

Leisure and Recreational Activities of Senior Citizens: Preferences and Constraints

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Abstract: This study aims to establish the preferences and constraints affecting the choices of senior citizens on leisure and recreational activities. Specifically, the study: (1) learns about the demographic profile of the respondents; (2) determines the recreational preferences of the senior citizens based on physical, mental, and social activities; (3) determines the significant difference in the assessment of the respondents when they are grouped by demographic profile; (4) learns the factors that hinder a senior citizen's from participating in recreational activities; and (5) proposes a recreational and leisure activities that are relevant to the senior citizen. This study employed a sequential explanatory research design that utilized mixed methods to determine the preferences and constraints in recreational activities of senior citizens in the Philippines. The respondents are senior citizens of Makati City, the central business district of the Philippines. The study showed that careful attention and planning should be considered when coming out with related physical activities. Because the seniors' physical incapacities tend to favor mental activities that provide them enjoyment and less exertion of effort. Further, seniors also gravitate towards activities that provide opportunities to meet and mingle with people. They indulge in activities that allow them to chat and talk to their friends and families. Hindrances that limit the participation of senior citizens are due to personal and internal incapacities such as health reasons, financial stability, and personal safety and security.

Keywords: senior citizen, recreational activities, hindrances, preferences, constraints

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Introduction

Aging is as inevitable as death, and people destined to live in extended communities worldwide see this process from different perspectives. Many would welcome it as a sign of progress attributed to the development and improvement of quality of life (Vahedi Kojanagh *et al.*, 2020). In contrast, others would consider it a burden that can affect society (Six *et al.*, 2018). No study would relate to or confirm that the state of a community influences this perspective.

According to Bukhtiar (2020), sociologists described why aging is disastrous to society, such as people being pulled out of active employment, devitalizing the human body, taking away nearly all physical pleasures from people, and taking people closer to death. He further adds that old age is associated with economic,

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social, physiological, and emotional difficulties. Elderly people have varying needs and requirements caused by disabilities, cognitive issues, weakened memory, and disorganized behavior as their age advances. The degree of these limitations also diverges based on the characteristics of the elderly, which include age, sex, background, experience, skills, knowledge, and many more (Thakur and Han, 2020). The population of older adults has been on a constant rise in different countries of the world (Aboderin & Beard, 2015; World Health Organization, 2018; Six, Mosumi & Deschepper, 2018; Bukhtiar, 2020; Cablao, Bonafe, Espinoza, Cuya-Antonio, & Casimiro, 2019; Thakur and Han, 2019; Bukhtiar, 2020). At present, the population of elderly people is about 962 million worldwide and is anticipated to rise even further at different rates among nations (Thakur & Han, 2020). A global demographic shift leads to an increasing number of older citizens, particularly in the most developed regions, and social tourism is becoming increasingly relevant (Sanchez & Vila, 2016). A senior citizen is a person who reached the age of sixty (60) years old Karki, 2008 as cited by Orias *et al.*, 2014). The recognized age of seniors is 60+ years to be included in the older population (Lyons, 2009 as cited by Orias *et al.*, 2014).

Population Commission (2018) stated there are 8,013,059 Filipinos over 60 years of age which is 8.2% of the population of all Filipinos in 2018. The Philippine Republic Act (RA) 9994, also known as the Expanded Senior Citizens Act of 2010, defines senior citizens as individuals aged 60 years old and above. In the said group, 5,082,049 range from 65 years old and above. The population of one country is considered aging if they contain 7 percent of the masses over 65 years old. (onenews.ph, 2019; Cablao, *et al.*, 2019). When someone reaches old age, he or she is regarded as a symbol of respect, astuteness, and virtue. The main reason for this attitude of a joint family system is credited to the historical and appreciated tradition, religious values, and the law of the land glorifying the status of the senior citizens of the society (Bukhtiar, 2020; Cablao *et al.*, 2019). Senior citizens are expected to be provided with family support, medical/health care, entertainment, education, opportunities for achievement for older people, financial security, and age-friendly environment events (Carandang, Asis, Shibanuma, Kiriya, Murayama & Jimba, 2019; Bukhtiar, 2020).

Socio-economic pressures and urbanization leading to change in lifestyles all across the globe are putting a traditional/extended family structure into a major facelift. More people are trying to have small and independent family units (Bukhtiar, 2020). These, together with the growing number of older adults, increase demands on the public health system and medical and social services. Unfortunately, not all countries can afford to provide the support and care needed by older people (World Health Organization, 2018).

The recognition regarded to elders may be shown best when a country's constitution recognizes the responsibility of the state and the community to take care of the elderly members of the society. As stipulated in the Republic of the Philippines constitution, the family has to care for elderly members (Cablao *et al.*, 2019). The state may also provide social security programs for senior citizens. Local government units (LGUs) in the different parts of the Philippines provide programs to promote the welfare of the elderly members of their community. Programs initiated by these LGUs may vary depending on the capacity of the unit to provide services (Carandang *et al.*, 2019). Aside from what is being required by law, such as discounts on goods and services, medical and dental services, tax exemptions, social pension, state medical coverages, and other government assistance, senior citizens are given other services like allowances, gifts, subsidies, and access to recreational and leisure facilities by the local government units.

