



Investigating The Leisure Constraints And Experiences Of African Women In Leeuwarden, The Netherlands

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Abstract

The leisure constraints and experiences of African women in the Netherlands were investigated using a qualitative study design. A sample size of 14 African women from two churches in the Netherlands was used for the study. These women provided information about their participation in leisure activities and constraints to their involvement in leisure. A convenience sampling design was used to sample the respondents. A semi-structured in-depth interviews guide was used to collect data from the respondents. The study revealed that income, jobless, illness, language barrier, time, and inadequate planning are major factors hindering African women from experiencing their leisure activities, and hence cannot fully enjoy their leisure. It was recommended that African Women needs to apportion some parts of their savings to maintain their leisure activities and finance the leisure cost, this will help them to enjoy the benefits of leisure activities.

Keywords: Leisure constraints, leisure experience, inadequate planning, language barrier, African women

Introduction

For nearly two decades, the leisure literature has focused on women's leisure. During that time, a vast deal of information regarding the meanings of leisure and how leisure benefits and hinders women was revealed (Henderson, Bialeschki, Shaw, & Freysinger, 1996; Shaw & Henderson, 2005). Despite the fact that culture and ethnicity appear to play a significant role in how leisure is embodied (e.g., Floyd & Gramann, 1993; Henderson, 1998; Stodolska & Yi-Kook, 2005; Walker, Deng, & Dieser, 2005), the growing body of English-language research on women and leisure has been devoid of cultural analyses except in a few cases (e.g., Junui, 2000; Khan, 1997; Russell & Stage, 1996; Tirone & Shaw, 1997). Over the last 15 years, comprehensive reviews have revealed an increasing development of information about women's leisure. In the first comprehensive assessment of research on women's leisure in the 1980s, Henderson (1990) found that frameworks for understanding women's

leisure were emerging utilising a range of methodologies, with a focus on empowering women to find meaning in leisure. This study indicated that women shared a common environment in terms of leisure inequity, were focused on social interactions in leisure, had fragmented leisure time, spent the majority of their leisure time at home and in unstructured activities, and lacked a sense of inducement to leisure.

Women's leisure routines and participation have previously been studied. Henderson's (1990, 1996) integrative reviews of women's leisure, as well as other research on women's leisure patterns, participation, and dynamics (Henderson, Bialeschki, Shaw, & Frey singer, 1996; Henderson, Hodges, & Kivel, 2002; Walker, Deng, & Dieser, 2001), show that there is a growing body of literature on women's leisure. However, there is an acknowledgment of a paucity of research in terms of comparing male and female leisure experiences across multiple leisure dimensions and limits. Despite rising interest in feminine leisure research and the resulting growth in literature, empirical investigations comparing male and female leisure limits are few and far between. Many studies that have attempted to highlight gender disparities in leisure participation and the patriarchal nature of leisure have done so by focusing solely on women in the same community and not comparing them to males (Auster, 2001; Hood, 2003; Hurtes, 2002; Shores & Scott, 2005). Women's leisure studies are essential for adding to the research on feminine leisure as well as contributing to practice to increase women's leisure participation. In terms of policy, this study can inform policymakers about African women's leisure patterns and limits in Leeuwarden, the Netherlands. Such data could be particularly beneficial to policymakers on the African continents, for example. In this regard, policymakers may be able to use the findings of this study to inform measures aimed at increasing women's leisure participation, so assisting in the elimination of leisure participation inequities.

Jackson, & Scott (1999) brought to light that, the main goal of constraint research in leisure is to understand people's behaviour or attitude in their leisure pursue from observation. This explains the question of why some people do not participate in leisure activities for which they might have the desire. It follows therefore that, the leisure constraints of the African women in the Netherlands, Leeuwarden, have been explored to identify the reasons for their limitations as problems determining their leisure participation. By increasing the women's awareness in leisure understanding and experiences, families who form a nation, may come to increase knowledge of the quality of human life and to the trends or benefits in leisure and tourism as a societal benefit.

According to Smith (1989) few studies to date have explored and examined leisure and tourism on quality of life. It further revealed that, instead, conventional research has tended to focus on resident attitudes towards tourism and tourism's impacts in particular. The understanding of leisure constraints of African women as a phenomenon may predict or

influence a balanced further research approach in the field of educational and professional researchers. This will create more awareness about leisure as a constraint in the other part of the world, example Africa Continent, showing the different perspectives of leisure with the European world. The study seeks to investigate the constraints and leisure experiences of the African women in Leeuwarden, the Netherlands.

