

Impact Of Social Welfare Center Users' Participation In Cultural Activity On Satisfaction With Life With Focus On Stress Management Approach

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Abstract

The study aims to analyze impact of social welfare center users' participation in cultural activity on satisfaction with life and thereby to analyze the thesis based on stress management approach. Those surveyed include 400 men and women using social welfare centers located in Seoul, and survey was conducted from June 15 through Dec. 15 2014. The analysis method includes correlation analysis, multiple regression analysis and frequency analysis by using SPSS program. As a result of analysis, first, it turned out that the extent of participation in cultural activity has had significant impact on stress management approach. Second, it turned out that the extent of cultural activity has had significant impact on satisfaction with life. Third, it proved that stress management approach as part of cultural activity has had significant relevance with satisfaction with life. The result shows that the higher cultural activity is, the higher satisfaction with life and ability to cope with stress is. The research will serve as the basis for development of efficient program and policies to increase satisfaction with life and respond to stress for those participating in cultural activity.

Keywords: Cultural activity, Participation in cultural activity, Stress management approach, Satisfaction with life.

1. Introduction

1.1 Why research is needed

Contemporary society, on the back of rapid economic growth and rapidly spreading materialism and civilization, is constantly progressing toward growth and development by causing a variety of social and environmental change. Amid a wide array of side effects in today's materialistic society, a wide range of national policy is required to satisfy emotional desire and upgrade quality of life. By analyzing trends, the study suggests problems and a variety of cultural welfare policies to redefine meaning of life and improve problems by analyzing trends [1]. A close look at cultural, sports and statistical data of statistics office for 2012 shows that while proportion of those participating in cultural facility reached 30.8%, the utilization of cultural facility reached 39.4% [2]. This shows that 30% or higher portion of the public in the country participated in cultural activity, which raises the need for study on stress management approach and satisfaction with life based on how they participate in cultural activity. Additionally average lifespan has been extended on the back of advances in science, development of medical technology,

industrialization and modernization. This raised the need to upgrade quality of life with the aging population rapidly increasing. In particular, it turned out that stress of the elderly has had great impact on satisfaction with life, suggesting that depression and stress have direct and indirect impact on satisfaction with life [3, 4, 5]. Thus, the higher the satisfaction with life is, the lower the depression and stress are. The lower satisfaction with life is, the higher depression and stress are.

Against the background of recent rapid change in environment, stress among the adolescent bears static relevance with satisfaction with life and their activity. This not just suggests how to prevent and reduce stress as a way of increasing satisfaction with life among the adolescent but also raises the need to develop ways to encourage participation so that satisfaction with life may be upgraded based on stress management approach [6, 7].

Existing researches have been progressing as to stress and satisfaction with life [3, 4, 5, 6, 7], while these researches further focus on the impact of stress than how to cope with stress. This suggests that they fail to illuminate how social welfare center users respond to stress and satisfaction with life. Preceding researches focused on stress factors and impact of stress, which raised the need for study on satisfaction with life based on how they participate in cultural activity. Thus, the study aims to take a close look at what impact the participation of social welfare center users has by identifying stress management approach.

1.2 Research issue

The specific research issues are described as follows.

First, how is the difference in stress management approach based on participation of those who participate in cultural activity?

Second, what is the difference in satisfaction with life based on how they participate in cultural activity?

Third, what impact does stress management approach have on how they participate in cultural activity?

2. Research method

2.1 Research target

The study involved about 400 men and women using 7 social welfare facilities located in Seoul after implementing survey from June 15 2014 through Dec. 15, among whom 42 were excluded because their answer sheets were left out or partially not recollected. For sample size, G*Power 3.1 was used by

specifying median indicator of 0. 15 to calculate 138 people as minimum number of samples.

2. 2 Research method

Those surveyed were asked to self-report after getting fully informed of how to fill out the questionnaire form and the motivation behind the survey.

2. 3 Research tool

Research tool consists of a total of 81 items, including 6 items regarding demographic and sociological factors, 6 items regarding characteristics of cultural activity, 11 items regarding how they participate in cultural activity, 38 items regarding stress management approach and 20 items regarding satisfaction with life for analysis.

2. 3. 1 Demographic and sociological characteristics

The research tool was corrected and supplemented by adding 8 questions from Ryu Hyeon-Ok's[8]. The demographic and sociological variables were divided into gender, age, educational background, marital status, monthly income per household and religion. Age is divided into less than 30, between 30 and 40, between 40 and 50, between 50 and 60 and between 60 and 70 and less than 70.

2. 3. 2 Characteristics of the utilization of cultural activity

To measure how they participate in cultural activity for research tool, we referred to Ryu Je-Gu's[9] development of criteria for participation in cultural activity for the study on the extension of cultural welfare, including the motivation behind cultural activity, how to acquire information, person with whom they take cultural activity, satisfaction with cultural activity, harmful factors behind cultural activity and cost spent to take cultural activity.

2. 3. 3 How they participate in cultural activity

To measure how they participate in cultural activity, we referred to Seol Yeon-Wuk's [10] measurement for promoting cultural welfare of urban low-incomers to classify 5 items regarding direct participation and 6 items regarding indirect participation on the scale of 6 points, based on frequency called "everyday", "once a week, " "once a month, " "once every six month, " "once a year, " and "hardly. "

2. 3. 4 Stress management approach

To measure stress in ordinary life, we used stress management approach described in Kim Jin-Hwan's[11] handbook on mental state measurement to develop a total of 38 items, including 13 items regarding how to resolve problem, 8 items concerning emotional stability, 5 items regarding seeking support, 6 items regarding avoiding problems and 6 items regarding wishful thinking. The measurement method involves 5-point scale, which is divided into "not at all (1), " "not true(2), " so and so (3), " "true(4)", and "very true(5). "

2. 3. 5 Satisfaction with life

To identify satisfaction with life, we referred to Kim Jeong-In's[12] subjective satisfaction with life to develop a total of 20 items, including 4 items regarding physical area, 4 items regarding materialistic area, 3 items regarding social area and

9 items regarding emotional and productive area. Measurement method involves 5-point scale, which is divided into very dissatisfied (1), dissatisfied (2), so and so (3), satisfied (4) and very satisfied (5).

2. 4. Reliability

To measure reliability of measurement tool used for research analysis, we used Cronbach's coefficient, and the specific result is described in <Table 1>. Generally when reliability reaches 0. 6 or more, this is considered highly reliable [13]. The study shows that stress management approach and satisfaction with life mostly reach 0. 6 or more. This suggests that that the reliability of the study proves quite successful.

<Table 1> Reliability verification per area

Classification	Sub-factor	Number of items	Cronbach's
Stress management approach	Resolve problem	13	. 879
	Emotional stability	8	. 543
	Seeking support	5	. 832
	Avoiding problem	6	. 637
	Wishful thinking	6	. 679
Satisfaction with life	Physical area	4	. 780
	Materialistic area	4	. 806
	Social area	3	. 772
	Emotional & production area	9	. 908
Satisfaction with life		20	. 939

2. 5. Data processing and analysis method

To analyze demographic and sociological characteristics of those surveyed and their cultural activity, we used frequency analysis, and used Cronbach's coefficient to determine stress management approach and satisfaction with life. We implemented t-test to identify stress management approach and satisfaction with life based on how they participate in cultural activity, and then employed multiple regression analysis and correlation analysis to analyze impact of such participation on satisfaction with life. The study carried out verification analysis at significant level of 5% and used and analyzed SPSSWIN 18. 0 as a way to handle statistical data.

3. Research result

3. 1. Demographic and sociological characteristics

As a result of analyzing demographic and sociological characteristics of those surveyed, the following facts came out: In gender, the number of men and women reached 102 (28. 5%) and 256 (71. 5%) respectively, while in gender, the number of those aged between 40 and 50, aged less than 30, aged between 30 and 40, aged between 50 and 60, aged between 60 and 70 and aged 70 or more, reached 81(23. 5%), 82(22. 9%), 73(20. 4%), 70(19. 6%), 42(11. 7%) and 7(2. 0%) respectively. In educational background, the number of those with B. A. and high school diploma reached 180(50. 3%) and 108(30. 2%) respectively, while in marital status, the number of those who are married reached 199(55. 6%) and the number of those who are unmarried reached 111(31. 0%). The number of households with monthly income of 4 million won or more,

between 2 million and 3 million, between 3 million and 4 million and between 1 million and 2 million reached 103(28. 8), 69 (19. 3%), 65 (18. 2%) and 57 (15. 9%), respectively. In religion, the number of those with Christianity, atheists, Catholic and Buddhism is 122(34. 1%), 115(32. 1%), 54(15. 1%) and 52(14. 5%)..

3. 2. Characteristics of cultural activity

As a result of analyzing characteristics of cultural activity, the following facts came out. The biggest reason behind cultural activity lies in taking rest and reducing stress. The number of those who responded in that way reached 134(37. 4%) and represented the largest proportion, followed by those who cited “cultivating and developing talent” (85 or 23. 7%) as the reason and those who cited “developing interest” (60 or 16. 8%). To get information or news regarding cultural activity, the biggest portion of respondents or 178 (42. 0%) cited the use of “phone, PC or internet”, followed by “cultural activity in government institute, group and institutions” (63 or 14. 9%), “TV, radio” (54, 12. 7%) and “family, relatives and friends” (51, 12. 0%). The largest number of respondents (170 or 42. 9%) cited “friend” as the person they chose to be with for cultural activity, followed by “family” (107 or 27. 0%) and “alone” (64 or 16. 2%).