Recreation is an important element of preventive health care, used by community health centers to aid rehabilitation, temperance of stress, and health maintenance. Although the amount of leisure available to people is increasing, many cannot take full advantage of it due to inadequate recreational education or other causes. Community health centers have an educative responsibility, especially toward the unemployed (Shaw, 1980). There is no specific templates for recreational and leisure activities provided to the elderly in different cities or municipalities.

This study aims to establish the preferences and constraints affecting the choices of senior citizens on leisure and recreational activities. Specifically, the study: (1) learns about the demographic profile of the respondents; (2) determines the recreational preferences of the senior citizens based on physical, mental, and social activities; (3) determines the significant difference in the assessment of the respondents when they are grouped by demographic profile; (4) learns the factors that hinder a senior citizen's from participating in recreational activities; and (5) proposes a recreational and leisure activities that are relevant to the senior citizen. Further, the study aims to prove

if there is a significant difference in the assessment of respondents when their demographic profile is considered.

2. Literature Review

The Philippine Government has different laws that provide the needs and privileges, and benefits to older persons; these laws assist with the specific needs of elderly community members. Republic Act No. 7876 - Entitled "An Act Establishing a Senior Citizens Center in all Cities and Municipalities of the Philippines, and Appropriating Funds - provides for the establishment of Senior Citizens Centers to cater to older persons. The DSWD is a joint effort with other government offices, NGOs, and individuals' associations, which will give the essential specialized help with the type of social and recreational administrations, wellbeing and individual care administrations, otherworldly administrations, business administrations, and volunteer asset administrations (Carandang *et al.*, 2019).

Prior to RA 9994, the welfare of the senior citizens was protected by Republic Act 7432, entitled "An Act to Maximize the Contribution of Senior Citizens to Nation Building, Grant Benefits, and Special Privileges and for Other Purposes." The law provides, among others, the promotion of the welfare of the sick, elderly, disabled, women, and children, particularly in motivating and encouraging the role of the elderly people in contributing to nation-building and encouraging families and communities to reaffirm the valued tradition of caring for the elderly. Part of the privileges of the senior citizens as provided by the law are discounts on purchases and fares, free medical services, and tax exemptions (Castillo, 2015).

Senior Citizens are active, diverse groups of people who want to be handled respectfully. More energizing travel packages and recreational activities that they will enjoy should be offered. Seniors give precedence to the significance of an idea. Senior citizens have shared and created different life experiences, and they are intellectually appealing enough to discover relevant information (Hung & Li, 2015). Tourism providers must attempt to cater to seniors' changing needs, wants, and expectations and gain a deeper understanding of tourism's impact on seniors' physical and mental wellbeing. This will provide exciting opportunities for further research with older populations and specify practical implications for public policy makers, industry practitioners, and travel marketers as a whole (Patterson & Balderas, 2020).

One study distinguishes the young-old (60 to 69), the middle-old (70 to 79), and the very old (80+ (Forman, Berman & McCabe, 1992). Another study's sub-grouping is young-old (65 to 74), middle-old (75–84), and oldest-old (85+) (Zizza, Elisson, Wernette, 2009). A third sub-grouping is "young old" (65–74), "old" (74–84), and "old-old" (85+). Identifying sub-groups in the 65+ population enables a more accurate portrayal of significant life changes. Novak and Vute (2013) stated that the definition of old age is changing. Participation in a variety of leisure time and sports activities and recreational activities could be very vital due to the fact such activities enable the upkeep of physical health, have a favorable impact on mental health, and feature in all respects a positive impact on properly-being, and thereby improve the quality of existence. Senior citizens need to understand that they are still important and could contribute to vibrant life in the neighborhood or broader local community, e.g., societies and clubs.

Regardless of the geographical area, the senior citizens have different levels of health and lifestyle status, particularly on medication, religious beliefs, values orientation, and lifestyle. Leisure behaviour contributes to maintaining the elderly's quality of life (QOL) in the leisure and intimacy domains. Tourism behaviour only contributes to QOL in populated areas. Leisure activities strongly enhance QOL in terms of intimacy and improve the neighbourhood relationship of the elderly in depopulated areas and family life in populated areas (Zhang & Zhang, 2018). Senior citizens in some municipalities are conscious of how living a healthy life could contribute to the betterment of individuals and society. Some municipalities have active senior citizen groups which promote the best interests of the senior citizen members. The benefits for senior citizens are also different among the geographical areas. This manifests differences in implementing laws and policies on senior citizens. There is a need to monitor the strict implementation of the laws to ensure that the elderly members of society are given the attention they deserve. Several facets are involved in taking care of elderly or aged people. Having a good amount of recognition of various needs and requirements of the elders is extremely important for those who have the authority to take care of their aged family members like their parents or relatives (Taniguchi & Shupe, 2014).

The Theory of Planned Behaviour suggests that behaviour or preferences are determined by intention, attitude, or belief about a behaviour or subjective norms (Neighbors, 2013). Senior citizens' behaviour toward certain activities may be affected by physical and mental capabilities, limiting them to indulge in some activities. In support, the study also considered the Rational Choice theory designed for understanding social, economic, and human behaviour. It encompasses the view that individuals behave as they do because they believe that performing their chosen actions and decision has more benefits than costs. According to McCarthy and Chaudhary (2014), Rational Choice Theory refers to ideas about the relationship between people's preferences and their choices.