Literature review

Constraints of leisure

In interpreting leisure behaviour, Hull (1990; p.100) suggests that mood plays an important role in leisure experiences. Individuals act on their impression of reality rather than on objective facts, according to Bergier (1981; p.150). In other words, the extent to which an individual engages in a particular activity is not only determined by the activity's ability to meet his needs, wants, or reasons. It is more a result of the individual's perception of the activity's benefits. Thus, the identification of satisfactions could be done through the identification of those perceptions held by individuals, which underlie their preferences and behaviour. In another research, London and his colleagues (1977, p.261) suggest that the meaning of the concept of leisure carries a different understanding for each individual and the significant point in leisure is the needs of the person to be fulfilled by leisure activities. According to a common view emphasizing the importance of leisure, it is an experience of maintaining a good mood, satisfaction, and fulfillment. The physical and social environment can have a considerable impact on one's mood (Hull, 1990, p.109). In other words, if the neighboring leisure facilities are appealing and calming, the individual will feel full and content; otherwise, he will feel pessimistic and bored if they are not available (Hawes, 1979, pp.247-264).

Conferring to Jackson (1990, p.57-58), 'lack of interest may be assumed to be the primary characteristic distinguishing between those who would like to participate in a new or additional activity and those who would not. He says non-participants are in two groups: those who don't wish to participate, and those who wish to participate but for whom a barrier or combination of barriers temporarily or permanently restricts their participation. According to Crawford and Godbey (1987, p.119), there may be only one relationship between leisure preferences, barriers, and participation: that is, first a leisure preference exists, then a barrier if no impediment intervenes, the individual will participate. Non-participation may be due to interfering hurdles, such as intrapersonal barriers including individual psychological moods and characteristics that interact with leisure choice (p.122), as well as structural barriers or constraints such as lack of activity/ facilities/ time/ money which mostly involve the availability of leisure opportunities.

The Factors Affecting Leisure Participation

Social Factors

While explaining these factors, it is necessary to deal with the relationship between society and individuals. In his book "The Lonely Crowd", Riemann draws attention to this relationship and says that modern man experienced only two "revolutions". The first was ushered in by the Renaissance: as man became more urbanized, he became less "tradition-directed" and more dominated by the circumscribed family's norms and ideals. He developed an "inner-directed" personality. The second revolution began in industrialized countries in the middle of the twentieth century, when mass consumption, mass culture, and mass leisure emerged. Norms and values communicated through the media and peer groups encourage people. Because of the change in social structure, the family was affected and became more tolerated and less authoritative.

Culture

Social structure, culture and individuals closely interact with each other. The majority of studies on culture and personality emphasize that a person's behavior is ordered by his social and physical environment and that the socialization process is a period of learning from previous generations' experiences while also preparing for the future (Vine, 1969, pp.505- 510). An individual's natural environment has an impact on him during the socialization stage. His personality is shaped not only by the agencies of socialization which are called basic social institutions but also by the norms and values of his family, his gender, customs, traditions, language, religion, and laws. The other agencies having importance in shaping his personality may be ranked as the relationship with peer groups or the characteristics of the educational setting and also leisure. In other words, an individual's personality develops by being interacted directly or indirectly with the cultural setting she lives in (Köknel, 1979, p.22).

Social Class

Another factor affecting the individual's leisure behaviour is the social class he is in. His social status has shaped the conventions and beliefs he holds. According to the majority of studies, there is a link between his socialization and his socioeconomic status (Bishop and Ikeda 1970, p.191; Kelly, 1974, p.192). Childhood social learning is said to be a reflection of the social contacts he has and his subculture (Dinkmeyer, 1967, p.170). Social class, according to Dumazedier (1967, p.63), reflects not just qualitative variations in wages, salaries, or income, but also differences in how those funds are spent. When the qualities of a society are examined, it becomes clear that different demographic groups use social and economic institutions in different ways. Moreover, the differences in having leisure are not

only a matter of choice but a class obligation as well. In his study, Bergier (1981, p.153) explains that there might be some social pressure within the class that forces the individual to comply with the expectations of his class. In other words, an individual might feel obligated to participate in activities that are typical of his social class and feel awkward participating in activities that are typical of some other class.

Interaction Groups

These groups are one of the most important social agencies affecting an individual's leisure behaviour. A person's social circle is formed during his childhood by his family and relatives, as well as peer groups, and later by his colleagues (Mills, 1984, p.3). Family initiating from early childhood, the family circle is the most important social institution where an individual learns his sub-culture as well as leisure patterns (Dottavio et al., 1980, p.258). According to Kelly, leisure socialization is lifelong and related to the family life cycle. If leisure involvement may be considered a "job," with skills, attitudes, relationships, duties, and resources built over time, such socialization would be required. Depending on the conditions, activities are learned, increased, dropped, and relearned (Kelly, 1974, p.192). Most research has shown that the person's leisure is strongly affected by and it, in turn, affects the family (Holman and Epperson, 1984, p.277). The writers state that leisure behaviour is generally affected by the stage of the life cycle as the amount of time for leisure. Family members have different amounts of time and interest as individual, couple, and family leisure at different stages. The family life cycle stage also appears to affect the type of activities families choose. Getting married and parenthood move most leisure activities into the home, which may be called home-centred activities (Crandall, 1979, p.169; Horna, 1989, p.229). Moreover, the number of children and their ages are another indicator for parents in leisure participation. In many studies, the writers report that spouses' /parents' employment also has an impact on their leisure behaviour. While the husband's /father's work involvement negatively affects his leisure responsibilities for his family, the wife's mother's work involvement leaves her little time for her leisure pursuits (Holman and Epperson, 1984, p. 282; Horna, 1989, p.230).

