

**LEISURE CONSTRAINTS AND NEGOTIATION STRATEGIES  
AMONG MALAYSIAN WOMEN'S PARTICIPATION IN  
SPORT TOURISM**

**KHOR POY HUA**

**DOCTOR OF PHILOSOPHY  
UNIVERSITI UTARA MALAYSIA  
DECEMBER 2009**

LEISURE CONSTRAINTS AND NEGOTIATION STRATEGIES  
AMONG MALAYSIAN WOMEN'S PARTICIPATION IN  
SPORT TOURISM

By  
KHOR POY HUA

Thesis Submitted to the Centre for Research and Graduate Studies, College  
of Arts and Sciences, Universiti Utara Malaysia, in fulfillment of  
the Requirements for the Degree of Doctor of Philosophy



**Kolej Sastera dan Sains**  
(UUM College of Arts and Sciences)  
Universiti Utara Malaysia

**PERAKUAN KERJA TESIS / DISERTASI**  
(Certification of thesis / dissertation)

Kami, yang bertandatangan, memperakukan bahawa  
(We, the undersigned, certify that)

**KHOR POY HUA**

calon untuk Ijazah  
(candidate for the degree of)

PhD

telah mengemukakan tesis / disertasi yang bertajuk:  
(has presented his/her thesis / dissertation of the following title):

**"LEISURE CONSTRAINTS AND NEGOTIATION STRATEGIES AMONG MALAYSIAN WOMEN'S  
PARTICIPATION IN SPORT TOURISM"**

seperti yang tercatat di muka surat tajuk dan kulit tesis / disertasi.  
(as it appears on the title page and front cover of the thesis / dissertation).

Bahawa tesis/disertasi tersebut boleh diterima dari segi bentuk serta kandungan dan meliputi bidang ilmu dengan memuaskan, sebagaimana yang ditunjukkan oleh calon dalam ujian lisan yang diadakan pada : **29 Disember 2009**.

*That the said thesis/dissertation is acceptable in form and content and displays a satisfactory knowledge of the field of study as demonstrated by the candidate through an oral examination held on:  
December 29, 2009.*

Pengerusi Viva:  
(Chairman for Viva)

Prof. Dr. Abdul Razak Saleh

Tandatangan  
(Signature)

Pemeriksa Luar:  
(External Examiner)

Assoc. Prof. Dr. Mohd. Salleh bin Aman

Tandatangan  
(Signature)

Pemeriksa Dalam:  
(Internal Examiner)

Assoc. Prof. Dr. Nurhazani Mohd. Shariff

Tandatangan  
(Signature)

Nama Penyelia/Penyelia-penyalia: Dr. Lim Khong Chiu  
(Name of Supervisor/Supervisors)

Tandatangan  
(Signature)

Tarikh:

(Date) **December 29, 2009**

## **PERMISSION TO USE**

In presenting this thesis in fulfillment of the requirements for a postgraduate degree from Universiti Utara Malaysia, I agree that the Universiti Library may make it freely available for inspection. I further agree that permission for copying of this thesis in any manner, in whole or in part for scholarly purpose may be granted by my supervisor or, in their absence by the Dean of Research and Graduate Studies. It is understood that any copying or publication or use of this thesis or parts thereof for financial gain shall not be allowed without my written permission. It is also understood that due recognition shall be given to me and to Universiti Utara Malaysia for any scholarly use which may be made of any material from my thesis.

Requests for permission to copy or to make other use of materials in this thesis, in whole or in part, should be addressed to

Dean of Research and Graduate Studies  
College of Arts and Sciences  
Universiti Utara Malaysia  
06100 UUM Sintok  
Kedah Darul Aman

## ABSTRAK

Kajian kekangan kesenggangan wanita telah berkembang pesat dalam pelbagai disiplin tetapi tiada yang berkaitan dengan penyertaan wanita dalam pelancongan sukan. Tambahan pula kekangan kesenggangan yang dialami oleh wanita Malaysia adalah sangat berbeza daripada khalayak masyarakat umum disebabkan mereka dikehendaki mematuhi sebahagian besarnya amalan tradisi budaya berbanding dengan yang lain. Oleh itu, kajian ini bertujuan mengkaji tentang kekangan kesenggangan dan strategi rundingan dalam kalangan wanita Malaysia yang menyertai acara-acara pelancongan sukan. Di samping itu, kajian ini dapat membantu dalam pemahaman terhadap evolusi kesenggangan secara amnya memandangkan kajian tentang latar belakang budaya yang berbeza akan dapat memperkembangkan kajian dan penulisan dalam bidang kekangan kesenggangan. Soal selidik yang digunakan telah diadaptasi daripada model hierarki kekangan kesenggangan oleh Crawford dan pasukannya (1991), skala kekangan kesenggangan silang budaya oleh Chick dan Dong (2003) dan skala rundingan strategi oleh Hubbard dan Mannell (2001). Pensampelan rawak berkelompok secara berperingkat telah digunakan untuk memilih sampel dan data yang dikutip daripada responden seramai 636 orang telah dianalisis dengan menggunakan program SPSS-PC. Keputusan kajian ini menunjukkan bahawa wanita Malaysia mengamati kekangan kesenggangan iaitu meliputi kombinasi kekangan interpersonal, kekangan struktural, kekangan intrapersonal dan kekangan budaya. Komponen kekangan interpersonal merupakan komponen kekangan kesenggangan yang paling tinggi dialami oleh wanita Malaysia yang terlibat dalam pelancongan sukan. Di samping itu, faktor kekangan budaya yakni item “Adalah menjadi tanggungjawab saya untuk melawat

ibubapa/datuk/nenek semasa cuti" telah dikenal pasti sebagai faktorkekangan kesenggangan yang paling tinggi diamati oleh wanita Malaysia. Hal ini jelas menunjukkan bahawa komponen kekangan budaya memainkan peranan yang penting dalam kalangan wanita Malaysia membuat keputusan untuk menyertai pelancongan sukan. Selain itu, analisis kajian ini menunjukkan bahawa faktor umur, bangsa, status perkahwinan, pekerjaan dan pendapatan bulanan keluarga turut mempengaruhi persepsi wanita Malaysia tentang kekangan kesenggangan dalam penyertaan pelancongan sukan. Sehubungan itu, kombinasi strategi koordinasi interpersonal, perolehan kemahiran, sumber kewangan dan pengurusan masa membolehkan wanita Malaysia membuat rundingan kekangan kesenggangan dalam pelancongan sukan. Antara keempat-empat komponen strategi rundingan tersebut, komponen koordinasi interpersonal merupakan pilihan utama sebahagian besar wanita Malaysia dalam menangani kekangan kesenggangan dalam menyertai pelancongan sukan. Faktor umur, bangsa, status perkahwinan, pekerjaan dan pendapatan bulanan keluarga juga didapati mempengaruhi pemilihan komponen rundingan strategi dalam menyertai pelancongan sukan. Begitu juga kajian ini telah mengenal pasti bahawa wujud hubungan yang kukuh antara rundingan strategi dan kekangan kesenggangan secara menyeluruh dalam kalangan wanita Malaysia yang menyertai pelancongan sukan selepas melaksanakan kawalan kepada faktor umur, bangsa, status perkahwinan, pekerjaan dan pendapatan bulanan keluarga. Ini menunjukkan bahawa faktor umur, bangsa, status perkahwinan, pekerjaan dan pendapatan bulanan keluarga tidak mempengaruhi perhubungan antara pemilihan komponen rundingan strategi dan kekangan kesenggangan secara menyeluruh dalam kalangan wanita Malaysia yang menyertai pelancongan sukan.

## ABSTRACT

There has been positive expansion of research on women's leisure constraints in various disciplines but none was on Malaysian women's sport tourism participation. Furthermore leisure constraints experienced by Malaysian women differed significantly from those experienced by the general population as they have to adhere to cultural tradition to a greater extent than others. Therefore, this study explored the leisure constraints and negotiation strategies among Malaysian women's participation in sport tourism events. Besides that it assists in understanding the evolution of leisure in general as research of different cultural backgrounds would greatly enhance the leisure constraints literature. A self-administered questionnaire adapted from Crawford et al.'s hierarchical model of leisure constraints (1991), Chick and Dong's (2003) leisure constraints across culture scale, and Hubbard and Mannell (2001) negotiation strategies scale was developed for this study. Multistage cluster random sampling with proportion design was used to draw samples and data collected from 636 respondents were analyzed using SPSS-PC. The results reveal that Malaysian women perceived a combination of interpersonal constraints, structural constraints, intrapersonal constraints, and cultural constraints with interpersonal constraints most highly perceived in sport tourism participation. The identification of cultural factor reading "I am obliged to visit my parents/grandparents when I have holidays" as the leisure constraint most highly perceived by Malaysian women clearly indicates that cultural constraints component plays important role in deciding the levels of sport tourism participation among Malaysian women. Analysis revealed that age, ethnic, marital status, occupation, and monthly family income factors do partially influenced Malaysian women's perception of

leisure constraints in sport tourism participation. A combination of interpersonal coordination, skill acquisition, financial resources, and time management strategies place some Malaysian women in a better position to negotiate leisure constraints in sport tourism with majority adopting interpersonal coordination factors. Age, ethnic, marital status, occupation, and monthly family income factors do partially affect the adoption of negotiation strategies components in sport tourism participation. Significant relationship existed between negotiation strategies and the overall leisure constraints of Malaysian women participating in sport tourism controlling for age, ethnic, marital status, occupation and monthly family income groups. It could be assumed that age, ethnic, marital status, occupation and monthly family income groups did not affect the relationships between Malaysian women's adoption of negotiation strategies with the overall leisure constraints perceived in sport tourism participations.

## ACKNOWLEDGEMENTS

I have been honoured to have Professor Dr. Abdul Razak Saleh, Associate Professor Dr. Mohd. Salleh bin Aman and Associate Professor Dr. Nurhazani Mohd. Shariff for my viva session. Also I would like to specially thank Dr Lim Khong Chiu, my advisor, for his interest in and support of my endeavor. I very much appreciate their intellectual comments, feedback, and assistance.

I wish to express my gratitude to the wonderful people working at Universiti Utara Malaysia, Universiti Teknologi MARA, Universiti Sains Malaysia, and Universiti Malaya. I would like to thank them for helping me in the data collection process. My thanks are also extended to those who participated in the pilot study and to those who responded to the study questionnaire.

Finally, I am greatly indebted to my family for their patience and selflessness. They provided invaluable help, support, and encouragement during my work on this thesis.

Khor Poy Hua  
December 2009

## TABLE OF CONTENTS

	Page
PERMISSION TO USE	i
ABSTRAK (BAHASA MALAYSIA)	ii
ABSTRACT (ENGLISH)	iv
ACKNOWLEDGEMENTS	vi
LIST OF TABLES	xv
LIST OF FIGURES	xxii

### CHAPTER ONE: INTRODUCTION

1.1 Background of the study	1
1.2 Statement of the problem	4
1.3 Objectives	7
1.4 Hypotheses	9
1.5 Research question	9
1.6 Definition of terms	10
1.7 Significance of the study	13

### CHAPTER TWO: LITERATURE REVIEW

2.1 Sport tourism	16
2.2 Leisure constraints	18
2.3 Women's participation in sport activities	22
2.4 Leisure constraints on women's participation in sport tourism pursuits	23
2.5 Culture constraints perceived in sport participation	32
2.6 Age and sport participation	37
2.7 Ethnicity and sport tourism participation	42
2.8 Marital status and sport tourism participation	43
2.9 Social privilege (occupation and income) and sport tourism participation	48
2.10 Negotiation strategies adopted by women in sport tourism participation	50
2.11 Relationship between leisure constraints and negotiation strategies	53

2.12	Theories and models of leisure constraints and negotiation strategies on leisure participation	57
2.12.1	Models of leisure constraints	57
2.12.1.1	Crawford and Godbey's three models of leisure Constraints	58
2.12.1.2	The hierarchical model of leisure constraints	59
2.12.1.3	Multiple hierarchy stratification perspective	61
2.12.2	Models of leisure constraints negotiation process	61
2.12.2.1	Negotiations of leisure constraints	62
2.13	Conclusions	63
2.14	Research conceptual framework	64

### **CHAPTER THREE: RESEARCH METHOD**

3.1	Research design	68
3.2	Population and sample	69
3.3	Instrumentation	73
3.3.1	Construction of questionnaire	73
3.3.2	Questionnaire items development	76
3.3.3	Validity and reliability of the instruments	77
3.4	Research procedure	80
3.5	Pilot study	81
3.6	Data analysis of pilot study	83
3.7	Data processes and analysis	94

### **CHAPTER FOUR: RESULTS**

4.1	Demographic characteristics of the respondents	97
4.2	Respondents' response rate	101
4.3	Factor analysis of measurement scale	101
4.4	Reliability of measurement scale	107
4.5	Data analysis	112
4.6	Leisure constraints perceived by Malaysian women in sport tourism participation	112
4.6.1	Structural constraints perceived by Malaysian women in sport tourism participation	112

4.6.2	Cultural constraints perceived by Malaysian women in sport tourism participation	114
4.6.3	Interpersonal constraints perceived by Malaysian women in sport tourism participation	114
4.6.4	Intrapersonal constraints perceived by Malaysian women in sport tourism participation	115
4.7	Cultural factor that affects Malaysian women's decision in sport tourism participation	117
4.8	Negotiation strategies adopted by Malaysian women in sport tourism participation	117
4.8.1	Financial resources strategies adopted by Malaysian women in sport tourism participation	117
4.8.2	Skill acquisition strategies adopted by Malaysian women in sport tourism participation	118
4.7.3	Interpersonal coordination strategies adopted by Malaysian women in sport tourism participation	119
4.7.4	Time management strategies adopted by Malaysian women in sport tourism participation	120
4.9	Hypothesis testing	122
4.9.1	Structural constraints perceived by Malaysian women in sport tourism participation in terms of age groups	122
4.9.2	Cultural constraints perceived by Malaysian women in sport tourism participation in terms of age groups	125
4.9.3	Interpersonal constraints perceived by Malaysian women in sport tourism participation in terms of age groups	125
4.9.4	Intrapersonal constraints perceived by Malaysian women in sport tourism participation in terms of age groups	127
4.9.5	Structural constraints perceived by Malaysian women in sport tourism participation in terms of ethnic groups	129
4.9.6	Cultural constraints perceived by Malaysian women in sport tourism participation in terms of ethnic groups	131
4.9.7	Interpersonal constraints perceived by Malaysian women in sport tourism participation in terms of ethnic groups	133
4.9.8	Intrapersonal constraints perceived by Malaysian women in sport tourism participation in terms of ethnic groups	135
4.9.9	Structural constraints perceived by Malaysian women in sport tourism participation in terms of marital status groups	136
4.9.10	Cultural constraints perceived by Malaysian women in sport tourism participation in terms of marital status groups	139

4.9.11	Interpersonal constraints perceived by Malaysian women in sport tourism participation in terms of marital status groups	139
4.9.12	Intrapersonal constraints perceived by Malaysian women in sport tourism participation in terms of marital status groups	141
4.9.13	Structural constraints perceived by Malaysian women in sport tourism participation in terms of occupation groups	142
4.9.14	Cultural constraints perceived by Malaysian women in sport tourism participation in terms of occupation groups	146
4.9.15	Interpersonal constraints perceived by Malaysian women in sport tourism participation in terms of occupation groups	149
4.9.16	Intrapersonal constraints perceived by Malaysian women in sport tourism participation in terms of occupation groups	149
4.9.17	Structural constraints perceived by Malaysian women in sport tourism participation in terms of monthly family income groups	152
4.9.18	Cultural constraints perceived by Malaysian women in sport tourism participation in terms of monthly family income groups	155
4.9.19	Interpersonal constraints perceived by Malaysian women In sport tourism participation in terms of monthly family income groups	156
4.9.20	Intrapersonal constraints perceived by Malaysian women in sport tourism participation in terms of monthly family income groups	156
4.9.21	Financial resources strategies adopted by Malaysian women in sport tourism participation in terms of age groups	157
4.9.22	Skill acquisition strategies adopted by Malaysian women in sport tourism participation in terms of age groups	157
4.9.23	Interpersonal coordination strategies by Malaysian women in sport tourism participation in terms of age groups	157
4.9.24	Time management strategies adopted by Malaysian women in sport tourism participation in terms of age groups	159
4.9.25	Financial resources strategies adopted by Malaysian women in sport tourism participation in terms of ethnic groups	159
4.9.26	Skill acquisition strategies adopted by Malaysian women in sport tourism participation in terms of ethnic groups	161
4.9.27	Interpersonal coordination strategies by Malaysian women in sport tourism participation in terms of ethnic groups	163

4.9.28 Time management strategies adopted by Malaysian women in sport tourism participation in terms of ethnic groups	165
4.9.29 Financial resources strategies adopted by Malaysian women in sport tourism participation in terms of marital status groups	167
4.9.30 Skill acquisition strategies adopted by Malaysian women in sport tourism participation in terms of marital status groups	167
4.9.31 Interpersonal coordination strategies by Malaysian women in sport tourism participation in terms of marital status groups	169
4.9.32 Time management strategies adopted by Malaysian women in sport tourism participation in terms of marital status groups	169
4.9.33 Financial resources strategies adopted by Malaysian women in sport tourism participation in terms of occupation groups	171
4.9.34 Skill acquisition strategies adopted by Malaysian women in sport tourism participation in terms of occupation groups	171
4.9.35 Interpersonal coordination strategies by Malaysian women in sport tourism participation in terms of occupation groups	172
4.9.36 Time management strategies adopted by Malaysian women in sport tourism participation in terms of occupation groups	174
4.9.37 Financial resources strategies adopted by Malaysian women in sport tourism participation in terms of monthly family income groups	174
4.9.38 Skill acquisition strategies adopted by Malaysian women in sport tourism participation in terms of monthly family income groups	176
4.9.39 Interpersonal coordination strategies by Malaysian women in sport tourism participation in terms of monthly family income groups	178
4.9.40 Time management strategies adopted by Malaysian women in sport tourism participation in terms of monthly family income groups	180
4.9.41 Relationship between financial resources strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the age, ethnic, marital status, occupation, and monthly family income groups	180
4.9.42 Relationship between skill acquisition strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the age, ethnic, marital status, occupation, and monthly family income groups	190

4.9.43 Relationship between interpersonal coordination strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the age, ethnic, marital status, occupation, and monthly family income groups	199
4.9.44 Relationship between time management strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the age, ethnic, marital status, occupation, and monthly family income groups	213

## **CHAPTER FIVE: DISCUSSION AND CONCLUSIONS**

5.1 Discussion of findings	230
5.1.1 Leisure constraints perceived by Malaysian women in sport tourism participation	230
5.1.2 Cultural factor that affects Malaysian women's decision in sport tourism participation	240
5.1.3 Negotiation strategies adopted by Malaysian women participating in sport tourism	241
5.1.4 Leisure constraints perceived by Malaysian women in sport tourism participation in terms of selected demographic characteristics	251
5.1.4.1 Leisure constraints perceived by Malaysian women in sport tourism participation in terms of age group	251
5.1.4.2 Leisure constraints perceived by Malaysian women in sport tourism participation in terms of ethnic group	255
5.1.4.3 Leisure constraints perceived by Malaysian women in sport tourism participation in terms of marital status group	259
5.1.4.4 Leisure constraints perceived by Malaysian women in sport tourism participation in terms of occupation group	261
5.1.4.5 Leisure constraints perceived by Malaysian women in sport tourism participation in terms of monthly family income group	263
5.1.5 Negotiation strategies adopted by Malaysian women in sport tourism participation in terms of selected demographic characteristics	265

5.1.5.1 Negotiation strategies adopted by Malaysian women in sport tourism participation in terms of age groups	265
5.1.5.2 Negotiation strategies adopted by Malaysian women in sport tourism participation in terms of ethnic groups	269
5.1.5.3 Negotiation strategies adopted by Malaysian women in sport tourism participation in terms of marital status groups	272
5.1.5.4 Negotiation strategies adopted by Malaysian women in sport tourism participation in terms of occupation groups	275
5.1.5.5 Negotiation strategies adopted by Malaysian women in sport tourism participation in terms of monthly family income groups	277
5.1.6 Relationship between negotiation strategies and the overall leisure constraints perceived by Malaysian women participating in sport tourism controlling for selected demographic characteristics	279
5.1.6.1 Relationship between financial resources strategies and the overall leisure constraints perceived by Malaysian women participating in sport tourism controlling for the age, ethnic, marital status, occupation, and monthly family income groups	280
5.1.6.2 Relationship between skill acquisition strategies and the overall leisure constraints perceived by Malaysian women participating in sport tourism controlling for the age, ethnic, marital status, occupation, and monthly family income groups	283
5.1.6.3 Relationship between interpersonal coordination strategies and the overall leisure constraints perceived by Malaysian women participating in sport tourism controlling for the age, ethnic, marital status, occupation, and monthly family income groups	286

5.1.6.4 Relationship between time management strategies and the overall leisure constraints perceived by Malaysian women participating in sport tourism controlling for the age, ethnic, marital status, occupation, and monthly family income groups	289
5.2 Implications of findings	292
5.2.1 Theoretical implications	293
5.2.2 Research implications	294
5.2.3 Applied implications	296
5.3 Delimitations and limitations of study	301
5.4 Directions for future research	302
5.5 Conclusions	305
<b>REFERENCES</b>	312
<b>APPENDICES</b>	
- Appendix A	350
- Appendix B	351
- Appendix C	355

## LIST OF TABLES

		Page
Table 1	Proportion of the number of samples according to association group (N=750)	72
Table 2	Pilot study subscale for analysis of leisure constraints (N = 105)	85
Table 3	Pilot study subscale for analysis of negotiation strategies (N = 105)	88
Table 4	Pilot study subscale for coefficient alpha of leisure constraints (N = 105)	90
Table 5	Pilot study subscale for coefficient alpha of negotiation strategies (N = 105)	92
Table 6	Specification of measurement scale and data analysis procedures	96
Table 7	Demographic characteristics of the respondents (N=636)	99
Table 8	Factor analysis of leisure constraints (N = 636)	102
Table 9	Factor analysis of negotiation strategies (N = 636)	105
Table 10	Coefficient alpha of leisure constraints (N = 636)	107
Table 11	Coefficient alpha of negotiation strategies (N = 636)	110
Table 12	Mean and percentage of frequencies of structural constraints perceived by Malaysian women in sport tourism participation (N = 636)	113
Table 13	Mean and percentage of frequencies of cultural constraints perceived by Malaysian women in sport tourism participation (N = 636)	114
Table 14	Mean and percentage of frequencies of interpersonal constraints perceived by Malaysian women in sport tourism participation (N = 636)	115
Table 15	Mean and percentage of frequencies of intrapersonal constraints perceived by Malaysian women in sport tourism participation (N = 636)	116
Table 16	Mean and percentage of frequencies of financial resources strategies adopted by Malaysian women in sport tourism participation (N = 636)	118

Table 17	Mean and percentage of frequencies of skill acquisition strategies adopted by Malaysian women in sport tourism participation (N = 636)	119
Table 18	Mean and percentage of frequencies of interpersonal coordination strategies adopted by Malaysian women in sport tourism participation (N = 636)	120
Table 19	Mean and percentage of frequencies of time management strategies adopted by Malaysian women in sport tourism participation (N = 636)	121
Table 20	Structural constraints means, standard errors, and analysis of variance results by age groups	124
Table 21	Differences of Post-Hoc Turkey HSD on structural constraint factor perceived by Malaysian women in sport tourism participation in terms of age groups	125
Table 22	Interpersonal constraints means, standard errors, and analysis of variance results by age groups	126
Table 23	Intrapersonal constraints means, standard errors, and analysis of variance results by age groups	128
Table 24	Differences of Post-Hoc Tukey HSD on intrapersonal constraint factor perceived by Malaysian women in sport tourism participation in terms of age groups	128
Table 25	Structural constraints means, standard errors, and analysis of variance results by ethnic groups	130
Table 26	Differences of Post-Hoc Tukey HSD on structural constraint factor perceived by Malaysian women in sport tourism participation in terms of ethnic groups	131
Table 27	Cultural constraints means, standard errors, and analysis of variance results by ethnic groups	132
Table 28	Differences of Post-Hoc Tukey HSD on cultural constraint factor perceived by Malaysian women in sport tourism participation in terms of ethnic groups	133
Table 29	Interpersonal constraints means, standard errors, and analysis of variance results by ethnic groups	134

Table 30	Differences of Post-Hoc Tukey HSD on interpersonal constraint factor perceived by Malaysian women in sport tourism participation in terms of ethnic groups	134
Table 31	Intrapersonal constraints means, standard errors, and analysis of variance results by ethnic groups	136
Table 32	Differences of Post-Hoc Tukey HSD on intrapersonal constraint factor perceived by Malaysian women in sport tourism participation in terms of ethnic groups	136
Table 33	Structural constraints means, standard errors, and analysis of variance results by marital status groups	138
Table 34	Differences of Post-Hoc Tukey HSD on structural constraint factor perceived by Malaysian women in sport tourism participation in terms of marital groups	139
Table 35	Interpersonal constraints means, standard errors, and analysis of variance results by marital status groups	140
Table 36	Differences of Post-Hoc Tukey HSD on interpersonal constraint factor perceived by Malaysian women in sport tourism participation in terms of marital groups	141
Table 37	Intrapersonal constraints means, standard errors, and analysis of variance results by marital status groups	142
Table 38	Differences of Post-Hoc Tukey HSD on intrapersonal constraint factor perceived by Malaysian women in sport tourism participation in terms of marital groups	142
Table 39	Structural constraints means, standard errors, and analysis of variance results by occupation groups	144
Table 40	Differences of Post-Hoc Tukey HSD on structural constraint factor perceived by Malaysian women in sport tourism participation in terms of occupation groups	146
Table 41	Cultural constraints means, standard errors, and analysis of variance results by occupation groups	148
Table 42	Differences of Post-Hoc Tukey HSD on cultural constraint factor perceived by Malaysian women in sport tourism participation in terms of occupation groups	149
Table 43	Intrapersonal constraints means, standard errors, and analysis of variance results by occupation groups	151

Table 44	Differences of Post-Hoc Tukey HSD on intrapersonal constraint factor perceived by Malaysian women in sport tourism participation in terms of occupation groups	152
Table 45	Structural constraints means, standard errors, and analysis of variance results by monthly family income groups	154
Table 46	Differences of Post-Hoc Tukey HSD on structural constraint factor perceived by Malaysian women in sport tourism participation in terms of monthly family income groups	155
Table 47	Interpersonal coordination means, standard errors, and analysis of variance results by age groups	158
Table 48	Financial resources strategies means, standard errors, and analysis of variance results by ethnic groups	160
Table 49	Differences of Post-Hoc Tukey HSD on financial resources strategies factor perceived by Malaysian women in sport tourism participation in terms of ethnic groups	161
Table 50	Skill acquisition strategies means, standard errors, and analysis of variance results by ethnic groups	162
Table 51	Differences of Post-Hoc Tukey HSD on skill acquisition strategies factor perceived by Malaysian women in sport tourism participation in terms of ethnic groups	163
Table 52	Interpersonal coordination strategies means, standard errors, and analysis of variance results by ethnic groups	164
Table 53	Differences of Post-Hoc Tukey HSD on interpersonal coordination factor perceived by Malaysian women in sport tourism participation in terms of ethnic groups	165
Table 54	Time management strategies means, standard errors, and analysis of variance results by ethnic groups	166
Table 55	Differences of Post-Hoc Tukey HSD on time management strategies factor perceived by Malaysian women in sport tourism participation in terms of ethnic groups	167
Table 56	Skill acquisition strategies means, standard errors, and analysis of variance results by marital status groups	168
Table 57	Differences of Post-Hoc Tukey HSD on skill acquisition strategies factor perceived by Malaysian women in sport tourism participation in terms of marital status groups	169

Table 58	Time management strategies means, standard errors, and analysis of variance results by marital groups	170
Table 59	Differences of Post-Hoc Tukey HSD on time management strategies factor perceived by Malaysian women in sport tourism participation in terms of marital groups	171
Table 60	Interpersonal coordination strategies means, standard errors, and analysis of variance results by occupation groups	173
Table 61	Differences of Post-Hoc Tukey HSD on interpersonal coordination factor perceived by Malaysian women in sport tourism participation in terms of occupation groups	174
Table 62	Financial resources strategies means, standard errors, and analysis of variance results by monthly family income groups	175
Table 63	Differences of Post-Hoc Tukey HSD on financial resources strategies factor perceived by Malaysian women in sport tourism participation in terms of monthly family income groups	176
Table 64	Skill acquisition strategies means, standard errors, and analysis of variance results by monthly family income groups	177
Table 65	Differences of Post-Hoc Tukey HSD on skill acquisition strategies factor perceived by Malaysian women in sport tourism participation in terms of monthly family income groups	178
Table 66	Interpersonal coordination strategies means, standard errors, and analysis of variance results by monthly family income groups	179
Table 67	Relationship between financial resources strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the age groups	182
Table 68	Relationship between financial resources strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the ethnic groups	184
Table 69	Relationship between financial resources strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the marital status groups	186

Table 70	Relationship between financial resources strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the occupation groups	188
Table 71	Relationship between financial resources strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the monthly family income groups	190
Table 72	Relationship between skill acquisition strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the age groups	191
Table 73	Relationship between skill acquisition strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the ethnic groups	193
Table 74	Relationship between skill acquisition strategies and overall leisure constraints of Malaysian women participating in sport tourism, controlling for the marital status groups	194
Table 75	Relationship between skill acquisition strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the occupation groups	196
Table 76	Relationship between skill acquisition strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the monthly family income groups	198
Table 77	Relationship between interpersonal coordination strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the age groups	201
Table 78	Relationship between interpersonal coordination strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the ethnic groups	204
Table 79	Relationship between interpersonal coordination strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the marital status groups	207
Table 80	Relationship between interpersonal coordination strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the occupation groups	210

Table 81	Relationship between interpersonal coordination strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the monthly family income groups	213
Table 82	Relationship between time management strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the age groups	216
Table 83	Relationship between time management strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the ethnic groups	219
Table 84	Relationship between time management strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the marital status groups	222
Table 85	Relationship between time management strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the occupation groups	225
Table 86	Relationship between time management strategies and overall leisure constraints of Malaysian women participating in sport tourism for controlling the monthly family income groups	229

## LIST OF FIGURES

		Page
Figure 1	Crawford and Godbey's three models of leisure constraints. (Source: "Reconceptualizing barriers to family leisure" by Crawford and Godbey, 1987, <i>Leisure Sciences</i> , 9, 123-124)	58
Figure 2	The hierarchical model of leisure constraints. (Source: The hierarchical model of leisure constraints, Crawford, Jackson and Godbey, 1991, <i>Leisure Sciences</i> , 13, 309-320)	60
Figure 3	Conceptual framework of research on leisure constraints and negotiation strategies on Malaysian women's decision to participate in sport tourism	67
Figure 4	Process of drawing research respondents	71
Figure 5	Steps in creating the questionnaire for this study. (Source: "Developing a Questionnaire" by Stehr-Green, Stehr-Green, and Nelson's, 2003, <i>Focus on Field Epidemiology</i> , 2(2), 1-7)	74

## CHAPTER ONE

### INTRODUCTION

#### 1.1 Background of the Study

Today, sport and tourism are believed to be among the world's most popular leisure experiences (Ritchie & Adair, 2004). Majority regards sport to be the world's biggest social phenomenon (Kurtzman & Zauhar, 2003) and tourism its largest industry (Goeldner & Ritchie, 2006) attracting a considerable amount of media attention, money, participants, and political interest. As both sport and tourism complement one another, they become more lucrative and culturally influential. Sport Tourism is known as leisure-based travel that takes individuals temporarily outside of their home communities either to play, watch physical activities or venerate attractions associated with these activities (Gibson, 1999). So the deciding criterion is that sport is the prime motivation to travel, though the touristic element may act to reinforce the overall experience. As early as 776 BC the Romans and Greeks traveled to and participated in numerous sports events to honor the god Zeus (McIntosh, Goeldner, & Brent, 1995). Today's sport tourism is merely a new adaptation on an old theme.

The sport tourism industry is seen as an important driver of economic growth and development for global economy. Changes in the local and international travel industry had recognized sport tourism as a growing segment of the tourism industry (Leisure Consultants, 1992; Terry, 1996; Weiler & Hall, 1992). At present, vast numbers of

The contents of  
the thesis is for  
internal user  
only

## REFERENCES

Ahmad M. Alfadli (1996). *University students' perception of constraints to participation in recreational sport activities*. Unpublished doctoral dissertation, Michigan State University.

Alexandris, K., Barkoukis, V., Tsorbatzoudis, H., & Grouis, G. (2003). A study of perceived constraints on a community-based physical activity program for the elderly in Greece. *Journal of Aging and Physical Activity*, 11, 305 – 318.

Alexandris, K., & Carroll, B. (1997a). Perception of constraints and strength motivation: Their relationship to recreational sport participation in Greece. *Journal of Leisure Research*, 23(3), 279-299.

Alexandris, K., & Carroll, B. (1997b). An analysis of leisure constraints based on different recreational sport participation levels: Results from a study in Greece. *Leisure Sciences*, 19, 1-15.

Alexandris, K., & Carroll, B. (1997c). Demographic differences in the perception of constraints on recreational sport participation: Results from a study in Greece. *Leisure Studies*, 16, 107-125.

Alexandris, K., & Carroll, B. (1999). Constraints on recreational sport participation in adults in Greece: Implications for providing and managing sport services. *Journal of Sport Management*, 13, 317-332.

Alexandris, K., Tsorbatzoudis, C., & Grouios, G. (2002). Perceived constraints on recreational sport participation: Investigating their relationship with intrinsic motivation, extrinsic motivation and amotivation. *Journal of Leisure Research*, 34(3), 233-252.

Alpine, L. (1986). Trends in special interest travel. *Specialty Travel Index, Fall/Winter*, 83-84.

Aminuddin Yusof (2002). *An Examination of Malaysian Sport Tourist Profiles*. Paper presented at 7<sup>th</sup> World Leisure Congress August 2002, Kuala Lumpur, Malaysia.

Aminuddin Yusof, & Mohd Soffian Omar Fauzee (2001). *Perceptions of UPM Students Regarding Sport Participation Constraints*. Paper presented at Seminar Pengurusan Kemudahan Sukan Kebangsaan 2001, Shah Alam, Selangor, Malaysia.

Anderson, J., Andrews, S., Edwards, C., Harris, I., & Saville, T. (1996). *National Youth Water Sports Audit*. Southampton Institute & the British Marine Industries Federation.

Arab-Moghaddam, N., Henderson, K. A., & Sheikholeslami, R. (2007). Women's leisure and constraints to participation: Iranian perspectives. *Journal of Leisure Research*, 39(1), 109-126.

Archer, J., & McDonald, M. (1990). Gender roles and sports in adolescent girls. *Leisure Studies*, 9, 225-240.

Armstrong, G. K. & Morgan, K. (1998). Stability and change in levels of habitual physical activity in later life. *Age and Ageing*, 27, 17-23.

Arnold, M., & Shinew, K. (1998). The role of gender, race, and income on park use constraints. *Journal of Park and Recreation Administration*, 16, 39-56.

Asher Machiach (2005). Sports tourism in Israel. *Journal of Sport Tourism*, 10(2), 139-141.

Atchley, R. C. (1989). A continuity theory of normal aging. *The Gerontologist*, 29(2), 183-190.

Attle, S. (1996). *Tourist role preference and the development of life style profiles: Implications for market segmentation and tourist destination selection*. Unpublished doctoral dissertation, University of Connecticut.

Auster, C. J. (2001). Transcending potential antecedent leisure constraints: The case of women motorcycle operators. *Journal of Leisure Research*, 33(3), 272-298.

Auster, C. J. (2008). The effect of cohort on women's sport participation: An intergenerational study of collegiate women ice hockey players. *Journal of Leisure Research*, 40(2), 312-337.

Australian Bureau of Statistics (1998). *How Australians use their time 1997?* Canberra, Australia: Australian Government Publishing Service.

Babbie, E. (2001). *Practice of Social Research* (9<sup>th</sup> Ed.). Belmont, CA: Wadsworth Thomson Learning.

Backman, S. (1991). An investigation of the relationship between activity loyalty and perceived constraints. *Journal of Leisure Research*, 23, 332-344.

Bandura, A. (1986). *Social Foundations of Thought and Action: A Social Cognitive Theory*. Englewood Cliffs, NJ: Prentice-Hall.

Bell, S. E. (2004). Intensive performances of mothering: A sociological perspective. *Qualitative Research*, 4(1), 45-75.

Bella, L. (1989). Women and leisure: Beyond androcentrism. In T. Burton and E. L. Jackson (Eds.). *Mapping the past, charting the future* (pp. 151-179). State College, PA: Venture Publishing Inc.

Bennett, K. M. (1998). Gender and longitudinal changes in physical activities in later life. *Age and Ageing*, 27, 24-28.

Bennett, M. J., (1985). Constraints on leisure in middle age. In M. G. Wade (Ed.). *Constraints on Leisure* (pp. 318-333). Springfield, IL.: Charles C Thomas.

Berger, B. G., & Hecht, L.M. (1989). Exercise, aging and psychological well-being: The mind-body question. In A. C. Ostrow (Eds.), *Aging and motor behavior*, (pp. 117-157). Indianapolis: Benchmark Press.

Bialeschki, M. D., & Michener, S. (1994). Re-entering leisure: Transition within the role of motherhood. *Journal of Leisure Research*, 26, 57-74

Bialeschki, M. D., & Pearce, K. D. (1997). "I don't want a lifestyle-I want a life: The effect of role negotiations on the leisure of lesbian mothers. *Journal of Leisure Research*, 29(1), 113-131.

Bittman, M. (1998). *Social participation and family welfare: The money and time costs of leisure*. Paper presented at the 6th Australian Institute of Family Studies Conference: Melbourne.

Blau, P. (1977). *Inequality and Heterogeneity*. New York: Free Press.

Blum, T.C. (1985). Structural constraints on interpersonal relations: A test of Blau's macro social theory. *American Journal of Sociology*, 91, 511-521.

Bolla, P., Dawson, D., & Harrington, M. (1993). Women and leisure: A study of meanings, experience, and constraints. *Recreation Canada*, 51(3), 22-26.

Bottomley, G. (1991). Representing the second generation: Subjects, objects and ways of knowing. In G. Bottomley, M. de Lepervance and J. Martin (Eds.), *Intersexions gender/class/culture/ethnicity* (pp. 92-109). Sydney: Allen and Unwin.

Bourdieu, P. (1986). *Distinction: A social critique of the judgment of taste*. London: Routledge.

Boyd, R., & Richerson, P. J. (2005). *Not by genes alone: How culture transformed human evolution*. Chicago: University of Chicago Press.

Brace-Govan, J. (2004). Weighty matters: Control of women's access to physical strength. *The Sociological Review*, 52, 503-532.

Brislin, R. W. (1980). Translation and content analysis of oral and written material. In H. C. Triandis and J. W. Berry (Eds.), *Handbook of cross-cultural psychology* (Vol. 1, pp. 389-444). Boston: Allyn & Bacon.

Brown, P. R., Brown, W. J., Miller, Y. D., & Hansen, V. (2001). Perceived constraints and social support for active leisure among mothers with young children. *Leisure Sciences*, 23(3), 131-144.

Brown, W., Lee, C., Mishra, G., & Bauman, A. (2000). Leisure time physical activity in Australian women: Relationship with well-being and symptoms. *Research Quarterly for Exercise and Sport*, 71(3), 206-216.

Bryman, A., & Cramer, D. (1994). *Quantitative Data Analysis for Social Sciences*. London: Routledge.

Bryson, L. (1987). Sport and the maintenance of masculine hegemony. *Women's Studies International Forum*, 19(4), 349-360.

Carrington, B., Chivers, T., & Williams, T. (1987). Gender, leisure and sport: A case study of young people of South Asian descent. *Leisure Studies*, 6, 265-278.

Carroll, B., & Alexandris, K. (1997). Perception of constraints and strength of motivation: Their relationship to recreational sport participation in Greece. *Journal of Leisure Research*, 29, 279-299.

Chan, Wing-Sang (1999). *Intra-familial Resources Allocation and Leisure Pursuits among Married Couples in Hong Kong*. Hong Kong: Dept. of Applied Social Studies, The Hong Kong Polytechnic University.

Chee, Chen-Soon (2001). *The perceptions of leisure among undergraduate students of The University Putra Malaysia-An investigation*. Unpublished doctoral dissertation, University of New Mexico, U.S.

Cheung, F. M. (1997). *Engendering Hong Kong Society: A Gender Perspective of Women's Status*. Hong Kong: Chinese University Press.

Chang, W., Chua, W. L., & Toh, Y. (1997). The concept of psychological control in the Asian context. In K. Leung, U. Kim, S. Yamaguchi, & Y. Kashima (Eds.), *Progress in Asian Social Psychology*, Vol. 1, (pp. 95-117). Singapore: John Wiley & Sons.

Chick, G., & Dong, E. (2003). Possibility of refining hierarchical model of leisure constraints through cross-cultural research. In J. Murdy (Ed.), *Proceedings of the 2003 Northeastern Recreation Research Symposium* (pp. 338-344). U.S.: USDA Forest Service.

Coakes, S. J., & Steed, L. G. (2001). *SPSS Analysis Without Anguish-Version 10.0 for Windows*. Brisbane, Australia: John Wiley & Sons Limited.

Coakley, J. (2001). *Sport in society: Issues and controversies* (7<sup>th</sup> Ed.). Boston: Mc Graw Hill.

Coble, T, Selin, S., & Erickson, B. (2003). Hiking alone: Understanding fear, negotiation strategies and leisure experiences. *Journal of Leisure Research*, 35, 1-22.

Coleman, D, & Iso-Ahola, S. (1993). Leisure and health: The role of social support and self determination. *Journal of Leisure Research*, 25, 111-128.

Collins, M. (1991). The economics of sport and sports in the economy: Some international comparisons. In C. Cooper (Ed.), *Progress in Tourism, Recreation and Hospitality Management Vol. 3*, (pp. 184-214). London: Belhaven Press.

Comrey, A. L., & Lee, H. B. (1992). *A First Course in Factor Analysis* (2<sup>nd</sup> Ed.). Hilladale, New Jersey: Erlbaum.

Constitution of Malaysia (1957). Retrieved September 11, 2007, from [http://en.wikipedia.org/wiki/Constitution\\_of\\_Malaysia#Article\\_152](http://en.wikipedia.org/wiki/Constitution_of_Malaysia#Article_152)

Courneya, K. S., & McAuley, E. (1994). Are there different determinants of the frequency, intensity, and duration of physical activity? *Behavioral Medicine*, 20(2), 84-90.

Cordes, K.A., & Ibrahim, H.M. (1999). *Applications in recreation and leisure: For today and the future*, (2<sup>nd</sup> Ed.). Boston: McGraw-Hill.

Crawford D., & Godbey G. (1987). Reconceptualizing barriers to family leisure. *Leisure Sciences*, 9, 119 – 127.

Crawford D., Jackson, E., & Godbey G. (1991). A hierarchical model of leisure constraints. *Leisure Sciences*, 13, 309 – 320.

Culp, R. H. (1998). Adolescent girls and outdoor recreation: A case study examining constraints and effective programming. *Journal of Leisure Research*, 30, 356-379.

Currie, J. (2004). Motherhood, stress, and the exercise experience: Freedom or constraint? *Leisure Studies*, 23, 225-242.

Cutler R, C. (1993). Older women's leisure activity and quality of life. In J. R. Kelly (Ed.), *Activity and aging: Staying involved in later life* (pp. 86-98). Newbury Park, CA: Sage Publications.

Cutler R, C., & Stewart, D. G. (1994). An examination of the life satisfaction and importance of leisure in the lives of older female retirees: A comparison of blacks to whites. *Journal of Leisure Research*, 26, 75-87.

Dart, J. (2006). Home-based work and leisure spaces: Settee or work-station? *Leisure Studies*, 25(3), 313-328.

Dattilo, J., Dattilo, A., Samdahl, D., & Kleiber, D (1994). Leisure orientations and self-esteem in women with low incomes who are overweight. *Journal of Leisure Research*, 27(1), 23-38.

Davidson, P. (1996). The holiday and the work experience of women with young children. *Leisure Studies*, 15, 89-103.

Davison, K. K., & Lawson, C. T. (2006). Do attributes in the physical environment influence children's physical activity? A review of the literature. *International Journal of Behavioral Nutrition and Physical Activity*, 3(19). Retrieved from <http://www.pubmedcentral.nih.gov>.

Dawes, S. (1984). Women and girls in outdoor education. *Proceedings from the 4<sup>th</sup> Outdoor Education National Conference, Adelaide* (pp. 105-106).

Day, T. (1997). *The fear of violence as a leisure constraint to women participating in solo wilderness trips*. Unpublished honors thesis for the School of Outdoor Recreation, Parks, and Tourism, Lakehead University, Thunder Bay, Ontario.

Deem, R. (1986). *All work and no play? The sociology of women and leisure*. Milton Keynes, UK: Open University Press.

Deem, R. (1988). Feminism and leisure studies: opening up new directions. In E. Wimbush & M. Talbot (Eds.), *Relative Freedoms: women and leisure*. Milton Keynes, UK: Open University Press.

Deem, R. (1996). Women, the city and holidays. *Leisure Studies*, 15, 105-119.

De Knop, P. (1987). Some thoughts on the influence of sport on tourism. In M. Garmise (Eds.), *Proceedings of the International Seminar and Workshop on Outdoor Education, Recreation and Sport Tourism*. Israel: Emmanuel Gill Publishing.

De Knop, P. (1990). Sport for all and active tourism. *World Leisure and Recreation*, 32, 30-36.

Dellaert, B., Ettema, D., & Ch., L. (1998). Multi-faceted tourist travel decisions: a constraint-based conceptual framework to describe tourists' sequential choices of travel components. *Tourism Management*, 19 (4), 313-320.

Delpy, L. (1998). An overview of sport tourism: Building towards a dimensional framework. *Journal of Vacation Marketing*, 4, 23-38.

Demir, C. (2003). Impacts of demographic variables on the preference of sports activities carried out by undergraduate students: An implication from Turkey. *Journal of Sport Tourism*, 8(4). 302-313.

Department of Statistics Malaysia (2007). Retrieved from [http://www.statistics.gov.my/english/frameset\\_keystats.php](http://www.statistics.gov.my/english/frameset_keystats.php)

Dionigi, R. (2006). Competitive sport as leisure in later life: Negotiation, discourse and aging. *Leisre Sciences*, 28, 181-196.

Dishman, R. K. (1990). Determinants of participation in physical activity. In C. Bouchard, R. J. Shephard, T. Stephens, J. R. Sutton and B. D. McPherson (Eds.), *Exercise, Fitness, and Health: A consensus of current knowledge* (pp. 75-102). Champaign, IL: Human Kinetics Books.

Dishman, R. K., Motl, R. W., Saunders, R., Felton, G. M., Ward, D. S., Dowda, M., & Pate, R. R. (2004). Self-efficacy partially mediates the effect of school-based physical activity intervention among adolescent girls. *Preventive Medicine*, 38, 628-636.

Dixon, M. A. (2009). From their perspective: A qualitative examination of physical activity and sport programming for working mothers. *Sport Management Review*, 12(1), 34-48.

Dominguez, L. A. (2003). *Constraints and constraint negotiation by women sea kayakers participating in a women-only course*. Unpublished doctoral dissertation, Michigan State University.

Donnelly, P., and Harvey, J. (1999). Class and gender: Intersections in sport and physical activity. In P. White, and K. Young (Eds.), *Sport and gender in Canada* (pp. 40-64). Don Mills, Ontario: Oxford University Press.

Douvis, J., Aminuddin Yusof, & Douvis, S. (1998). An examination of demographic and psychographic profiles of the sport tourist. *Cyber-Journal of Sport Marketing*, 335-346.

Drakou, A., Tzetzis, G., & Mamantzi, K. (2008). Leisure constraints experienced by university students in Greece. *The Sport Journal*, 11(1). Retrieved from <http://www.thesportjournal.org/article>

Driver, B., Brown, P. J., & Peterson, G. (1991). *Benefits of leisure* (Ed.). State College, PA: Venture Publishing.

Everard, K. M., Lack, H. W., Fisher, E. B., & Baum, M. C. (2000). Relationship of activity and social support to the functional health of older adults. *Journal of Gerontology*, 55, 208-212.

Ewert, A., & Hollenhorst, S. (1989). Testing the adventure model: Empirical support for a model of risk recreation participation. *Journal of Leisure Research*, 21 (2), 124-139.

Fasting, K., & Sisjord, M. K. (1985). Gender roles and participation in sports. *Sociology of Sport Journal*, 2(4), 345-351.

Ferraro, Y. L. E. (1996). Women's fear of victimization: Shadow of sexual assault? *Social Forces*, 75(2), 667-691.

Floyd, M. F., & Gramann, J. H. (1993). Effects of acculturation and structural assimilation in resource-based recreation: The case of Mexican Americans. *Journal of Leisure Research*, 25, 6-21.

Floyd, M. F., & Gramann, J. H. (1995). Perceptions of discrimination in a recreation context. *Journal of Leisure Research*, 27, 192-199.

Forna, A. (1998). *Mother of all myths: How society molds and constrains mothers*. London: HarperCollins.

Frederick, C. J., & Shaw, S. M. (1995). Body image as a leisure constraint: Examining the experience of aerobic exercise classes for young women. *Leisure Sciences*, 17, 57-73.

Frederick, C. M., & Ryan, R. M. (1995). Self-determination in sport: A review using cognitive evaluation theory. *International Journal of Sport Psychology*, 26, 5-23.

Frey, J. H. (1989). *Survey Response by Telephone* (2<sup>nd</sup> Ed.). Sage Library of Social research, Newbury Park: Sage.

Friedman, K. E., Reichmann, S. K., Costanzo, P. R., Zelli, A., Ashmore, J. A., & Musante, G. J. (2005). Weight stigmatization and ideological beliefs: Relation to psychological functioning in obese adults. *Obesity Research*, 13(5), 907-916.

Galpin, T. (1987). Is it really a man's world? Male and female outdoor leaders rate their competency. *U.S. Department of Education*, 3-14.

Gammon, S., & Robinson, T. (2003). Sport and tourism: A conceptual framework. *Journal of Sports Tourism, 8*(1), 21-26.

Gao, G. (1998). "Don't take my word for it."—Understanding Chinese speaking practices. *International Journal of Intercultural Relations, 22*, 163-186.

Gardner, C. B. (1988). Access information: Public lies and private peril. *Social Problems, 35*, 384-397.

Gardner, C. B. (1990). Safe conduct: Women, crime, and self in public places. *Social Problems, 37*, 311-328.

Gay, L. R. (1996). *Educational research-competencies for analysis and application* (5<sup>th</sup> Ed.). New Jersey: Prentice-Hall Inc.

Gay, L. R., & Airasian, P. (2000). *Educational research: Competencies for analysis and application* (6<sup>th</sup> Ed.). Upper Saddle River, New Jersey: Merrill.

Gee, C. (1988). *Resort Development and Management*. East Lansing, MI: Educational Institute of the American Hotel and Motel Association.

Gems, G. R. (1993). Working class women and sport. *Women in Sport & Physical Activity Journal, 2*(1), 17-30.

Getz, D. (1998). Trends, strategies, and issues in sport-event tourism. *Sport Marketing Quarterly, 7* (2), 8-13.

Gibson, H. J. (1994). *Some predictors of tourist role preference for men and women over the adult life course*. Unpublished doctoral dissertation, University of Connecticut.

Gibson, H. J. (1998a). Sport Tourism: A critical analysis of research. *Sport Management Review, 1*, 45-76.

Gibson, H. J. (1998b). The wide world of sport tourism. *Parks and Recreation, September*. Retrieved from <http://www.findarticles.com>

Gibson, H. J. (1999). Sport Tourism: The rules of the game-sport-related leisure travel. *Parks and Recreation, June*. Retrieved [http://www.findarticles.com/p/articles/mi\\_m1145/is\\_6\\_34/ai\\_5510059](http://www.findarticles.com/p/articles/mi_m1145/is_6_34/ai_5510059)

Gibson, H., Attle, S., & Yiannakis, A. (1998). Segmenting the sport tourist market: A lifespan perspective. *Journal of Vacation Marketing, 4*, 52-64.

Gibson, H. J., & Yiannakis, A. (1992). *Some correlates of the Sport Lover (tourist): A life course perspective*. Paper presented at the North American Society for the Sociology of Sport Conference, Toledo, Ohio.

Gibson, H., & Yiannakis, A. (1994). *Some characteristics of sport tourists: A life span perspective*. Paper presented at the annual conference for the North American Society for the Sociology of Sport, Savannah, Georgia.

Gilligan, C. (1982). *In a different voice: Psychological theory and women's development*. USA: Harvard University Press.

Godbey, G. (1985). Non-use of public leisure services: A model. *Journal of Park and Recreation Administration, 3*, 1-12.

Godbey, G. (2005). Time as a constraint to leisure. In E. Jackson (Ed.), *Constraints to leisure* (pp. 185-200). Pennsylvania: Venture Publishing.

Goeldner, C. R., & Ritchie, J. R. (2006). *Tourism: Principles, practices, philosophies*. Hoboken, NJ: John Wiley & Sons.

Gomez, E. (2002). The ethnicity and public recreation participation model. *Leisure Sciences, 24*, 123-142.

Gordon, C., Gaitz, C. M., & Scott, J. (1976). Leisure and lives: Personal expressivity across the life span. In R. Binstock and E. Shanas (Eds.), *Handbook of aging and the social sciences* (pp. 310-341). New York: Van Nostrand Reinhold Company.

Gramann, J. H., Floyd, M. F., & Saenz, R. (1993). Outdoor recreation and Mexican American ethnicity: A benefits perspective. In A. W. Ewert, D. J. Chavez, & A. W. Magill (Eds.), *Culture, conflict, and communication in the wildland-urban interface* (pp. 69-84). Boulder, CO: Westview Press.

Grant, B. C. (2002). Physical activity: Not a popular leisure choice in later life. *Society and Leisure*, 25(2), 285-302.

Green, E., & Hebron, S. (1988). Leisure and male partners. In E. Wimbush and M. Talbot (Eds.), *Relative freedoms: Women and leisure* (pp. 75-92). Milton Keynes, UK: Open University Press.

Green, E., Hebron, S., & Woodward, D. (1989). Women, leisure and social control. In J. Harper and M. Maynard (Eds.), *Women, violence and social control* (pp. 75-92). London: Macmillan.

Green, E., Hebron, S., & Woodward, D., (1990). *Women's leisure, what leisure?* Basingstoke, Hampshire: Macmillan.

Green, E., & Woodward, D. (1990). "Tell them that hath ..." *Inequality and social control in women's leisure*. Paper presented at XIIth World Congress of Sociology, Madrid, Spain.

Green, B. G., & Salkind, N. J. (2005). *Using SPSS for Windows and Macintosh* (4<sup>th</sup> Ed.). Upper Saddle River, New Jersey: Pearson Prentice Hall.

Hair, J. F., Anderson, R. E., Tatham, R. L., & Black, W. C. (1998). *Multivariate data analysis* (5<sup>th</sup> Ed.). New Jersey: Prentice Hall.

Hall, C. M. (1985). Knowledge and gender: epistemological questions in the social analysis of sport. *Sociology of Sport Journal*, 2, 25-42.

Hansen, N., Freeman, P., Young, S., & Ihli, A. (2003). Mom, Mormon, and student: A qualitative inquiry into the leisure of young LDS mothers. In abstract, *Proceedings of the 2003 Leisure Research Symposium* (p. 24). St. Louis, MO: National Recreation and Park Association.

Hargreaves, J. (1994). *Sporting females: Critical issues in the history and sociology of women's sports*. London: Routledge.

Harrington, M. (2003). *Leisure patterns and purposive leisure in middle and lower income families*. Paper presented at the 8th Australian Institute of Family Studies Conference: Melbourne.

Harrington, M., & Dawson, D. (1995). Who has it best? Women's labor force participation, perceptions of leisure and constraints to enjoyment of leisure. *Journal of Leisure Research*, 27(1), 4.

Harrington, M., Dawson, D., & Bolla, P. (1992). Objective and subjective constraints on women's enjoyment on leisure. *Loisir et Société/Society and Leisure*, 15(1), 203-222.

Havitz, M. E., & Mannell, R. C. (2005). Enduring involvement, situational involvement, and flow in leisure and non-leisure activities. *Journal of Leisure Research*, 37, 157-177.

Hawks, S. R. (1991). Recreation in the family. In S. J. Bahr (Eds.), *Family research: A Sixty year review, 1930-1990* (Vol. 1). New York: Lexington Books.

Heberlein, T. A., & Fredman, P. (2005). Visit to the Swedish mountains: Constraints and motivation *Scandinavian Journal of Hospitality and Tourism*, 5(3), 177-192.

Henderson, K. A. (1991). The Contribution of feminism to an understanding of leisure constraints. *Journal of Leisure Research*, 23, 363-77.

Henderson, K. A. (1998). Researching diverse populations. *Journal of Leisure Research*, 30, 157-170.

Henderson, K. A., & Ainsworth, B. E. (2001). Researching leisure and physical activity with women of color: Issues and emerging questions. *Leisure Sciences*, 23, 21-34.

Henderson, K. A., Bedini, L. A., Hecht, L., & Schuler, R. (1995). Women with physical disabilities and the negotiation of leisure constraints. *Leisure Studies*, 14, 17-31.

Henderson, K. A., & Bialeschki, M. D. (1991). A sense of entitlement to leisure as constrain and empowerment for women. *Leisure Sciences*, 12, 51-65.

Henderson, K. A., & Bialeschki, M. D. (1993). Negotiating constraints to women's physical recreation. *Society and Leisure*, 16, 389-412.

Henderson, K. A., & Bialeschki, M. D. (1993a). Fear as a constraint to active lifestyles for females. *Journal of Physical Education, Recreation and Dance*, 44-47.

Henderson, K. A., Bialeschki, M. D., Shaw, S., & Freysinger, V. (1989). *A leisure of one's own: A feminist perspective on women's leisure*. State College PA: Venture Pub Inc.

Henderson, K. A., Bialeschki, M. D., Shaw, S. M., & Freysinger, V. J. (1996). *Both Gains and Gaps*. State College, PA: Venture Publishing, Inc.

Henderson, K. A., & Hickerson, B. (2007). Women and leisure: Premises and performances uncovered in an integrative review. *Journal of Leisure Research*, 39(4), 591-610.

Henderson, K. A., Hodges, S., & Kivel, B. D. (2002). Context and dialogue in research on women and leisure. *Journal of Leisure Research*, 34(3), 253-271.

Henderson, K. A., & Rannells, J. S. (1998). Farm women and the meaning of work and leisure: An oral history perspective. *Leisure Sciences*, 10, 41-50.

Henderson, K. A., Stalnaker, D., & Taylor, G. (1988). The relationship between barriers to recreation and gender-role personality traits for women. *Journal of Leisure Research*, 20, 69-80.

Henderson, K. A., & Winn, S. (1996). Female and physical activities. *Parks and Recreation*. Retrieved from [http://www.findarticles.com/p/articles/mi\\_m145/is\\_n8\\_v31/ai\\_18605294](http://www.findarticles.com/p/articles/mi_m145/is_n8_v31/ai_18605294)

Herridge, K. L., Shaw, S. M., & Mannell, R. C. (2003). An exploration of women's leisure within heterosexual romantic relationships. *Journal of Leisure Research*, 35, 274-291,

Higham, J., & Hinch, T. (2002). Tourism, sport and seasons: the challenges and potential of overcoming seasonality in the sport and tourism sectors. *Tourism Management*, 23, 175-185.

Hinton, P. R., Brownlow, C., McMurray, I., & Cozens, B. (2004). *SPSS Explained*. New York: Routledge Taylor & Francis Group.

Hong Kong Sports Development Board (2001). *Sports participation survey 2000*. Hong Kong: Hong Kong Sports Development Board.

Horna, J. L. A. (1989). The leisure component of the parental role. *Journal of Leisure Research*, 21(1), 228-241.

Hostede, G. (1991). *Cultures and Organizations: Software of the Mind*. New York, NY: McGraw-Hill.

Howard, D., & Crompton, J. (1984). Who are the consumers of public park and recreation services? An analysis of the users and non-users of three municipal leisure service organizations. *Journal of Park and Recreation Administration*, 2(3), 33-48.

Hudson, S. (2000). The segmentation of potential tourists: Constraint differences between men and women. *Journal of Travel Research*, 363-368.

Hui, E. K., & Rubenstein, L. A. (2006). Promoting physical activity and exercise in older adults. *Journal of the American Medical Directors Association*, 7, 310-314.

Hunter, P. L., & Whitson, D. J. (1992). Women's leisure in a resource industry town: Problems and issues. *Loisir et Société/Society and Leisure*, 15(1), 223-244.

Hubbard, J., & Mannell, R.C. (2001). Testing competing models of the leisure constraint negotiation process in a corporate employee recreation setting. *Leisure Sciences*, 23(3), 142-163.

Hudson, S. (2000). The segmentation of potential tourists: Constraint differences between men and women. *Journal of Travel Research*, 38, 363-368.

Humberstone, B. (2000). The 'outdoor industry' as social and educational phenomena: Gender and outdoor adventure/education. *Journal of Adventure Education & Outdoor Learning*, 1(1), 21-35.

Humberstone, B., & Lynch, P. (1991). Girls concepts of themselves and their experiences in outdoor education programs. *The Journal of Adventure Education and Outdoor Leadership*, 30(1), 27-31.

Hultsman, W. (1993). The influence of others as a barrier to recreation participation among early adolescents. *Journal of Leisure Research*, 25(2), 150-164.

Hultsman, W. (1995). Recognizing patterns of leisure constraints: An extension of the exploration of dimensionality. *Journal of Leisure Research*, 27, 228-244.

Iso-Ahola, S. E. (1986). A theory of substitutability of leisure behavior. *Leisure Studies*, 8 (4), 367-389.

Iso-Ahola, S. E., & Mannell, R. C. (1985). Social and psychological constraints on leisure. In M. G. Wade (Ed.), *Constraints on Leisure*. Springfield, Illinois: Charles C. Thomas

Issac, S., & Michael, W. (1985). *Handbook in research and evaluation* (2<sup>nd</sup> Ed.). San Diego, California: EdITS publishers.

Jaccard, J., Becker, M. A., & Wood, G. (1984). Pairwise multiple comparisons procedure: A review. *Psychological Bulletin*, 96, 589-596.

Jackson, E. L. (1988). Leisure constraints: A survey of past research. *Leisure Sciences*, 10, 203-215.

Jackson, E. L. (1990). Variations in the desire to begin a leisure activity: Evidence of antecedent constraints? *Journal of Leisure Research*, 22, 55-70.

Jackson, E. L. (1991). Leisure constraints/constrained leisure (Special issue). *Journal of Leisure Research*, 23, 279-285.

Jackson, E. L. (1993). Recognizing patterns of leisure constraints: Results from alternative analyses. *Journal of Leisure Research*, 25, 129-149.

Jackson, E. L. (2000). Will research on leisure constraints still be relevant in the twenty-first century? *Journal of Leisure Research*, 32 (1), 62-68.

Jackson, E. L. (2005). Leisure constraint research: Overview of a developing theme in leisure studies. In Jackson, E. (Ed.), *Constraints to Leisure* (pp. 3-22). State College, PA: Venture Publishing.

Jackson, E. L., Crawford, D., & Godbey, G. (1993). Negotiation of leisure constraints. *Leisure Sciences*, 15, 1-11.

Jackson, E. L., & Henderson, K. (1995). Gender-based analysis of leisure constraints. *Leisure Sciences*, 17, 31-51.

Jackson, E. L., & Rucks, V. (1993). Reasons for ceasing participation and barriers to participation: Further examination of constrained leisure as an internally homogeneous concept. *Leisure Sciences*, 15, 217-230.

Jackson, E. L., & Rucks, V. (1995). Negotiation of leisure constraints by junior-high and high-school students: An exploratory study. *Journal of Leisure Research*, 27(1), 85.

Jackson, E. L., & Scott, D. (1999). Constraints to leisure. In E. L. Jackson and T. Burton (Eds.), *Leisure studies: Prospects for the twenty-first century*, (pp. 299-321). State College, Penn: Venture Publishing.

James, K., A., & Embrey, L. (2002). 'Anyone could be lurking around!': Constraints on dolescent girls' recreational activities after dark. *World Leisure*, 43(4), 44-52.

James, K. A. (2000). 'You can feel them looking at you': The experiences of adolescent girls at swimming pools. *Journal of Leisure Research*, 32, 262-276.

James, K. A. (2001). 'I just gotta have my own space!': The bedroom as a leisure site for adolescent girls. *Journal of Leisure Research*, 33, 71-86.

Janker, M., Davey, A., & Kleiber, D. (2006). Modeling change in older adults' leisure activities. *Leisure Sciences*, 28, 285-303.

Jennings, G. (2001). *Tourism research*. Australia: John Wiley & Sons Australia Ltd.

Ji, H. (2006). Leisure constraints of the married Korean females. In abstracts, *Proceedings of the World Leisure Congress* (pp. 54), Poster Presentation no. 121, Hangzhou, China.

Johnson, C. Y., Bowker, J. M. & Gordell, H. K. (2001). Outdoor recreational constraints: An examination of race, gender, and rural dwelling. *Southern Rural Sociology*, 17, 111-133.

Johnson, C. Y., Bowker, J. M., English, D. B. K., & Worthen, D. (1998). Wildland recreation in the rural south: An examination of marginality and ethnicity theory. *Journal of Leisure Research*, 30, 101-120.

Johnson, N. A., & Heller, R. F. (1998). Prediction of patient nonadherence with home-based exercise for cardiac rehabilitation: The role of perceived barriers and perceived benefits. *Preventive Medicine*, 27, 56-64.

Kaae, B., & Lee, R. (1996). *The use of lifestyle in outdoor recreation research*. Paper presented at Free Time and Quality of Life for the 21st Century, World Congress of the World Leisure and Recreation Association, Cardiff, Wales, U.K.

Kane, M.J. (1990). Female involvement in physical recreation- Gender role as a constraint. *Journal of Physical Education, Recreation, and Dance*, 61(1), 52-56.

Karsten, L. (1995). Women's leisure: divergence, conceptualization and change-the case of the Netherlands. *Leisure Studies*, 14, 186-201.

Kay, T., & Jackson, G. (1991). Leisure despite constraint: The impact of leisure constraint on leisure participation. *Journal of Leisure Research*, 23, 301-313.

Kay, T. (1998). Having it all or doing it all? The construction of women's lifestyles in time-crunched households. *Society and Leisure*, 21(2), 435-454.

Kay, T. (2000). Leisure, gender and family: The influence of social policy. *Leisure Studies*, 19, 247-265.

Kay, T (2005). The voice of the family: Influences on Muslim girls' responses to sport. *LSA Newsletter*, 71, 62-71.

Kelly, J. R., & Ross, J. E. (1989). Later-life leisure: Beginning a new agenda. *Leisure Sciences*, 11(1), 47-59.

Khan, N. A. (1997). Leisure and the recreation among women of selected hill-farming families in Bangladesh. *Journal of Leisure Research*, 29(1), 5-20.

Kleiber, D. A., Wade, M. G., & Loucks-Atkinson, A. (2005). The utility of the concept of affordance for leisure research. In E. Jackson (Ed.), *Constraints to leisure* (pp. 233-243). State College, PA: Venture Publishing.

Kleiber, D. A., & Kane, M. J. (1984). Sex differences and the use of leisure as adaptive potentiation. *Society and Leisure*, 7, 165-173.

Klebei, D. A., McGuire, F. A., Aybar-Damali, B., & Norman, W. (2008). Having more by doing less: The paradox of leisure constraints in later life'. *Journal of Leisure Research*, 40(3), 343-359.

Kluge, M. A. (2002). Understanding the essence of a physically active lifestyle. *Journal of Aging and Physical Activity*, 10(1), 4-27.

Knapp, C. (1985). Escaping the gender trap: the ultimate challenge for experiential educators. *Journal of Experiential Education*, 8(2), 16-19.

Kouthouris, C. (2005). Investigating demographic and attitude characteristics of recreational skiers: An application on behavioral segmentation. *Journal of Sports*, 8 (4).

Kouthouris, C., & Alexandris, K. (2005). Can service quality predict customer satisfaction and behavioral intentions in the sport tourism industry? An application of the SERVQUAL model in an outdoor setting. *Journal of Sport & Tourism*, 10, 101-111.

Krumboltz, J. (1984). A social learning theory of career selection. In D. Montross and C. Strinkman (Eds.), *Career development in the 1980s*. Illinois: Springfield

Kuhn, R. G., & Jackson, E. L. (1989). Stability of factor structures in the measurement of public environmental attitudes. *Journal of Environmental Education*, 10, 27-32.

Kurtzman, J., & Zauhar, J. (1993). Research: Sport as a touristic endeavour. *Journal of Tourism Sport*, 1(1).

Kurtzman, J., & Zauhar, J. (1995). Agency Reports. Tourism Sports International Council. *Annals of Tourism Research*, 22(3), 707-708.

Kurtzman, J., & Zauhar, J. (2003). A wave in time- The sports tourism phenomena. *Journal of Sport & Tourism*, 8, 35-47.

Kviz, F. J. (1977). Towards a Standard Definition of Response Rate. *Public Opinion Quarterly*, 41, 265-267.

Laberge, S., & Sankoff, D. (1988). Physical activities, body *habitus*, and lifestyles. In J. Harvey and H. Cantelon (Eds.), *Not just a game*, (pp. 267-286). Ottawa: University of Ottawa Press.

Larson, R., Mannell, R., & Zuzanek, J. (1986). Daily well-being of older adults with friends and family. *Psychology and Aging*, 1(2), 117-126.

Lee, J., Scott, D., & Floyd, M. F. (2001). Structural inequalities in outdoor recreation participation: A multiple hierarchy perspective. *Journal of Leisure Research*, 33, 427-449.

Lee, K. M. (1996). "Women Employment in Hong Kong". In Nyaw Mee-Kau and Li Si-Ming (Eds), *The Other Hong Kong Report*. The Chinese University Press.

Leisure Consultants (1992). *Activity holidays: The growth market in tourism*. Suffolk, Great Britain: Author

Leith, D. A., & Shaw, S. (1997). Physical inactivity in leisure: Why some women adopt inactive lifestyles. *Journal of Applied Recreation Research*, 22(4), 339-364.

Lemon, B. W., Bengston, V. L., & Peterson, J. A. (1972). An exploration of the activity theory of aging: Activity types and life satisfaction among in-movers to a retirement community. *Journal of Gerontology*, 27(4), 511-523.

Lenskyj, H. (1988). Measured time: Women, sport, and leisure. *Leisure Studies*, 7, 233-240.

Leong Shen-Li, Zulkifli Abdul Rahman, & Elizabeth Looi. (2006, April 26). Azalina: Some women feel too guilty to take up sports. *The Star*, p. 14.

Lewis, S. T., & Puymbroeck, M. V. (2008). Obesity-stigma as a multifaceted constraint to leisure. *Journal of Leisure Research*, 40(4), 574-588.

Liechty, T., Freeman, P. A., & Zabriskie, R. B., (2006). Body image and beliefs about appearance: Constraints on the leisure of college-age and middle-age women. *Leisure Sciences*, 28, 311-330.

Lim, Khong-Chiu (2004). *Pengaruh sikap, motivasi, dan efikasi-kendiri terhadap penyertaan aktiviti fizikal masa senggang di kalangan pelajar universiti awam tempatan*. Unpublished doctoral dissertation, Universiti Sains Malaysia.

Little, E. (2002). Women and adventure recreation: Reconstructing leisure constraints and adventure experiences to negotiate continuing participation. *Journal of Leisure Research*, 34(2), 157-177.

Liu, Y. H. (1995). *The White Paper on Women's Situation in Taiwan*. Taipei: China Times Publishing.

Livengood, J. S., & