlation analysis. Finally, the verification of all variables examined the structural equation modeling. In order to verify the causal relationship between the variables in this study, the AMOS.18 program was applied. This program is powerful software that helps support research and theory by extending standard multivariate analysis methods. It is also well suited to describe attitude and behavior models to study complex relationships more accurately than standard multivariate statistical techniques. The statistical significance of all examinations was $p < 0.05$.

2.5. Study Ethic

All the research processes were reviewed and authorized by the Hanseo University Department of Sports Research Institutional Review Board. The research was in accordance with the rule expressed in the Declaration of Helsinki. The subjects provided consent to join the research study, and we accounted for the purposes and length of this research. All research subjects allowed researchers to use their personal information obtained from questionnaires for the purpose of this research, and all comprehended that they could refuse to continue to participate in the research at any time.

3. Result

3.1. Correlation

Before the structural equation model, the correlations among the variables were analyzed, primarily in order, to investigate the relationships between the measures of the research units, which were proven via single dimensioning. Based on the correlation analysis by factor, leisure attitude was correlated with serious leisure ($r = 0.267$), recreational specialization ($r = 0.058$), and leisure satisfaction ($r = 0.676$). The variable for serious leisure correlated with recreational specialization ($r = 0.252$) and leisure satisfaction ($r = 0.402$). The variable for recreational specialization correlated with leisure satisfaction ($r = 0.381$) (Table 4).

Table 4. The results of correlation analysis.

	1	2	3	4
Leisure attitude	1			
Serious leisure	0.267 *	1		
Recreational specialization	0.058	0.252 *	1	
Leisure satisfaction	0.676 ***	0.402 **	0.381 **	1

* $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

3.2. Model Fit

For the hypothesis of the study, the structural equation model was verified through the structural equation model. The fitness of the model verified the χ^2 , χ^2/df , CFI, TLI, and RMSEA. The result of the model fitness was as follows: χ^2 , 156.425; χ^2/df , 2.852; CFI, 0.956; TLI, 0.937; and RMSEA, 0.067. Overall, all the indices satisfied the fit, and were then used for the empirical analysis (Table 5).

Table 5. The results of model fit verification.

	χ^2	χ^2/df	CFI	TLI	RMSEA
Model fit	156.425	2.852	0.956	0.937	0.067

3.3. Hypothesis Verification

The first hypothesis was accepted, whereby it was shown that leisure attitude had a positive effect on serious leisure ($\beta = 0.199$, $t = 1.989$, $p < 0.05$). The second hypothesis was that serious leisure did not have an effect on recreational specialization ($\beta = 0.024$, $t = 0.235$, $p > 0.05$). The third hypothesis was accepted, whereby leisure attitude had a positive effect on leisure satisfaction ($\beta = 0.603$, $t = 6.013$, $p < 0.001$). The fourth hypothesis was accepted, in that serious leisure had a positive effect on recreational specialization ($\beta = 0.136$, $t = 2.141$, $p < 0.01$). The fifth hypothesis was accepted, whereby it was shown that serious leisure had a positive effect on leisure satisfaction ($\beta = 0.255$, $t = 3.973$, $p < 0.01$). The last hypothesis was not accepted, which was that recreational specialization had an effect on leisure satisfaction ($\beta = 0.352$, $t = 3.897$, $p < 0.01$) (Table 6).

Table 6. The results of the hypothesis verification.

	Hypothesis	β	t -Value	
H1-1	Leisure Attitude → Serious Leisure	0.199 (0.159)	1.989 *	Accepted
H1-2	Leisure Attitude → Recreational Specialization	0.024 (0.016)	0.235	Unaccepted
H1-3	Leisure Attitude → Leisure Satisfaction	0.603 (0.416)	6.013 ***	Accepted
H2-1	Serious Leisure → Recreational Specialization	0.136 (0.074)	2.141 *	Accepted

Table 6. Cont.