Research Methodology

This study employed a sequential explanatory research design that utilized mixed methods (both quantitative and qualitative) to determine the preferences and constraints in recreational activities of senior citizens in the Philippines. The study respondents are senior citizens of Makati City, the central business district of the Philippines. Stratified random sampling was used as a sampling type in the quantitative method to consider the representatives from both city districts. In contrast, snowball sampling was used in the qualitative method. The survey questionnaires were floated, targeting 100 respondents to answer for the quantitative method and at least 12 people to answer for the semi-structured interview in the qualitative method. The challenge of soliciting responses from the target population and the inconsistency of finding the exact number in the area led the researchers to target the first 100 senior citizens. Further, the 12 people interviewed are the respondents who responded positively on the request for interview and fit the criteria required, such as being senior citizens, residents of District 1 or 2 of Makati City.

The survey instrument has three (3) parts which are Part 1. Demographic Profile; Part 2. Recreational Activities; Part 3. Constraints. The survey questionnaire was adapted from previous studies and was adjusted to fit the requirements of this study. In addition, the interview guide used in the interview of the participant was also easy to answer and designed to gain more in-depth data and information based on their personal experienced and participation regarding their preferences in recreational activities and their experienced constraints in participating in these activities. The interview instrument was sent to research experts to validate if there are sufficient elements to proceed with the data gathering process. The data gathered in the survey were subjected to statistical analysis using percentage, frequency distribution, weighted mean, *t*-test, and ANOVA.

Results

Demographic profile of the respondents

Half of the senior citizen respondents who answered the questionnaires revealed that 50 percent belong to the sub-group "young old" or those 60 - 69 years old, followed by the sub-group "middle old" or 70 - 79 years at 32 percent and "very old," whose age range from 80+ years (18%). The majority of the senior citizens that answered the survey questionnaire were female at 60 percent, while the male respondents accounted for 40 percent. Respondents that are married accounted for 63 percent, followed by 29 percent for Widowed, and 8 percent indicated that they are single. In terms of educational attainment, the respondents indicated that they are secondary level or high school graduates totaling 45 percent, then college undergraduates or those who reached tertiary level but could not graduate at 29 percent, followed by 18% for the tertiary level or college graduate. In contrast, 7 percent are primary level or elementary graduates, and the remaining 1 percent is a vocational/technical course. In Indonesia, the elderly who did recreational activities most frequently were aged 60–75 years (69.4%), and the elderly women did recreation more often than the elderly men (58.3%) (Utami & Prapti, 2020).

Recreational Preferences of Senior Citizens

Table 1: Assessment of Physical Related Activities

Criteria	Senior Citizen	
	WM	VI
1. Golf	71	D
2. Bowling	1.72	D
3. Tennis	1.87	D
4. Jogging	2.6	L
5. Boating	1.92	D
6. Dancing	2.57	L
7. Gardening	2.69	L
8. Zumba	2.83	L
Overall	2.24	D

Response Code :(4) Extremely Like, (3) Like, (2) Dislike, (1)Extremely Dislike,

Verbal Interpretation : 3.25-4.00 Extremely Like; 2.51-3.24 Like; 1.76-2.50 Dislike; 1.00-1.75 Extremely Dislike

Among the related physical activities, the respondents rated Golf, Bowling, Tennis, and Boating as “Dislike,” with a weighted mean of 1.92 and below. The physical activities jogging, dancing, gardening, and Zumba were rated with a weighted mean range of 2.83 – 2.57, which falls in the “Like” range. The overall weighted mean of 2.24, which is verbally interpreted as “Dislike,” shows that senior citizens generally do not prefer physical activities. This shows that the respondents dislike participating in or doing related physical activities, especially golf, bowling, tennis, and boating, but they prefer activities that they can easily do or access around their neighborhood, such as jogging, dancing, gardening, and Zumba. This is even more manifested by the participants’ responses to physical activities. Some respondents would instead want to keep up the tidiness of their home as their physical activities during their recreation time. Participants in the interview expressed their preference for physical activities since they believe in maintaining a physically fit body as they are used to during their younger years and as a tool to maintain a healthy lifestyle. According to the study by Singh & Kiran (2014), a standard exercise is an ideal approach to carrying on with a long and solid life. There are numerous wellbeing and way of life advantages of physical movement for senior subjects. Other than resting easily, routine exercise decreases the danger of diabetes, coronary illness, colon malignancy, and stroke.

Table 2: Assessment of Mental Related Activities

Criteria	Senior Citizen	
	WM	VI
1. Playing board games	2.64	L
2. Playing card games	2.67	L
3. Reading newspaper	3.19	L
4. Watching television	3.5	EL
5. Listening to music	3.56	EL
Overall	3.11	L

Response Code :(4) Extremely Like, (3) Like, (2) Dislike, (1)Extremely Dislike,

Verbal Interpretation: 3.25-4.00 Extremely Like; 2.51-3.24 Like; 1.76-2.50 Dislike; 1.00-1.75 Extremely Dislike.

