

## ORIGINAL ARTICLE

# LEISURE CONSTRAINTS FACED BY ELDERLY WOMEN: FINDINGS FROM A QUALITATIVE STUDY AMONG ELDERLY WOMEN IN SELANGOR

Minhat HS,

Department of Community Health, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Serdang, Selangor, Malaysia.

## ABSTRACT

Women and elderly are often linked to several disadvantages and constraints in many aspects of life. The scenario could be even worse for an elderly woman. Participating in leisure has proven to be beneficial for elderly in general. Yet little is known about the pattern of leisure and constraints faced by elderly women in order for them to pursue leisure activities. This study aims to explore the various leisure constraints faced by the elderly women. A total of 20 elderly women were involved in this study, which were selected purposively and also by snowballing technique. An in-depth interview was conducted with each respondent lasted approximately 15 to 30 minutes. The identified constraints were categorized into three main themes, which were structural, intrapersonal and interpersonal constraints. Among factors that had been identified were preoccupation with domestic affairs, the unavailability of appropriate space or area to perform desired leisure activities, lack or unavailability of transportation, safety issue, misperceptions that being old should focus on religious activity and becoming effortless, domestic activities are comparable to exercise and lacking of elderly people to perform certain activities together. In view of the modifiable nature of most of constraints faced by the elderly women to pursue leisure activities, necessary actions should be taken by the relevant authorities in tackling the constraints and at the same time developing a more active and healthy elderly women society. The right of the elderly women and women in general should be acknowledged, including their desire to actively involve in certain leisure activities. They should also appropriately educate on the importance of leisure and involvement in other type of leisure activities other than religious activities.

**Keywords:** Leisure, Constraints, Elderly, Women, Qualitative study

## INTRODUCTION

Being a woman and elderly has put elderly women towards several disadvantages in life. Many older women continue to face inequities and inequalities related to health and are often invisible within the discourse of aging policy. Numerous constraints have been linked to women in general throughout their life cycle, including their involvement in leisure. The study of women's leisure has been visible in the leisure literature for almost 20 years<sup>1</sup>. Various aspects related to women involvement in leisure has been explored and the ones that received a considerably greater attention among the researchers is the constraints or barriers faced by them in order to engage in certain type of activities<sup>1,2</sup>.

According to Jackson<sup>2</sup>, constraints are a subset of reasons for not engaging in a particular behavior. They can also be the factors that inhibit people from being able to enjoy the leisure participation. These constraints can be in the form of

perceived or true constraints. Perceived constraints might have greater influence on leisure activity participation than true constraints<sup>3</sup>. However, some people may have their own way of overcoming and coping with constraints when participating in leisure.

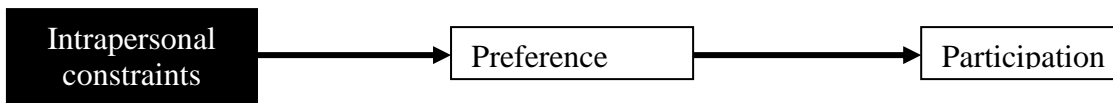
### Constraints Models

Several models had been proposed to explain the way in which individuals negotiate their way in order to participate in leisure. The model proposed by Jackson and Searle<sup>4</sup> was one of the earliest models to focus on leisure constraints. According to this model, the effects of constraints may be perceived and experienced sequentially rather than simultaneously<sup>5</sup>. In another conceptualization, Crawford and Godbey<sup>6</sup> had also posited three categories of models of constraints which are intrapersonal, interpersonal and structural (Figure 1). Based on this, there are three types or categories of constraints experienced or perceived by an individual in order to involve in leisure.