	Hypothesis	β	t-Value	
H2-2	Serious Leisure → Leisure Satisfaction	0.255 (0.156)	3.973 **	Accepted
H3	Recreational Specialization → Leisure Satisfaction	0.352 (0.255)	3.897 **	Accepted

* $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$, (): Standardized regression weights.

4. Discussion

4.1. The Relation between Leisure Attitude, Serious Leisure, Recreational Specialization, and Leisure Satisfaction

Leisure attitude was shown to have an influence on serious leisure. Leisure attitude refers to the degree of the individual's perception of leisure activity. As the interest in leisure has increased, individuals have continued to participate in leisure activities. However, it has become difficult to participate in leisure activities due to the various environmental restrictions caused by the COVID-19 pandemic. Nevertheless, it was accepted that serious leisure yields a positive effect as the cognitive, affective, and behavioral attitudes through leisure attitudes are positively formed. Recently, there were multiple restrictions on indoor and outdoor activities due to the COVID-19 pandemic, and it was believed that this may affect leisure activities as well. According to Park, it was found that pleasure and self-expression, which are related to leisure, especially affected the cognitive, affective, and behavioral attitudes of leisure activities in college students, including their daily leisure and serious leisure [44]. Therefore, in order to maintain and promote a healthy lifestyle, it is necessary to continuously participate in outdoor leisure activities, such as hiking and biking, which are also classified as leisure activities.

Leisure attitude did not influence recreational specialization. The results of this study contrast with the results of previous research. Recreational specialization, such as experience, skill, information, and knowledge, was enhanced through direct and continuous participation in leisure activities. However, it was shown that there was no significant change in recreational specialization due to the inability to actively participate in leisure activities as a result of circumstantial changes caused by the COVID-19 pandemic. In the case of golf participants, it was shown that it is difficult to continuously participate in a round of golf due to the COVID-19 pandemic, and it did not affect the recreational specialization.

Leisure attitude influenced leisure satisfaction. Climbing and biking are outdoor leisure activities that were shown to be particularly easy to participate in. It was thought that leisure satisfaction, such as stress relief and health, improves through the participation in leisure activities in nearby parks and mountains while following personal quarantine rules even during the COVID-19 period. According to a study by Noh, the higher the leisure attitude, the more positive the effect on life satisfaction [45]. Lee and Lee also found that leisure attitudes influenced levels of self-actualization and life satisfaction [46]. In other words, it could be inferred that golfing and paragliding, among other outdoor leisure activities, increase satisfaction or happiness through continuous participation.

4.2. The Relation between Serious Leisure, Recreational Specialization, and Leisure Satisfaction

Serious leisure has an influence on recreational specialization. Serious leisure is experienced through the acquirement of expertise, such as discovering the value and interest of leisure activities through continuous participation. Outdoor leisure activities, such as golfing, biking, and paragliding, are also outdoor sports that require various skills, physical strength, and expertise. In the era of COVID-19, serious leisure within the process of collecting information from the Internet and YouTube was thought to have a positive influence on recreational specialization. According to Kim, the higher the level of serious leisure, the higher the level of recreational specialization [47]. Choi also showed that people could experience psychological rewards such as sense of identity, self-reality, and self-esteem as they become specialized through serious leisure activities, and through this process, they could then immerse themselves in activities seriously [48]. According to Lee

and Kim, serious leisure experiences, such as internal rewards and an improved sense of belonging and identity due to membership in a particular leisure social group, were also helpful in enhancing recreational specialization when continuously participating in specific leisure activities [49].

Serious leisure was shown to have an effect on leisure satisfaction. Serious leisure experienced through actively participating in leisure activities led to the experience of self-actualization, self-expression, and self-satisfaction. Individuals could also experience self-reflection and self-satisfaction when they reached the summit through mountain climbing. Participating in golfing and paragliding activities could also bring personal and social benefits and is considered as a way to improve leisure satisfaction. Koh and Kim revealed that serious leisure experiences directly and indirectly affect life satisfaction through the promotion of positive psychological capital [50]. Moon, Kim, and Seo asserted a positive relationship between serious leisure and quality of life by examining the fact that the characteristics of serious leisure had a positive influence on life satisfaction [51].