Economic Factors

Individual and communal rights and opportunities, including a universal demand for expanded leisure options, have grown increasingly important in modern advanced nations, which have evolved into consumer society (Horna et al., 1987, p.1). In selecting his leisure decision, the consumer is heavily influenced not only by socio-cultural but also by socio-economic aspects. The writers who explain consumer behaviour with "Economic Models" state that, consumers have a set of limited resources called budget and a set of different commodities that they can purchase by tapping these resources. In short, they are the budget

constraint and the ability to buy. According to this model, a person's leisure choice, tastes, habits, and interpersonal and intrapersonal influences are evaluated as consumers' purchasing decision process (Brown and Deaton, 1972, pp.1145-1236). A study in this field found that the higher an individual's occupational level, the more likely he is to participate in public recreation programming (Morris et al., 1972, p.25). The authors of another study claim that education is strongly linked to occupational reputation, and that its independent effects are unsurprising. Income is also highly correlated with occupation but doesn't have independent effects on leisure (White, 1975, p.194). However especially lower-income groups are affected by the cost of leisure opportunities (Vayx, Jr, 1975, p.36)

Demographic Factors

Age and Gender

In the research on leisure behaviour, it is reported that an individual's age stages affect his preference for leisure patterns. Between the ages of 12-and 18, sports activities; between the ages of 18-and 24 social and cultural activities are more interesting for the individual. In other words, while there is a negative correlation between age and active sports; a positive correlation occurs between age and sports as spectators (Ünver et al., Yrd. Doç. Dr Neşe ASLAN1986, p.237). However, in the middle ages, interest in sports activities reappears, and also social club activities reach their highest level. Another factor that affects an individual's leisure behaviour is gender. His family not only determines his status at his birth but also by his gender. In their daily routine, his behaviour, interests and choices will fit his gender. As Wilson reports in his study, gender differences reflect on an individual's leisure behaviour because a) some leisure activities need certain physical abilities, b) there are differences in men's and women's socialization, c) women are generally in the position of having home-centred lifestyle, d) the socio-economic status of women is lower (Wilson, 1980, p.28).

Conceptual Model on Leisure Constraints

This is a descriptive diagram or model that indicates the key elements in the system of interest; leisure constraint issues and the patterned relationships between them. According to Shields and Rangarajan (2013), it clarifies what is known and not known about the system. Again, it goes beyond simple cause and effect to explore linkages and feedback in complex systems. Moreover, the key elements help develop research hypotheses and identify variables being studied to interpret research results. This is important for integrated interdisciplinary research such as Leisure and Tourism to enable different integration of disciplines. Sociology, Psychology, Social Psychology, Geography, Economics and Political Science drew upon an analysis of state and market solutions to questions, especially issues relating to maintaining order and managing change (Rojek, et al, 2003). Also, Shields and

Rangarajan (2013) claim that the conceptual framework-research purpose pairing is useful and provide new scholars with a point of departure to develop their research design. Although they did not claim the system is relevant to inductive forms of empirical research only but to theories too.