1A



1B



1C

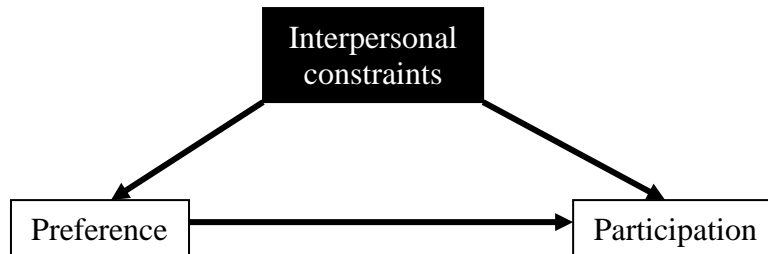


Figure 1 Crawford and Godbey’s three types of leisure constraints (Crawford et al.)<sup>5</sup>

The structural barriers act as intervening factors between leisure preference and participation. Examples of structural barriers include family life-cycle stage, family financial resources, season, climate, the scheduling of work time and availability of opportunity<sup>5</sup>. Meanwhile, intrapersonal barriers involve individual psychological states and attributes which interact with leisure preferences rather than intervening between preferences and participation. Examples of intrapersonal barriers include stress, depression, anxiety, religiosity, kin and non-kin reference group attitudes, prior socialization into specific leisure activities, perceived self-skill and subjective evaluations of the appropriateness and availability of various leisure activities<sup>5</sup>. On the other hand, interpersonal barriers are the results of interpersonal interaction or the relationship between individuals’ characteristics and an absence of a suitable partner to engage in a particular activity is considered as interpersonal leisure constraint<sup>5</sup>.

However, these models were conceptually disconnected and failed to indicate the dynamic process on how people might negotiate a series of constraints through to participation and

beyond<sup>5</sup>. This has led to the introduction of an alternative model called Hierarchical Model of Leisure Constraints<sup>5</sup>. This model proposed that, constraints is encountered hierarchically, starting at the intrapersonal level. Once the intrapersonal constraints are absent or the effects have been confronted, the person may later encounter constraints at interpersonal level and later followed by the structural constraints<sup>5</sup>.

Compared to men, elderly women were found to be less active in leisure participation. Their domestic and caregiving commitments have constraints them from actively involved in certain desired activities during leisure time which could be enjoyable and relaxing to them. This study aims to explore factors contributed to leisure constraints and barriers faced by the elderly women in order for them to pursue leisure activities.

**MATERIAL & METHODS**

A total of 20 elderly aged 60 years and above were involved in this study. Respondents were selected using the snow-balling technique among elderly women living in the different districts in

Selangor. The first respondent was recommended by an elderly who was previously involved in another research conducted by the researcher which also involved elderly in Selangor. They were chosen based on their willingness to participate in the study and residing in Selangor at the time of data collection.

Eight of the respondents were living in the rural locality, whereas twelve from the urban area. Of all the respondents involved, only three of them were Chinese and one Indian, which were all from the urban area. An in-depth interview was conducted with each respondent, exploring on the pattern of their leisure involvement and constraints faced by them in order to pursue certain types of activities. Each respondent was interviewed for the duration of 15 to 30 minutes. The respondents were initially asked with regard to their leisure participation in general. The responses were later divided into three categories which are structural, interpersonal and intrapersonal factors based from a leisure constraints model proposed by Crawford and Godbey.<sup>6</sup> However, the items being explored in this study were based from studies conducted by Arab-

Moghaddam et al.<sup>1</sup>; Oh et al.<sup>7</sup> and Minhat et al.<sup>8</sup>, which were mainly related to leisure constraints among women and elderly.

The in-depth interviews were conducted at respondents' house in a quiet room or area without any interruption from other people. The interview sessions were discontinued once a saturation point was reached. Interviews were tape recorded, transcribed verbatim following each interview manually, and field notes of reflexive observations were recorded in a research diary. Transcripts were analyzed using standard methods of qualitative thematic analysis. The material was read through several times and then coded. The codes were further collapsed into key themes related to constraints or barriers of leisure, allowing construction of an exploratory theoretical framework.

## RESULTS

The study involved 20 elderly women from various background and districts in Selangor. Table 1 is showing the characteristics of the respondents.