The amount of leisure satisfaction of those who participate in serious leisure was strongly important. Even if the level of serious leisure was high, and the satisfaction with the activity was low, it meant that the serious leisure that the individual was participating in did not help to improve the quality of their leisure satisfaction. Therefore, for the purpose of enhancing the quality of leisure satisfaction, it is necessary to suggest a plan that not only raises the level of serious leisure, but also increases the satisfaction with the leisure activities within which the individual is participating.

4.3. The Relation between Recreational Specialization and Leisure Satisfaction

Recreational specialization was discovered to have a positive influence on leisure satisfaction. Golfing and paragliding are sports that require a great deal of time and effort compared to other sports. It was also shown that leisure satisfaction improved as cognitive, emotional, and behavioral recreational specialization was strengthened, while also continuously participating in outdoor leisure activities. In particular, by continuously participating in outdoor leisure activities such as golf, people's golf skills can be improved, and their interpersonal relationships can also be developed while four people play a round together. This was considered to have a positive effect on leisure satisfaction, because of the refining of skills and enhancement of interpersonal relationships. These results are consistent with the results of traditional studies that found that the participation in particular leisure activities also increased leisure satisfaction through the development of recreational specialization [52]. Recreational specializations represent a variety of behaviors, ranging from beginners to experts. In particular, in the process of developing the level of specialization, participants in leisure activities could experience leisure satisfaction. Leisure satisfaction is the most common result that can be experienced through the participation in leisure activities and is a major factor that can contribute to inducing re-engagement [53]. Similar to the contents described in previous studies, this study also shows that the participants experienced positive leisure satisfaction within the process of recreational specialization, confirming that the relationship between the two variables have a significant effect.

5. Conclusions

The purpose of this research is to investigate the effect of leisure attitude, serious leisure, recreational specialization, and leisure satisfaction on outdoor leisure activity participants in Korea. The participants in this research consisted of 356 people who were participants of outdoor leisure activities. For data analysis, the researchers used frequency, confirmatory analysis, reliability, correlation, and structural equation modeling. The findings are as follows. First, leisure attitude had an effect on serious leisure. Second, leisure attitude did not have an effect on recreational specialization. Third, leisure attitude had an effect on the leisure satisfaction. Fourth, serious leisure had an effect on recreational specialization. Fifth, serious leisure had an effect on leisure satisfaction. Finally, recreational specialization had an effect on leisure satisfaction. According to the results of this

study, leisure attitude and recreational specialization had insignificant effects, but all other hypotheses were accepted. Despite the COVID-19 pandemic, it was confirmed that various motives for participating in outdoor leisure activities in Korea remain. There is a need for research that provides basic data for policy proposals and infrastructure construction so that more people could continuously participate in outdoor leisure activities.

The recommendations for future research and limitations of this study are as follows: First, this study examines the leisure activity of participants who participate in leisure activities. Because it is limited to a specific region, it is difficult to represent the entire leisure activities of participants in Korea. Second, it is necessary to research ways to enhance the quality of life by participating in leisure activities by conducting research on various factors that will affect them.

Author Contributions: Conceptualization, W.-I.S. and B.-W.A.; data curation, B.-W.A.; formal analysis, B.-W.A.; investigation, W.-I.S.; methodology, B.-W.A.; project administration, W.-I.S.; supervision, W.-I.S.; validation B.-W.A.; visualization, W.-I.S.; writing—original draft, W.-I.S. and B.-W.A.; writing—review and editing, B.-W.A. All authors have read and agreed to the published version of the manuscript.

Funding: This paper was supported by the Sehan University Research Fund in 2023 (SHU-2023002).

Institutional Review Board Statement: The study was conducted according to the guidelines of the Declaration of Helsinki, and approved by the Hanseo University Department of Sports Research Institutional Review Board.

Informed Consent Statement: Informed consent was obtained from all subjects involved in the study.

Data Availability Statement: The study did not report any data.

Conflicts of Interest: The authors declare no conflict of interest.

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