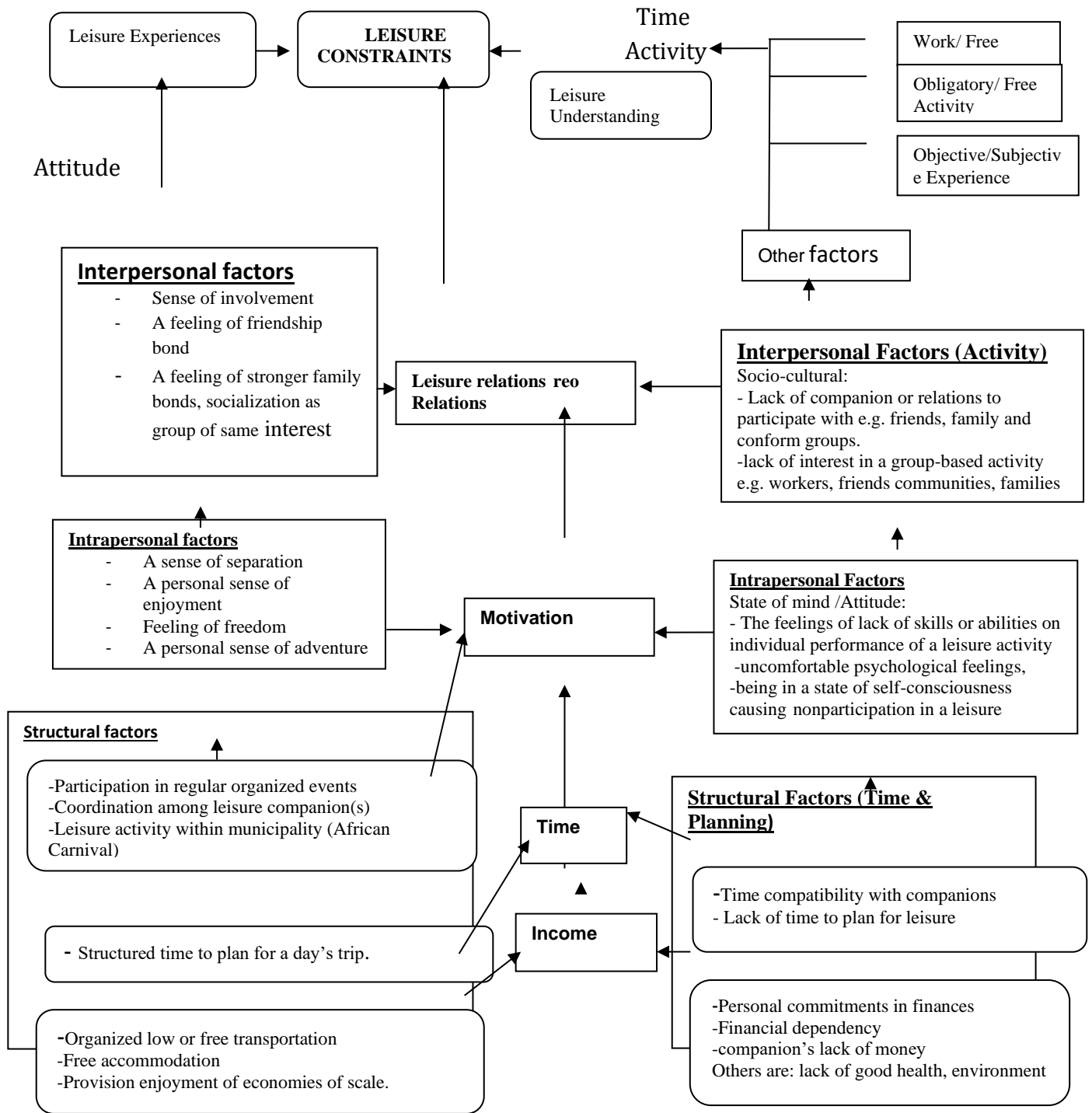


Figure 1: Conceptual framework of Leisure Constraints

METHODOLOGY

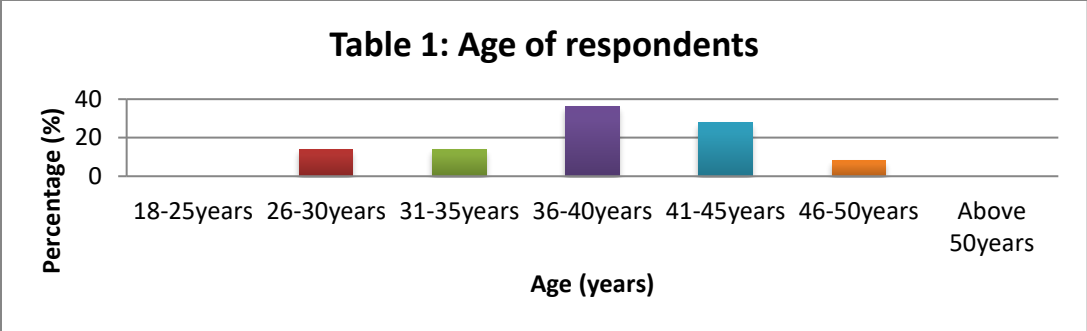
The study is based on the qualitative aspect of life and leisure. The leisure constraints and experiences of African women in the Netherlands were investigated using a qualitative study design. The study was conducted using a convenience design. According to Saunders et al., (2012), convenience sampling is a "non-probability sampling process in which cases are chosen solely based on their ease of acquisition." These procedural strategies were chosen to better represent the wider case population of African women living in Leeuwarden, the Netherlands, in answering the research questions and objectives. The chosen group of women was again selected using an adequate minimum sample size of 14 participants, based on the semi-structured in-depth interviews (Saunders et al., 2012). In-depth focus is a viable strategy with a reasonable relative cost when considering a homogeneous population of women groups in the two churches. In addition, to obtain the required sample size, a convenience strategy for specific person participation was implemented for ease of access to the open available participants. Following a thorough discussion of the sampling procedures and methodology, seven (7) ladies from each of the two churches were interviewed, totaling fourteen (14) individuals. The data was gathered from both primary and secondary sources. Interviews and questionnaires were the primary data collection tools employed in the study. The qualitative research approach was used to collect data on leisure constraints and experiences of African women in Leeuwarden. Data were analysed qualitatively.