Table 1: Characteristics of the respondents (n= 20)

No.	Age	Race	Locality	Living arrangement	Marital status
1.	73	Malay	Urban	Living with daughter's family	Widow
2.	71	Malay	Urban	Living with children	Widow
3.	63	Malay	Urban	Living with daughter's family	Widow
4.	71	Malay	Urban	Living alone	Widow
5.	70	Chinese	Urban	Living with children	Widow
6.	60	Chinese	Urban	Living with son	Divorced
7.	60	Malay	Urban	Living with family	Married
8.	63	Indian	Urban	Living with family	Married
9.	81	Malay	Urban	Living with daughter	Widow
10.	60	Malay	Urban	Living alone	Divorced
11.	71	Chinese	Urban	Living with husband	Married
12.	75	Malay	Urban	Living with daughter	Widow
13.	64	Malay	Rural	Living with husband	Married
14.	60	Malay	Rural	Living with son	Widow
15.	61	Malay	Rural	Living with daughter	Widow
16.	61	Malay	Rural	Living with family	Married
17.	64	Malay	Rural	Living with family	Widow
18.	65	Malay	Rural	Living with family	Widow
19.	68	Malay	Rural	Living with husband	Married
20.	73	Malay	Rural	Living with family	Married

The contents of the interviews revealed that various factors were found to contribute to leisure constraints among elderly women. As previously mentioned the identified factors were categorized into three main themes which are structural, interpersonal and intrapersonal constraints.

#### **Structural constraints**

Structural constraints refer to the physical or environmental factors that restrained the elderly women from actively involved in certain leisure activities. Among the factors that had been identified was their preoccupation with domestic activities and affairs, the unavailability of appropriate space or area at current locality or place of living, lack or unavailability of transportation and also safety issue.

#### ***Preoccupation with domestic affairs***

A significant number of the respondents had identified their involvement in routine domestic activities or chores as part of leisure. Some of them genuinely reported their interest in performing this

task since they were young and developed great interest in cooking, cleaning and decorating the house and so on. However, there were also respondents who had to cope with such responsibilities regardless of their willingness and needs. One of the respondents who was a widower claimed that she had to abandon her own house in Johor for the sake of looking after her grandchildren in Selangor. She kept on denying that the decision to move from Johor to Selangor and caregiving her grandchildren was made on her own volition as she was bored after retirement. Upon further questioning, she was persuaded by her daughter to retire earlier and admitted that she wish to go back to her own house and continue doing what she used to do if she was given the opportunity. These were some of the contents of her interview on several occasions, *"I am not from here. I have my own house in Johor Bharu.... I followed my daughter since 2002. Once a while a requested to be sent home to visit my old house.... I am not interested in doing other things. I*

*took care of my grandchildren since they were a baby and I love doing it.... Of course I love to go back to my own house. There is no other place can replace our own home..."*

### **Unavailability of space**

Majority of the elderly women who were living in the urban area claimed they have very limited space or area around the house to perform activities such as gardening, especially among those who were living in apartments or flats and also terrace house. One of the respondents who was a 62 year old elderly stated that, she has just moved to the urban following her children since a year ago. Gardening was one of the leisure activities she frequently involved during her free time. However, living in an apartment really constrained her to continue gardening. This was among the content of her interview, *"No area to gardening here. Well actually I can plant in pots and indeed I used to do that when I first came here. But it was not safe. Other people keep on stealing my crops!..."*. Contrarily, one of the respondents who was a 71 year old elderly woman stated that, although she used to live in the rural and owned a nursery selling various types of trees and plants, living in an apartment never constrained her from continue to nurture her interest in gardening. Planting and gardening in pots and strong wills were her ways of overcoming and negotiating with the structural constraint she was facing. This was one of her comments on the idea of planting in pots, *"I never care what people say or think of me. I will continue on doing something I am passionate about as long as it is not wrong and does not disturb others"*.