Asked about satisfaction with cultural activity, the largest number of people (176 or 49. 2%) cited “so and so”, followed by “satisfied (113 or 31. 6%), ” “dissatisfied” (39 or 10. 9%), “very satisfied (28 or 7. 8%) and “very satisfied” (2 or 0. 6%). The portion of people who expressed satisfaction with current cultural life reached 39. 4%. The largest number of respondents (133 or 37. 2%) cited “work” as the reason behind the lack of cultural activity, followed by “economic burden caused by cost” (129 or 36. 0%). As for the cost spent to support cultural activity, the largest number of respondents (80 or 22. 9%) cited less than 30, 000 to 50, 000 won per month, followed by “more than 50, 000 won” (80 or 22. 3%), “less than 20, 000 won to 30, 000 won” (67 or 18. 7%), “less than 10, 000 to 20, 000 won (64 or 17. 9%) and “less than 10, 000 won (39 or 10. 9%). The number of respondents who cited that they hardly spent reached 26 (7. 3%).

3. 3. Extent of participation in cultural activity

A close look at the extent of participation in cultural activity shows that overall participation extent reached 2. 20 with indirect and direct participation reaching (M=2. 29) and (M=2. 08) respectively. As for participation extent of cultural activity, we divided it into two groups by using 2. 20 as the basis for average. Group with higher point than the average represented 41. 9% with high cultural activity, while the opposite group accounted for 58. 1% with low cultural activity.

3. 4. Stress management approach and satisfaction with life

As a result of analyzing stress management approach, it turned out that resolving problem (M+3. 53) represented the highest proportion, followed by seeking support (M=3. 45), wishful thinking (M=3. 40), avoiding problem (M=3. 24) and emotional stability(M=2. 75). Additionally as a result of examining satisfaction with life, satisfaction with life averaged 3. 29 and social area represented the highest

proportion (M=3. 49), followed by emotional and production area(M=3. 31), physical area(M=3. 22) and materialistic area(M=3. 18).

3. 5. Verification of research issue

3. 5. 1. Difference in stress management approach based on participation extent of cultural activity

The result of analyzing difference in stress management approach based on participation extent of cultural activity is described as follows. Significant difference was found in resolving problem, emotional stability, seeking support and avoiding problem in responding to stress, while the difference in wishful thinking was not significant based on participation extent of cultural activity.

3. 5. 2. Difference in satisfaction with life based on participation extent of cultural activity

As a result of examining difference in satisfaction with life based on participation extent of cultural activity, significant difference was found in physical area, materialistic area, social area and emotional and production area.

3. 5. 3. Impact of stress management approach on satisfaction with life based on participation extent of cultural activity

As a result of investigating correlation between stress management approach and satisfaction with life among group members with high extent of participation in cultural activity, it turned out that while satisfaction with life among group members with high participation extent bears high relevance to resolving problem, seeking support and avoiding problem in responding to stress,. Emotional and production areas turned out to have high relevance to resolving problem and seeking support. Additionally as a result of investigating correlation between satisfaction with life and stress management approach among group members with low cultural activity, it turned out that satisfaction with life bears high relevance to resolving problem and seeking support. In physical area, materialistic area and emotional and production area, satisfaction with life bears relevance with resolving problem and seeking support in responding to stress. In social area, it bears primary relevance to resolving problem and seeking support, while it bears secondary relevance to emotional stability.

4. Discourse and conclusion

The research analyzed the impact of participation extent of social welfare center users on satisfaction with life by analyzing stress management approach. The discourse based on the research result is described as follows.

First, it turned out that participation extent of cultural activity has caused significant difference in stress management approach. This shows that difference may be found in stress management approach based on resolving problem, emotional stability, seeking support and avoiding problem. The result shows that when people proactively respond to stress, positive impact follows. On the other hand, this substantiates the fact that negative impact follows passive response [14].

Second, participation extent of cultural activity results in significant difference in satisfaction with life. This means that satisfaction with life exhibits difference in terms of physical area, materialistic area, social area and production area based on the extent of participation in cultural activity. The result substantiates the fact that the adolescent's steadfast leisure activity contributes to upgrading quality of life[15].

Third, it turned out that stress management approach based on extent of participation in cultural activity has significant impact on satisfaction with life. That is, satisfaction with life among the group members actively participating in cultural activity has significant relevance to stress management approach. The result bears some relevance to the fact that stress management approach among group members with proactive attitude toward cultural life results in difference in satisfaction with interpersonal life and happiness[16, 17].

Based on the above study result, we make suggestions as follows.

First, it turned out that the extent of participation in cultural activity results in significant difference in stress management approach. This shows that the extent of participation in cultural activity leads to difference in stress management approach, such as resolving problem, emotional stability, seeking support and avoiding problem. This result may serve as basic data which may help to upgrade stress management approach by encouraging social care center users to participate in cultural activity.

Second, it turned out that extent of participation in cultural activity leads to significant difference in satisfaction with life. This implies that such participation extent may result in difference in satisfaction with life such as physical area, materialistic area, social area and production area. The result may serve as the basis for upgrading satisfaction with life by encouraging social care center users to participate in cultural activity.

Third, it turned out that stress management approach based on extent of participation in cultural activity bears significant relevance to satisfaction with life. That is, satisfaction with life among group members actively participating in cultural activity bears significant relevance to stress management approach.

Further study should be going on to deal with stress management approach based on mental state of social care center users.

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