RESULTS AND DISCUSSIONS

Respondents' characteristics

Age of Sample Respondents

Throughout the research, the data gathered from the respondents revealed that none of the sample respondents were between the ages of 18 and 25, while the majority of the respondents represented 36 percent in the age group of 36 – 40 years, 14 percent in the age group of 26 – 36 years, 7 percent in the age group of 46 – 50 years, and another 27 percent in the age group of 46 – 50 years.



Source: field Survey, 2014

Marital Status of Respondents

From the data gathered on the marital status of respondents. 14% of the sample respondents indicated that they were single, whiles, 64% of the sample indicated that they were married, whiles, those who were divorced were 22% of the sample women respondents.

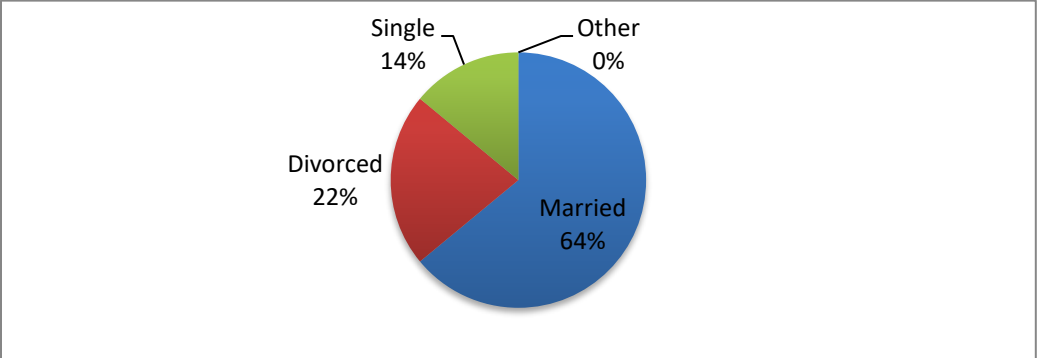


Fig. 1: Marital status of respondents (Source: field Survey, 2014)

Educational Qualification of Respondents

The data gathered from the responses on educational qualification of respondents indicated that, 44% of the sample had diploma certificates, whiles, those how had first degree qualification were 21% of the sample, another, 14% of the sample were senior high school leavers, 7% of the sample respondents had professional certificates, those with masters certificates represents 14% of the sample respondents.

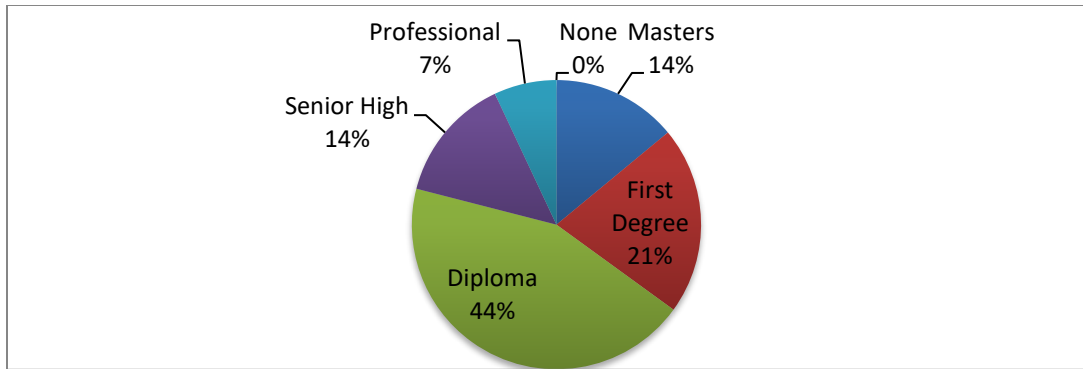


Fig.2: Educational level of respondents (Source: field Survey, 2014)

Occupational Status of Respondents

From the data gathered, on the occupation status of respondents, 21% of the sample respondents indicated that they were students, whiles, those who were employed were 58% of the sample, another, 21% of the sample respondents indicated that they were unemployed and were not working.

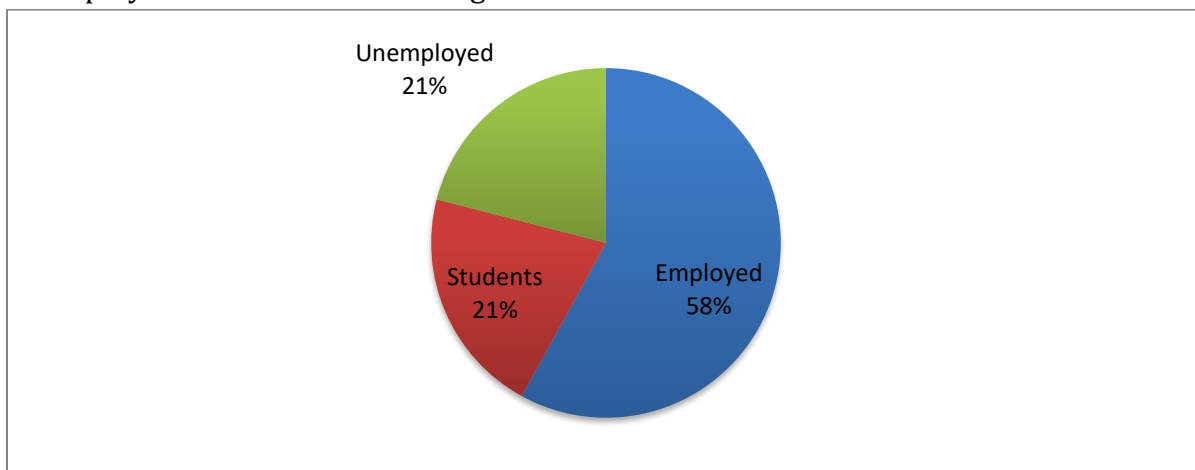


Fig. 3: Occupational Status of Respondents (Source: field Survey, 2014)

The Period of Stay of Respondents in Netherlands

From the data gathered, none of the respondents have stayed less than 5years, whiles, 14% of the sample have been living in Netherlands for 6 – 10years, whiles, those who had lived for 11 – 15years were 28% of the sample, another, 36% of the sample indicated that they have been living in Netherlands for 16 – 20years, 21% of the sample had stayed in Netherlands for more than 20years.

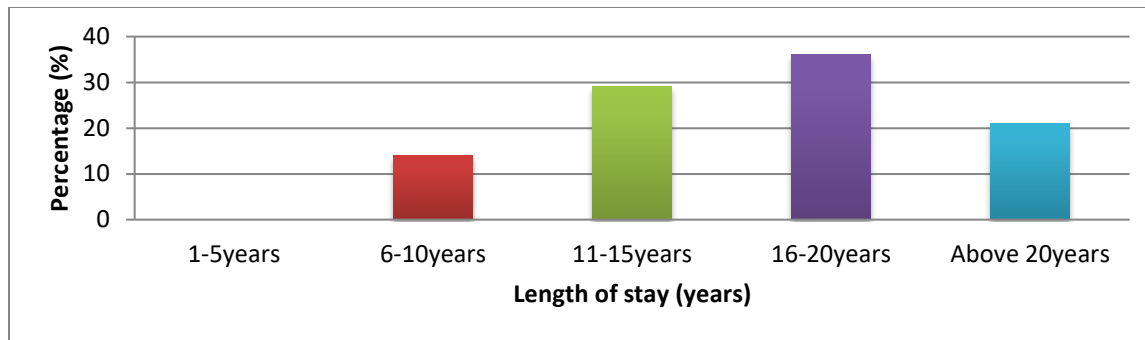


Fig.4: The Period of Stay of Respondents in Netherlands (Source: field Survey, 2014)

Responses on Leisure Constraints

Majority of the participants complained about the expensive nature of outdoor leisure activities in Leeuwarden. One of the respondents said, “Buying in a bar or a night club or restaurant is five (5) times more expensive than you would buy at a retail shop’. Some participants cited the problem of unemployment associated with the fact that leisure activities especially, outdoor activities such as going to the park, museum or cinema are very expensive for African women. Some also stated that, the fact that they are African women has a limitation on their leisure experience. They explained that Africans are perceived to be engaged in stealing and other vices and therefore makes you as an African woman feel uncomfortable when shopping for an example”.

They also cited the issue of language as a constraint for leisure. For example, one participant talked on her experience at a restaurant where the food menu was in Dutch. She could not read the Dutch language, making it difficult for her to be able to order what she wanted resulting in her making a wrong choice. Majority of the women in addition to citing the expensive nature of some of the leisure activities also added religious values as one of the limitation to leisure.

One woman said, “As a Christian, my religious teachings forbids me to engage in certain activities during my leisure time like smoking and drinking alcohol at the drinking bar with friends or to attend night club parties. They also cited cultural values as also been a constraint to their leisure activities.

One of the participation said, “ African woman were brought up not to engage in majority of outdoor leisure activities and are therefore mostly limited to indoor forms of leisure activities like playing Ludo games or watching television shows or movies”.

Another respondent indicated that “As a Christian, my religious teachings forbids me to engage in certain activities during my leisure time like smoking and drinking alcohol at the drinking bar with friends or to attend night club parties.” One of the respondents also made it known that “Yes, very sure I do have such things. I think what mostly would restrain me

from having my leisure time is Sickness or illness. This is because I get nervous when sick and what I am supposed to do, I am not able to do it.”