### **Transportation problem**

Another frequently mentioned structural constraint was transportation problem. Elderly women often rely on their spouse or children to go to certain places including socializing with others. Absence of driving skills or not having own vehicle or even lack of courage to

use public transport have restrained them from performing leisure activities which require mobility from one place to another. According to one of the respondents who was a 60 year old elderly woman, she had to limit her participation in a social form of religious activity from several times a week to only once or twice a week as she had to rely on her children or friends to bring her to such places. *"The Quran class is very good. Instead of learning the Quran, we can also meet friends. They have it almost every day at the Surau. But I only go once or twice a week, depending on my son's schedule. Sometimes I didn't go the whole week as there is nobody to bring me there"*. On the other hand, few of the respondents were also claiming that they were having difficulty to access the public transport. This issue is more prominent among those living in the rural area. *"The mall is quite far from here, and we have to use our own transport. Most of them ride their own motorcycle. As for me, I have to use public transport. But to get public transport is also difficult here...and sometimes it is not safe"*.

### **Safety issue**

Safety issue is another frequently discussed constraint among the elderly women. This aspect is more centered on social type of leisure activities. One of the respondents claimed that, with the increase number of immigrants in the country, it is no longer safe to go out alone. Her children will also prohibit her from doing so due to safety problem created by the influx of immigrants into the country. *"I will never go out alone, even to any area of immediate vicinity. My children also restrained me from doing so. It is not safe. There are so many foreigners nowadays"*.

### **Intrapersonal constraints**

On the other hand, factors that have been identified under the intrapersonal constraints was the elderly women individual discouraging perception that by being an elderly they should

participated more in religious activity rather than other type of activities and they are more effortless or '*tidak larat*' regardless of the presence of any medical problem and the domestic activities were comparable to exercise. These discouraging and baseless perceptions had limited their involvement in leisure.

### ***Being old is synonymous to religious activity involvement and becoming effortless***

Majority of the elderly women involved in the interview had discouraging perceptions about getting old and leisure participation, especially among the Malay respondents. They perceived that getting old is very synonym with religious activity involvement. There were those who believe that every elderly should participate in religious activity regardless of their other commitments. This was what one of the respondents had to say about being old and involving in religious activity, "*As an old person what more to do... reciting the holy Quran and praying.... At this age I purposely like to stay at home. So that I can perform a lot of work of worship*". Another respondent commented that reading other reading materials such as newspaper is not important. She believed that her leisure time should be fulfilled with religious activity such as reciting the holy Quran. "*It is not that I don't like reading the newspaper, but I think it is not important. We can be updated about the current issues from the news in the television. I usually spent my leisure time reciting the Quran. It gives me calmness and satisfaction*".

Being an elderly has also been linked with effortless. Majority of the respondents kept on mentioning '*tidak larat*' or effortless in doing lots of leisure activities. Some of them were still in the early 60s and also medically and physically fit, but yet perceived themselves of being effortless due to old age. These were some of the contents of

the interview with some of the respondents, "*Hmmm.... I am not interested in doing anything lah.... I have no effort to do such thing. I am an old lady*"; "*At this age, I just want to relax. I am no longer as strong as when I was young*"; "*I used to be very active, but now I always tired and lack of energy*".

### ***Domestic activities are comparable to exercise***

More than half of the respondents involved in this study claimed they did not require any more exercise based on the argument that they were actively involved in domestic activities such as cleaning, cooking and also caregiving activities. These were some of the comments related to this issue, "*I don't think I need any more exercise. The house chores already more than enough to make me sweat*"; "*The house chores are already considered as exercise doctor....*"; "*I already had enough exercise from cleaning the house and my garden... Sweating a lot from doing the house chores... There is no need to go for cycling or jogging doctor..*"

### ***Interpersonal constraints***

As for interpersonal constraints, majority of the respondents claimed that there was lacking of elderly people, especially those of same age in their locality or area of living. They also mentioned that most of the people who were actively involved in leisure in their area were the younger ones, that indirectly constraints and discouraged them from taking part into some of the activities.

### ***Lacking of elderly people***

Majority of the respondents, regardless of locality had frequently mentioned about lacking of old people especially of their age that limits their leisure involvement. Some of the activities of interest to them were also populated by the young people that further constrained them to also participate. This was what some of the respondents had to say about this issue, "*There is no*

*elderly lady of my age in this area.... Even the Marhaban group is also led by young people. If there is any member of my age, I would also like to join in"; "I have no problem socializing with the younger people. But sometimes, it is more comfortable to chat and mix around with those of my age".*

## DISCUSSION AND CONCLUSION

Feminist analysis argues that a 'common-sense' approach to define leisure as an opposition to work is far too simplistic and ignores the dimension of gender in social relations<sup>9</sup>. Research has shown that women face more constraints in their leisure than do men, and these constraints related to gender-based role expectations<sup>1</sup>. Women are more likely to be regarded as the 'emotion-providers' belonging to the private sphere of the household/family, whereas men are viewed as the 'bread-winners' occupying the 'public' sphere of work, politics and leisure<sup>9</sup>. Such sexual divisions within the social division of labour and social relations have recently been challenged and explored by research into leisure<sup>9</sup>.

In view of the many benefits that can be gained from leisure involvement, addressing the barriers and constraints of leisure participation is a necessity especially among the disadvantaged group such as the elderly women. Elderly women will require a healthier and quality life in the future especially with the approaching feminization of ageing phenomenon, where elderly women will be expected to outnumber the elderly men and suffering from depression and loneliness. Apart from the health aspect, involvement in leisure activities gives women confidence to challenge society's gendered role restrictions and stereotypes<sup>10</sup>.

The contents of the interviews revealed the preference of the elderly women into passive and sedentary leisure activities, which indirectly reflected the

presence of constraints or barriers towards their leisure involvement. Although, some of the elderly women were able to find their own ways of negotiating and overcoming the constraints by actively participated in leisure, majority are still experiencing significant amount of constraints and having difficult time to work their way around to overcome it.

Some of these constraints are culturally and socially constructed and would be difficult to change and maneuver. Of the three categories of leisure constraints identified, the structural constraints contributed mostly as the barriers towards leisure participation among the elderly women and yet they are mostly modifiable. These include their massive involvement in domestic work, unavailability of space and suitable transportation in the living area and also safety issue.

Women regardless of age are commonly linked with domestic affairs which include their commitment as a caretaker. This is predominantly seen in the developing countries and the rural areas, where many women are still having fewer chances for better education and employment opportunities compared to their counterparts. According to Muoghalu & Eboiyehi<sup>10</sup>, despite the existence of leisure opportunities for women outside the home, leisure for women is still largely perceived as a secondary concern. Opportunities for leisure do exist, but it is only when other duties and other concerns have been addressed first<sup>10</sup>. Expectations of a woman and her role in society appear to transcend the opportunities outside the home<sup>10</sup>.

The availability of space to perform certain activities such as gardening is also important. Majority of the elderly women who used to stay in the rural area or villages often engaged in gardening. Living in the busy urban areas where there is high possibility of not

having adequate space for gardening along with problems related to transportation and safety issues has resulted in higher involvement rate of the elderly women into sedentary and solitary activities which commonly performed at home. The problem has become more apparent as more elderly women are involved in the care of their grandchildren.

According to gerontological mobility research, appropriate settlement structures at the neighbourhood level and car availability are both playing a prominent role in the maintenance of mobility of elderly people<sup>11</sup>. Furthermore, elderly women do not own cars as often as men. The scenario may be even worse among the elderly women in the South East Asia, especially those living in the rural area. A considerable decrease sets in at the age of 65, which gets even sharper at the age of 75, when the share of solitary (often widowed) persons strongly increases<sup>11</sup>. Because of their higher life expectancy, this concerns women much more than men<sup>11</sup>.

Socialization is an important part of leisure experience<sup>12</sup> and social interaction serve as a central component of leisure<sup>13</sup>. Yet, most of the constraints identified from this study are related to socializing. These include problems with transportation and safety issues that limit their ability to mobilize and meeting up with others, their misperceptions on religious activity involvement and being effortless once becoming an elderly and also the absence of elderly people in certain residential area.

A study conducted by Tae<sup>14</sup> reported that the disadvantaged groups which include elderly experiencing parking and transportation problems as their main leisure constraints. Driving status and transportation have an effect on the loneliness and social isolation of the elderly because of their role in facilitating access to the social

network<sup>15</sup>. According to WHO, transportation is a determinant of health due to the role it plays in independence and how it shapes individuals access to resources<sup>15</sup>. Disengagement from out-of-home activities is associated with various health-related problems which include declines in cognitive functioning among elderly persons<sup>16</sup>.