The different mental-related activities like playing board games, card games, and reading newspapers obtained a weighted mean range of 2.64 - 3.19, which is verbally interpreted as “Like.” Two other mental-related activities watching television and listening to music were rated with high weighted mean values of 3.5 and 3.56, respectively, which are verbally translated to “Extremely Like.” The overall weighted mean of related mental activities is 3.11, which is verbally interpreted as “Like.” Generally, related mental activities are the preferred

leisure and recreation activities of the elderly based on the respondents' evaluation. The respondents like to watch their favorite shows on TV or simply listen to music on their preferred sound machines. The significance of mental activities is supported in the interviews. One participant mentioned that her way to unwind at the end of the day is by listening to classic old songs. Seniors who listen to music have a happier outlook on life and are shown to have better social interaction. Music has enhanced moods, improved interest levels, and increased positive emotions. Another participant confirms that to avoid the feeling of loneliness, he spends his time listening and watching TV.

Table 3: Assessment of Social Related Activities

Criteria	Senior Citizen	WM	VI
1. Club meetings		2.22	D
2. Doing volunteer work		2.10	D
3. Visiting friends and relatives		2.44	D
4. Social-cultural		2.57	L
5. Attending outdoor events		2.49	D
Overall		2.36	D

Response Code : (4) Extremely Like, (3) Like, (2) Dislike, (1) Extremely Dislike,

Verbal Interpretation : 3.25-4.00 Extremely Like; 2.51-3.24 Like; 1.76-2.50 Dislike; 1.00-1.75 Extremely Dislike.

Social-related activities such as club meetings, doing volunteer work, visiting friends and relatives, and attending outdoor events obtained weighted means of 2.22, 2.1, 2.44, and 2.49, respectively, and all are verbally interpreted as "Dislike." Among the list, only the respondents rated the Social-Cultural item as "Like," with the obtained weighted mean value of 2.57. The overall weighted mean of social-related activities is 2.36, which is verbally interpreted as "Dislike." This shows that the respondents dislike mostly doing social-related activities, but the only activity they like to attend is social (gathering/function). Officials of senior citizen organizations enjoy the social activities since it allows be with other people and be more active rather than staying at home. One interviewee shared how effortless it is for him to visit his relatives or vice versa because it is manifest that his relatives are only in the neighborhood. This is an advantage because he does not need to travel to visit his relatives. Another participant shared her delight in joining a recreational activity called Lakbay Saya because it gives her the opportunity to make friends with other senior citizens and relax and experience different activities. According to the study conducted by Kim, Woo, and Uysal (2014), travel experience improves elderly people's physical and mental health and leads to greater life satisfaction. When elderly tourists are satisfied with their trip experience, their overall quality of life improves. Relatively, in a case study conducted by Vigolo, Simeoni, Casia, and Ugolini (2017), the most critical motivation for making older tourists visit a destination is relaxation. Some participants mentioned that social activities involve spending their free time going to religious/church activities. Going to the chapel does not just get them out of their abodes and into the community. Likewise, it can enable them to see all the positive qualities on the world and give their lives more profound importance. One participant chose to be active by joining different television contests for senior citizens. Being a senior citizen makes them experience things they could not do during their youthful days. She realized she had more time when she reached the age of 60 and spent it joining contests and pageants that she did not have a chance to participate in when she was younger. For her, it is an excellent activity to keep her occupied. Singh and Kiran (2014) stated that older adults are beating the stereotyped "old" image by remaining socially and physically active. From dancing, attending activities, simply gardening, or walking the dog, all these activities play an important role in ensuring their look and feel younger, healthier, and have a better quality of life.

Significant Difference in the Assessment When Grouped by Demographic Profile.

Based on the data collected, the respondents' evaluation of the implementation of recreational activities has a significant difference when grouped according to the respondent's age because the p -value is less than the level

of significance, which is 0.05. Therefore, we reject the null hypothesis. This implies that their implementation evaluations of the activities are different when grouped according to age.

Table 4: Comparison of the Evaluation on the Assessment of the Respondents when Grouped According to Age

Indicator	Respondent Grouped by Age	Mean	F-Value	P-value	Decision	Remarks
Recreational	60-69	1.710	2.79	0.04	Reject H_0	Significant
	70-79	1.720				
	80-89	1.870				

Senior citizens whose age range are between sixty (60) to sixty-nine (69) years old rated the following recreational activities as “Like” “dancing, gardening, Zumba, and social-cultural” and rated the following as “Extremely Like” “reading the newspaper, watching television, and listening to music.” This age group, also sometimes called the “young old,” rated the following recreational activities as “Dislike” “playing board games, playing card games, jogging, boating, doing volunteer work, visiting friends and relatives, and attending outdoor activities” and also the activities such as “golf, bowling, tennis, and attending club meetings” as “Extremely Dislike.” This shows that the senior citizens in sixty (60) to sixty-nine (69) years old prefer to experience a combination of activities that would give them some form of entertainment without exerting too much effort. Their preferred activities would make them preoccupied, experience entertainment, and make their mind and body active. However, this group does not want activities that they consider too idle (board games and card games) that would require them to stay in their seats for a long time. Finally, this group does not want activities requiring them to spend much energy, time, and effort all at once. For the group of senior citizens whose ages range from seven (70) to seventy-nine (79) years old, they rated the following recreational activities as “Like” “jogging, Zumba, attending club meetings, visiting friends and relatives, and attending outdoor activities.” This group rated “playing board games, playing card games, reading the newspaper, watching television, listening to music” as “Extremely Like.” Although this group sees the following as the activities they “Dislike” “golf, bowling, tennis, dancing, gardening, doing volunteer work, and social-cultural” rated “boating” as “Extremely Dislike.” This group prefers activities that combine light physical activities and more social interaction. This age range is more interested in keeping their minds active, involved in an intimate crowd, and entertained with minimal effort and less physical activities. They would rather not indulge in any activities that would require physical actions and spend time with many people.

The senior citizens who belong to the age group of eighty (80) to eighty-nine (89) years old rated the following activities as “Like” “playing card games, watching television, listening to music, tennis, jogging, Zumba, attending outdoor activities, and social-cultural.” “Playing Board Games” is rated as “Extremely Like” by this age group. On the contrary, the given recreational activities were rated as “Dislike,” such as “reading the newspaper, golf, bowling, dancing, gardening, attending club meetings, doing volunteer work, and visiting friends and relatives,” and “boating” was rated “Extremely Dislike.” This shows that the senior citizens who belong to the eighty (80) to eighty-nine (89) years old prefer least physical activities and more on relaxation and fun. This group prefers to have fun, meet people, see the outdoors, and belong to a group, but they want it with minimal effort. This group enjoys keeping their minds active by indulging in mentally stimulating activities. This shows that generally, senior citizens prefer recreational activities that give them relaxation and do not include any physical effort to do certain activities. They dislike participating in recreational activities that include much physical effort.

Table 5: Comparison of the Evaluation on the Assessment of the Respondents when Grouped according to Gender

Indicator	Respondents Grouped by Gender	Mean	F-Value	P-Value	Decision	Remarks
Recreational	Male	2.53	20.251	0.787	Retain H_0	Not Significant
	Female	2.51				

Senior citizens appreciate great wellbeing and good physical condition longer and more and what is most vital is the need to keep them in this situation. Vacations and recreational events can especially fill this need.

Considering the purchasing capability of the market for seniors and the measure of spare time available to them, one must infer that the developing number of elderly individuals may turn into an extraordinary wellspring of advantages for the tourism and recreation industry. (Sniadek & Zajadacz, 2010). Further, Patuelli and Nijkamp (2020) explained that over the past decade, leisure travel has become increasingly popular in older segments of the world population as a consequence of global factors such as a rise in life expectancy, improved health conditions, a higher disposable income and increased availability of discretionary time in retirement age. Based on the evaluation result, the respondents' evaluations in the implementation of recreational activities have no significant difference when grouped according to respondent's sex because the p -value is more significant than the level of significance, which is 0.05. Based on the obtained weighted means, male senior citizens rated the following items in the given recreational activities as "Like," which are "reading the newspaper, gardening, doing volunteer work, visiting friends and relatives, social-cultural, and attending outdoor events" and they rated as "Extremely Like" the activities such as "Watching Television and Listening to Music." On the other hand, the male respondents rated as "Dislike" the following activities "playing board games, playing card games, jogging, dancing, Zumba, club meetings" and as "Extremely Dislike" the activities like "golf, bowling, tennis, and boating." This shows that male senior citizen spends most of their time in front of a TV or listening to the radio with minimal physical activities. They also enjoy the company of people through different social activities. The male respondents prefer spending leisure time through interaction with people and forms of mass media rather than being involved in physically exhausting events. Instead, they would not immerse themselves in activities that make them too idle (board games and card games) or physically exhausting (tennis, boating, golf, and bowling).

Resulting from the weighted mean scores, female senior citizens rated the following items in the given recreational activities as "Like," which are "reading the newspaper, jogging, dancing, gardening, Zumba, club meetings, doing volunteer work, visiting friends and relatives, social-cultural, and attending outdoor events" and rated as "Extremely Like" the activities that include "Watching Television, and Listening to music." On the other hand, the female respondents rated as "Dislike" the activities such as "playing board games, playing card games, and boating" and also as "Extremely Dislike" the activities like "golf, bowling, and tennis." This shows that the female senior citizens preferred recreational activities similar to their male counterparts. The focus of the activities favored by the respondents dwells on social interaction with less physical effort. The female respondents enjoy activities that expose them to other people and stimulate their mental capabilities, and they would not involve themselves in actions that they consider physically exhausting. According to Margrett and Marsiske (2002), men and women may differ in their actual and perceived preferences for certain cognitive/everyday tasks. These preferences and perceptions may be partly due to men and women's socialization and adoption of gender roles and familiarity with selected tasks—both of which are likely to be evident in older cohorts.

Table 6: Comparison of the Evaluation on the Assessment of the Respondents when Grouped according to Civil Status

Indicator	Respondent Grouped by Civil Status	Mean	F-Value	P-Value	Decision	Remarks
	Single	2.53				
Recreational	Married	2.46	1.48	0.587	Retain H_0	Not Significant
	Widowed	2.41				

Results stated that their evaluations in the implementation of recreational activities have no significant difference when grouped according to respondent's civil status because the p -value is greater than the level of significance, which is 0.05. This implies that the respondents' evaluations in the implementation of the recreational activities have no difference when grouped according to civil status.

Based on the weighted mean results, single senior citizens rated the given recreational activities "playing card games, dancing, gardening, Zumba, club meetings, doing volunteer work, visiting friends and relatives, social-cultural, and attending outdoor events" as "Like" and rated as "Extremely Like" the activities "Reading Newspaper, Watching Television, Listening to music, and Bowling." On the other hand, they rated as "Dislike" the activities like "playing board games, tennis, and jogging" and also appraised as "Extremely Dislike" the activities "golf, boating, and bowling." It shows that single senior citizens prefer socially interactive functions.

They also indulge in actions that would provide them with entertainment, information, and mental exercises, and they would instead not involve in events that they consider physically exhausting.

The group of widowed senior citizens evaluated the given recreational activities “reading the newspaper, dancing, gardening, Zumba, club meetings, doing volunteer work, visiting friends and relatives, social-cultural, and attending outdoor events” as “Like” based on the weighted mean scores. The activities such as “watching the television and listening to music” were rated as “Extremely Like.” On the other hand, the respondents rated “Dislike” the activities “playing card games, golf, bowling, and jogging” based on the obtained weighted mean scores. Further, “Extremely Dislike” was appraised for recreational activities, including “playing board games, tennis, and boating.” It shows that widowed senior citizens prefer to get involved in activities that require less physical effort, allow them to interact with other people, and stimulate both their body and mind. Much of their time is spent relaxing by watching TV and listening to music.

Lastly, married senior citizens rated the following recreational activities playing card games, gardening, social-cultural, attending outdoor events” as “Like” based on the obtained weighted means. Also evaluated as “Extremely Like” are the activities “reading the newspaper, watching television, listening to music, and visiting friends and relatives.” In contrast, rated as “Dislike” are the activities “Playing Board Games, Jogging, Dancing, Zumba, Club Meetings, and Doing Volunteer work” and as “Extremely Dislike” the activities “Golf, Bowling, Tennis, and Boating.” It shows that married senior citizens mostly prefer activities that can be done at home like reading newspapers, watching television, visiting friends and relatives, playing cards, gardening, and others. They also value meeting people and connecting to friends, and interacting with relatives. They do not like outdoor activities and need much physical effort. Generally, based on civil status, the respondents prefer activities with social interaction, mentally stimulating, but they do not like outdoor activities and need physical exertion.

Table 7: Comparison of the Evaluation on the Assessment of the Respondents when Grouped according to Educational Attainment

Indicator	Respondent Grouped by Educational Attainment	Mean	F-Value	P-Value	Decision	Remarks
	Elementary Graduate	2.34				
	High School Graduate	2.37				
Recreational	College Undergraduate	2.51	3.32	0.549	Retain H ₀	Not Significant
	College Graduate	2.52				
	Vocational courses	2.16				

The respondents’ evaluations of recreational activities’ implementation have no significant difference when grouped according to respondent’s educational attainment because the p value is greater than the significance level, which is 0.05. This implies that their evaluations in implementation of the recreational activities have no difference when grouped according to educational attainment.

Respondents who belong to the elementary graduate group rated the following recreational activities as “Like” “reading the newspaper, listening to music, dancing, gardening, visiting friends and relatives, and social-cultural” as “Extremely Like” the activity “watching television.” On the other hand, the respondents rated the recreational activities “playing card games, jogging, Zumba, club meetings, doing volunteer work, and attending outdoor events” as “Dislike” and also as “Extremely Dislike” the activities like “Playing Board Games, Golf, Bowling, Tennis, and Boating.” High school graduate senior citizens rated as “Like” the given recreational activities that include “reading the newspaper, gardening, social-cultural, and attending outdoor events.”

Meanwhile, senior college undergraduate citizens rated the following recreational activities as “Like” to “playing card games, jogging, dancing, gardening, doing volunteer work, visiting friends and relatives, social-cultural, and attending outdoor events.” The activities like “reading the newspaper, watching television, and listening to music” as “Extremely Like.” On the other hand, they rated as “Dislike” the activities “playing board games, bowling, Zumba, and club meetings” and also as “Extremely Dislike” the activities like “golf, tennis, and boating.” In addition, senior citizens belonging to the category of college graduate rated as “Like” the following

activities: “playing board games, jogging, dancing, club meetings, doing volunteer work, visiting friends and relatives, social-cultural, and attending outdoor events” and evaluated as “Extremely Like” the activities including “reading the newspaper, watching television, and listening to music.” Inversely, these groups of respondents valued as “Dislike” the recreational activities “playing card games, golf, tennis, boating, gardening, and Zumba” and also “Extremely Dislike” the activities like “boating.”

Lastly, vocational graduate senior citizens were evaluated as “Like” the activities “playing card games, bowling, jogging, gardening, and visiting friends and relatives” and as “Extremely Like” the activities “reading the newspaper, watching television, and dancing.” On the other hand, the activities “listening to music and attending outdoor events” were rated as “Dislike.” The recreational activities “playing board games, golf, tennis, boating, Zumba, club meetings, doing volunteer work, and social-cultural” were evaluated as “Extremely Dislike” based on the obtained weighted means. It shows that, based on their educational attainment, the evaluation of the different groups does not vary too much from each other. Respondents from the different groups chose to stay and spend some time at home and do minor activities as leisure and recreation. All groups prefer spending less strenuous activities and time with friends, relatives, and other people. Outdoor and physically challenging activities are the least preferred functions of senior citizens. Senior citizens like to do activities that are for relaxation and activities that have social aspects and they do not like outdoor activities and require physical to be done. The different educational attainment of senior citizens mainly does not provide a significant difference in their preferences in recreational activities.

Factors That Hinder Recreational Participation of the Senior Citizens

Table 8: Percentage of Responses in Constraints on Recreational Activities

Constraints	Yes	No
No place to do the activity	47%	53%
Places to do the activity are poorly maintained	47%	53%
The places to do the activity are too crowded	50%	50%
The places to do the activity have personal safety problems	45%	55%
Not enough money	38%	62%
Not enough time	40%	60%
Inadequate or too far to travel	38%	62%
Inadequate information on places to do the activity	64%	36%
Personal health reasons	37%	63%
Do not have the people to do the activity with	44%	56%

Nine of the ten factors are considered constraints for senior citizens. The respondents do not consider only Inadequate information on places to do the activity as a constraint for them to join recreational activities. The access to many possible sources of information, including multi-media, may be why this factor was not considered a hindrance at all. The top three factors that hinder senior citizens from joining recreational programs are inadequate means or too far to travel, personal health, and financial issues. These constraints are usually associated with the internal capability of the senior citizens, and it means that they are incapable of joining because they can not personally comply with the requirements of the activity. Activities may sometimes involve going to places or visiting areas that may not be well suited to the participant’s current physical, logistical, and mental status. In a study conducted by Utami and Prapti (2020), the obstacles preventing the elderly in Indonesia from joining recreational activities are taking care of grandchildren and religious activities.

Some participants shared some of their personal health issues that restrain them from performing recreational activities. With their age, it is likely that they may be experiencing health difficulties at different levels already and are no longer as agile as they were during their younger years. Lastly, senior citizens in the Philippines come from different backgrounds, and some elderly may not have enough to spend on recreational activities. Some respondents intimated that they join travels and trips only when sponsored by the government or some

well-meaning individuals or relatives. The interview revealed other factors that hinder the elderly from joining or availing of the leisure activities, such as unavailability of colleagues to participate in the activities, inadequate services allotted for the elderly, prioritization of programs, and uneven allotment of benefits.

Discussion

The respondents in the study are considered to belong to a category of the young level of senior citizens. Although they are already in the senior category, they can be the recent additions and are the “young” seniors. The majority of the seniors are still married and have a slight advantage in the number of women over men. A significant number has attended formal school, but with a number reaching only up to secondary level, and some were able to get a bachelor’s degree. Senior citizens do not prefer general physical recreational activities. Specifically, the respondents are not enthusiastic about activities that challenge their physical abilities. Although, they welcome pursuits that they can easily do or access around their community, such as light jogging, dancing, gardening, and Zumba. The mental or cerebral-related activities are the preferred leisure and recreation activities of the elderly. They prefer to spend less animated leisure time and just enjoy watching and listening to TV and radio. Seniors who listen to music have a happier outlook on life and are shown to have better social interaction. Seniors are reluctant to do social-related activities such as club meetings and volunteer work, but they like to attend relaxed social gatherings or functions, trips to places and destinations, and visits to friends and relatives.

The respondents’ assessment in terms of implementation of recreational activities has significant differences when age is considered. Generally, senior citizens prefer recreational activities that give them relaxation and do not include any physical effort to do certain activities. They dislike participating in recreational activities that include any physical efforts. Preference goes level higher as the age is more advanced. On the contrary, when respondents are grouped based on sex, civil status, educational attainment, the results do not show any significant difference in the assessment of implementing recreational activities.

Senior citizens cannot join certain recreational activities due to various reasons. Among the primary reasons why the respondents are deterred from joining recreational activities include inadequate capacity or too far for the respondents to travel, personal health reasons, and not enough money and time. The willingness to participate in recreational activities is not lacking but the physical, psychological and financial limitations that go with aging are significant factors that are being considered by the elderly.

Conclusion

Recreational activities for senior citizens are widely recognized as an important aspect to help our elderly live a full and meaningful life. These recreational activities are designed to enrich the soul, mind, and body to last longer. The components of these recreational activities include physical, mental, and social activities covering the crucial needs of the senior members of society. This study established that senior citizens are engaged in different forms of activities but at different levels. Although the elderly prefer to have some form of physical activity, less strenuous physical activities are preferred as their age advances. These physical activities may also contribute to the mental and social wellbeing of the respondents. Regardless of their sex, educational attainment, or social status, they manifest the need to undertake physical, mental, and social activities. The respondents prefer different forms of social activities to augment their needs for connection to people and loved ones and a form of affirmation of relevance.

The study provides an avenue to understand better the factors that impact the decisions and preferences of senior citizens when engaged in recreational activities. This way, both the social welfare services and private businesses will be able to design programs to address the respondents’ needs. Private organizations can generate businesses that will suit the specific recreational requirements of the elderly. Appropriate trips, necessities, and activities can be arranged with the respondents. The public sector may be able to create infrastructure and policies that would enhance the experiences of senior citizens. This study can be the catalyst to create further interest in studying and developing the importance of the senior citizens as business markets and important sectors of

the community. Managers can look at the results to build programs that can be financially rewarding and, at the same time, socially relevant.

The study showed that careful attention and planning should be considered when coming out with related physical activities. Age is the primary consideration when implementing physical programs, and some may not be able to participate in these activities because they are no longer suited to the task, no matter how it seems to be enjoyable. Because of the physical incapacities of the senior citizens, they tend to favor mental activities that provide them enjoyment and less exertion of effort. As the age advances, people tend to choose activities that would still provide entertainment, enjoyment, and a sense of accomplishment with minimal physical actions. The interests of the elderly are satisfied through leisure, and precisely the right type of leisure can help seniors' physical and mental fitness and lead to greater life satisfaction (Balderas-Cejudo, Leeson & Urdaneta, 2017; Nina & Tate, 2009; Lee & Tideswell, 2005).

Further, seniors also gravitate towards activities that provide opportunities to meet and mingle with people. They indulge in activities that allow them to chat, interact and talk to their friends and families. On the condition that it will not take them so much effort to go and get involved. The social interaction activities may revolve on simply get-together functions, freewheeling discussions, and banter about routine matters. Senior citizens also favor seeing new places and enjoying vacations with friends. Noticeably, the seniors enjoy music, TV shows, reading newspapers because it gives them access to information keeping their minds sharp and developing a sense of relevance. Access to these also makes their minds active and provides a relaxed sense. Leisure has a positive influence on the lives of elderly people and, in particular, their satisfaction with life (Balderas-Cejudo, Leeson & Urdaneta, 2017).

Hindrances that limit the participation of senior citizens are due to personal and internal incapacities such as health reasons, financial stability, and personal safety and security. Citizens of advanced ages have a lot to consider before engaging in recreational activities. At their current status, many are already retired, nursing an ailment, not as fit as before, and have limited income. Others are dependent on welfare, and some rely on their families to sustain themselves. These reasons limit their capabilities to engage in many activities that they want to indulge. Nevertheless, these do not diminish their desire to engage in activities, and they position themselves to enjoy different alternatives. Senior travel has excellent potential in the tourism and hospitality industry. Travel managers must consider that the silver market is the fastest growing and most evolving industry segment. Seniors may not be as agile and active as they used to be, but their potential in terms of time and money to spend is a significant source of profit for tourism businesses.

The study focused only on a single locale; additional data may be solicited if this will be applied in other areas. Further, the study focused on the recreational and leisure activities of the senior citizens and did not cover other concerns. The study can serve as an input in building a leisure and recreation plan for the elderly that communities can use for future implementation. The plan may include designing a program that would regularly provide senior citizens with outdoor and indoor activities that will be enjoyable to them. The assistance of a medical and physical team that can design a suitable activity plan is suggested to cover all the aspects needed to provide the senior citizens with a quality of life. Further, the local government authorities can pool their resources together to develop a national program and/or facilities particular to the needs of the senior citizens that will directly affect them.

The following inputs may be considered to develop a practical and enhanced recreational program for the elderly: More than the need for recreational and leisure activities, the basic needs of the elderly must first be addressed by the concerned agencies, organizations, communities, and families. The logistics required for the elderly are already identified and slowly being addressed by the government. The local government units can strengthen the establishment of the elderly affairs unit as called for by law, and partner institutions can share their part in making it work.

An elderly council independent from the government/public sector can be created as an overseer of the program and projects for the elderly. It can be composed of representatives from different sectors with senior citizens' affairs. Its functions and responsibility can be defined to perform its objectives and must be supported by ordinance to ensure the legality of the body. Aside from the usual subsidies of the government for the senior citizen, the private sector, NGOs, and other support organizations can partner with the senior citizens to identify programs and activities where all sectors would benefit and contribute to the welfare of the elderly. Traveling has

the potential to positively impact the health of the elderly (Utami, 2018; Woo, Kim, & Uysal, 2014) and has an indirect effect on families and the government because it reduces the burden of health care. Healthy aging can be done by staying active in old age.

A balanced program covering the physical, social and mental activities must be created into a short to medium-term plan to ensure continuity, coherence, soundness, and optimize the benefits. Some programs are not successful because of the many inconsistencies and inadequacies that arise when implemented. The activities should be carefully built with the participation of experts to ensure their effectiveness. Thakur and Han (2020) suggested that it is essential to develop and implement advanced healthcare solutions that can incorporate the fundamental features of a personal care system to sustain the dynamic needs of the elderly population.

There is a need to explore what seniors want and need and the role of active aging and health on tourism consumption. Understanding what type of tourism seniors want to do in the future, their motivations and behavior, matching their changing needs, and accounting proactively may give relevant inputs for managing active and healthy aging issues. Also, developing knowledge and expertise in social tourism programs for seniors with fewer opportunities to participate in tourism may improve their quality of life (Balderas-Cejudo & Leeson, 2017).

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