According to one of the respondent’s “lack of planning can be said to be another factor, this because before I travel, I save money to buy my ticket when there is a heavy discount. For instance a ticket sale dropped from Seventy Euros to Thirty Euros. I quickly went for the cheap price. “It can be indicated how money saving and time planning act as some major factors for leisure activity participation.

In conclusion, leisure participation or non- participation existed owing to the cost if leisure is to be experienced outdoors. With indoor leisure activities participation, cost is rather less with interpersonal relationship of the family or friends that can be reached easily. Intrapersonal issue that motivates the individual to participate depend more of the mindset. Structures to enable leisure participation, both the individual preparation of time, income, transportation, provision and available organized municipality structures were some factors responded as constraints towards leisure during the interview and qualitative analysis.

Leisure constraints prevent African women from undertaking certain leisure activities and having leisure experience. Following the three identified types of constraints to leisure behaviour in the literature reviewed and the conceptual model adapted, Crawford, et.al., (1991), depicted interpersonal, intrapersonal and structural constraints. The leisure constraint of both African and Chinese women respondents findings were grouped and analyzed into similar nature. Both were of the view that, women leisure is experienced in the company of others which could be their husbands, children, friends or any social groups. Therefore the lack of the social groups or partners for leisure will end up influencing the women to participate in a type of leisure activity or not. This interpersonal constraint can be said to affect leisure experience in the view of interest or lack of interest that motivate or limits leisure participation. African women when asked with whom share their leisure activity with show sign of happiness “with my husband” or “with my children”. Chinese women also have similar constraints of interpersonal relational leisure experiences. For instance however good the relationship is some husbands find it hard to join their wives to watch particular show of their wives interest on the television or join them for shopping. This could not be an enjoyable feeling for them as their wives do but women mostly adapt to the social involvement needs of their husbands or children more easily than themselves.

The second being intrapersonal constraints which according to the Chinese women traditional value perfection “Ideal woman” a mother and wife is uncomfortable or embarrassed to come out of a pub without the husband. African women as well could be labeled when they drink and smoke in the pub without their male partners. Women who want to be “ideal” because of culture and traditional value lack the feeling to participate in some particular events or leisure activities. Socio – cultural factors which leads to self-consciousness turns to an attitude of nonparticipation of leisure activity. Subjectively or

objectively women are drawn from leisure activities due to what influence them such as religion, norms and values of a society. Most respondents as women felt they were restricted or deprived by what is accepted as norms of their society. Unlike the Dutch women, they have their freedom to do what best suit them.

Structural constraints of both African and Chinese women showed time, income, protection, and institutions that operate towards leisure activity in communities for women groups. Women mostly do more household work and at the same time paid work deprives their free time for leisure participation activities. Constant source of income is important for the enjoyment and payment of leisure cost. Also lack of sense of security has been stated to be constraints towards women leisure participation. To avoid danger travelling to or from the leisure activity grounds scare single women who participate in leisure activities. Official leisure organizations to make women motivated were mentioned to be absented in supporting both respondents.

In conclusion, as the frame work of the constraints behaviour shown in the diagram of ending chapter two of the research, interpretations of comparison of the African and Chinese women leisure case studies clarified and identified to explore the linkages of the leisure constraints conceptual model.

Another issue for discussion has to do with the constraints that women faces in their leisure activities, According to Zhang (2003), whose research findings have been replicated in this work, thus, Chinese women in Leeuwarden experienced certain leisure constraints. This has to be their working period, their family activities, social responsibilities back home and that of their living in Leeuwarden, the Netherlands. The data gathered from African women in Leeuwarden indicated that they face constraints on their leisure activities or certain factors hinder them from enjoying their leisure activities. But, the differences have to be the factors which cause the constraints. From the data gathered 85% of the sample respondents indicated that low-income is the most pressing factors which becomes a big constraints to them in enjoying their leisure activities, this agree with Jackson, & Burton (1999), who indicated that modern leisure has to be a little bit costly, because, most of the high end leisure periods needs good expenditure, hence the unemployed or low income person cannot fully enjoy the leisure. Most respondents indicated that if you do not work to earn income you cannot pay for all leisure experience which are quiet expensive.

Another factor which causes constraints among African Women in Leeuwarden to fully enjoy their leisure has to be fatigue, that is, when they are overtired from work and feeling very sleepy. These are some constraints indicated by the respondents which agree with Leitner, & Leitner (1996), who indicated that tiredness is one major constraint of leisure activities. Another responses from the African Women in Leeuwarden concerning the constraints of leisure has to be illness or sickness which hinders any human from successfully enjoying their leisure due to that circumstance, this was in agreement with (DeLisle, 2003) after

indicating illness and sickness among several factors which prevents humans from enjoying their leisure.

According to Zhang (2003), time and improper planning is a major factor of leisure constraints. It is in agreement with the respondents also making it known that one major constraints of their leisure activities is lack of adequate time and inadequate planning to organize their leisure activities hence cannot fully enjoy their leisure, which serves as a major constraints to them.

Responses on Experience of Leisure

Throughout the research work, there were various understanding on the experience of leisure in which respondents clearly indicated that the women encountered both positive and negative experiences in relation to leisure in Leeuwarden. The majority of women stated that leisure plays a pivotal role in their life in Leeuwarden. They expressed the position that leisure activities help them release pressure and stress and relax the body after eventful working periods. They also stated that leisure activities especially outdoor activities allow for socialization and sharing of life experience among people of the same origin. They also stated that outdoor activities like visiting a Museum, a park, a restaurant or night club gave them the opportunity to know new places in Leeuwarden and learn new things. Some few women talked of how some indoor activities like listening to Christian music or listening to a bible preaching inspired them and helped renew their faith as Christian. One of the women said “At my leisure period, listening to Christian music or listening to a bible preaching really inspires me and renews my faith”.

The women, however, though enjoyed lot of benefits from their leisure activities, have enumerated some disadvantages related to leisure activities especially the outdoor ones. Most of the women cited the issue of stigma associated with leisure especially the outdoor activities. One woman said “Due to our cultural background a woman who goes to drinking bar is termed as an immoral person and cannot be seen as a marriage material”. The women also cited health related issues resulting from drinking or smoking with friends at a get together parties. One of the women said” A drunk person can get out of control and do nasty things. He or she gets to realize the embarrassment he or she had caused him or herself after getting to her normal state.”

The women also added the issue of financial planning which is critical for the fact that if the leisure activities one engages in are not properly planned; it can lead to financial difficulties afterwards.

Another indication from the respondents indicated that “I spend my leisure time mostly 3 hours to for 4 hours on weekends as I close early from work those days. But during the week days I just spend two hours or less on leisure.”

R: What benefits have you gotten out of your leisure experiences?

M: "At my free time listening to Christian music or listening to a bible preaching. I really get inspired, renewed in my faith and learn valued life lessons from such as audio playbacks." According to Jackson, & Burton (1999) people are generally aware that leisure can renew them physically, spiritual, mentally and enhance their growth and development in different areas.

Shaw et al., (2002) indicated that most women know the benefit of leisure periods which is important to their health and life balance. This agreed with the data gathered from the respondents in which they made it known what they knew about the benefits of leisure. Majority of the African Women respondents indicated that one benefits of leisure which they gain most is that it releases stressfulness on their minds and brings a moment of joy and pleasure and freedom to their whole inner and outer beings. Other respondents also indicated that it fulfills their relaxation pressures, through laughter and makes them feel motivated. The respondents also added that they feel healthy after enjoying some leisure, this agreed with Leitner, & Leitner, (1996) who noted that "leisure gives well-being and psychological well-being are continually being challenged by changes in social norms, family structure, technology, the environment, personal health, employment status, and other areas" (p.32). A number of the women also indicated that they feel more motivated to focus on their future thus, "It releases the tension of stress within me when I take my leisure" that was one woman's response. Leisure time and activities to me brings much refreshment, relief to my tired body. It also stimulates my mind, releases stressfulness on the mind and brings a moment of joy and pleasure and freedom to my whole inner and outer being.

CONCLUSIONS

Leisure and culture are important for humankind especially for foreign people and as much as local people to enable adaptation of cultures that have positive influence to enhance leisure experiences. The study identified that income, jobless, illness, language barrier, time and inadequate planning are major factors hindering the African women from experiencing their leisure activities, hence cannot fully enjoy their leisure. Leisure in Netherlands is very expensive and that, women who do not have work doing cannot participate in leisure activities in order to experience it to the maximum. Leisure in Leeuwarden is most enjoyable when the foreigner can speak the Dutch language.

Recommendations

- i. The researcher recommends that most African Families in Leeuwarden need to be able to apportion an important time for their leisure activities and they have to learn

- how to speak the language over there hence, helping them to adjust and fully enjoy the leisure activities. This will help them to participate in all the leisure activities.
- ii. The researcher recommends that most of the African Women needs to make it a strategy to learn how to speak the Dutch language so as to be able to communicate effectively with the locals during leisure activities. This idea will help them to learn new things from enjoying leisure in Leeuwarden.
 - iii. African Women needs to apportion some parts of their savings to maintain their leisure activities and finance the leisure cost, this will help them to enjoy the benefits of leisure activities.
 - iv. The researcher recommends that most African women needs to make up adequate time to partake in their leisure activities. This means that, making up time for their leisure activities are very necessary, this helps them to avert so many time constraints activities like working and doing busy schedules. Having enough time will make African women, enjoy leisure to the fullest.

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