The safety of the place of residence is also playing an important role towards leisure involvement among the elderly. Krause<sup>17</sup> found that neighbourhood deterioration promotes distrust of others and that older adults who are distrustful of others tend to be more socially isolated. According to Kramer et al.<sup>18</sup>, in Netherlands neighbourhood safety appears to be related to leisure-time cycling which may best be encouraged by improving different safety components at once, rather than focusing on one safety aspect such as traffic safety. They also emphasized on the special attention is needed for older women.

It was also found that the elderly women may have lack a sense of entitlement to leisure. This was portrayed by their misperceptions on domestic activities are comparable to exercise and also being old is synonymous to performing religious activity and becoming effortless. In some of the cases, they did not see the importance element of leisure in their life. A number of leisure researchers have indicated that many women believe that they have no right to leisure and their attitudes toward leisure<sup>19</sup>. The sense of a lack of entitlement to leisure may be attributed to a number of reasons including women's sense of inferiority as the "second sex", lack of feminist consciousness, role expectations of family and paid work, absence of social freedom, fear of success, guilt, and lack of opportunities<sup>20</sup>.

On the other hand, elderly women were also found to perceive that they are



effortless as they aged regardless of their health status and should particularly involve in religious activity. The relationship between religion and leisure has been noted by a handful of researchers who have all addressed some of the issues linking the Islamic tradition with leisure<sup>1</sup>. Despite the cross relationship between the two elements, elderly women should be encourage to diversified their leisure involvement and educated on the importance of socialization. Their negative perceptions towards their health should also be corrected and diverted.

The presence of peers or a companion especially of same age is also an important factor to motivate and influence leisure involvement among elderly. Studies conducted by Minhat & Mohd Amin<sup>21</sup> had found that social support received from friends play a stronger role respectively to stimulate elderly participating into leisure compared than those received from family members. In a different study, Kuhiranyaratn et al.<sup>22</sup> suggested that there is a significant association between social supports and exercising among the elderly population living in the rural area of Thailand, with social support received from friends was a stronger predictor. Exercise level among the rural elderly was increased with increasing social support received from friends<sup>22</sup>.

In conclusion, similar to the scenario in some other countries, elderly women involved in this study do experience certain amount of leisure constraints. These constraints they faced were many and vary from structural, intrapersonal and interpersonal aspects. Most of the constraints are modifiable and can be intervened effectively by a proper planning of an elderly-friendly infrastructure that enables the elderly to socialize among them without fear or worry. Although Malaysia has undergone remarkable development, majority of the elderly women society still adhere to

customs and belief that can be hardly to change and divert. A proper health education on the importance of leisure and their right to pursue leisure activities is necessary in order to develop a better understanding and leisure participation among them.

#### Acknowledgement

This study was funded by the Public Health Medicine Specialist Association of Malaysia or Persatuan Pakar Perubatan kesihatan Awam Malaysia (PPPAM).

#### REFERENCES

1. Arab-Moghaddam N, Henderson KA, Sheikholeslami R. Women's leisure and constraints to participation: Iranian perspectives. *Journal of Leisure Research*, 2007; **39**(1): 109-26
2. Jackson EL. Leisure constraints: A survey of past research. *Leisure Sciences*, 1988; **10**: 203-15
3. Dishman RK. Advances in exercise adherence. 1994. Champaign, IL: Human Kinetics.
4. Jackson EL, Searle MS. Recreation non-participation and barriers to participation: Concepts and models. *Loisir et Societe*, 1985; **8**: 693-707
5. Crawford DW, Jackson EL, Godbey G. A Hierarchical Model of Leisure Constraints. *Leisure Sciences*, 1991; **13**: 309-20
6. Crawford DW, Godbey G. Reconceptualizing barriers to family leisure. *Leisure Sciences*, 1987; **9**: 119-127
7. Oh SS, Oh SY, Caldwell LL. The effects of perceived leisure constraints among Korean University students, 2001. [www.nrs.fs.fed.us/pubs/gtr/gtr\\_n](http://www.nrs.fs.fed.us/pubs/gtr/gtr_n)

e289/gtr\_ne289\_183.pdf  
(accessed 13 June 2013)

Presented to the Graduate School  
of Clemson University

8. Minhat HS, Mohd Amin R, Shamsuddin K. Late-life leisure constraints among Malaysian elderly: A qualitative approach. *Malaysian Journal of Public Health Medicine*, 2012; **12**(2): 24-30
9. Tsai CTL. 2012. Feminist perspectives on leisure policies for women. *The International Journal of Urban Labour and Leisure*, 2012; **4**(1). <http://www.ijull.co.uk/vol4/1/000023.htm> (accessed 19 March 2014)
10. Muoghalu CO, Eboiyehi FA. Leisure Perception and Participation among Professional Women in Ile-Ife of Southwestern Nigeria. *African Research Review*, 2011; **5**(3): 49-63
11. Scheiner J. Does the car make elderly people happy and mobile? Settlement structures, car availability and leisure mobility of the elderly. *EJTIR*, 2006; **6**(2): 151-172
12. Hultsman W. Recognizing patterns of leisure constraints: An extension of the exploration of dimensionality. *Journal of Leisure Research*, 1995; **27**(3): 228-224
13. Yin LH. The perceived leisure constraints of retired elderly people in Aldrich Bay. 2008. An honours project submitted in partial fulfillment of the requirement for the degree of Bachelor of Arts in physical education and recreation management (honours) Hong Kong Baptist University.
14. Tae YJ. Leisure constraints: multiple hierarchy stratification perspectives. 2007. A Thesis Presented to the Graduate School of Clemson University
15. Children's, Women's and Seniors Health Branch, British Columbia Ministry of Health. Social Isolation Among Seniors: An Emerging Issue. 2004. [http://www.health.gov.bc.ca/library/publications/year/2004/Social\\_Isolation\\_Among\\_Seniors.pdf](http://www.health.gov.bc.ca/library/publications/year/2004/Social_Isolation_Among_Seniors.pdf) (accessed 13 June 2013)
16. Marattoli R, Mendes de Leon C, Glass T, Willimas C, Cooney L, Berkman L. Consequences of Driving Cessation: Decreased Out-of-Home Activity Levels. *Journal of Gerontology: Social Sciences*, 2000; **55B** (6): 334-340.
17. Krause N. Neighborhood Deterioration and Social Isolation in Later Life. *International Journal of Aging and Human Development*, 1993; **36**(1): 9-38.
18. Kramer D, Maas J, Wingen M, Kunst AE. Neighbourhood safety and leisure-time physical activity among Dutch adults: a multilevel perspective. *International Journal of Behavioral Nutrition and Physical Activity*, 2013; **10**:11 doi:10.1186/1479-5868-10-11
19. Henderson KA, Bialeschki MD. The meaning of a sense of entitlement to leisure for women, 1990. Proceedings: 6<sup>th</sup> Canadian Congress on Leisure Research, May 9-12 1990
20. Henderson KA, Bialeschki MD, Shaw SM, Freysinger VJ. A Leisure of One's Own: A Feminist Perspective on Women's Leisure. 1989. University Park, Pennsylvania: Venture Publishing.
21. Minhat HS, Mohd Amin R. Social Support And Leisure Participation Of Elderly In Malaysia. The

Internet Journal of Geriatrics and Gerontology, 2012.  
<http://ispub.com/IJGG/7/1/13849> (accessed 27 May 2013)

22. Kuhiranyaratn P, Jindawong B, Paileeklee S, Ratanasiri A, See-Ubpalad W. Social Support and Physical Exercise Among Rural Elderly in Khon Kaen Province, Thailand. *Humankinetics*, 2011. <http://www.humankinetics.com/aaccabstracts/abstracts/social-support-and-physical-exercise-among-rural-elderly-in-khon-kaen-province-thailand> (accessed 27 May 2013).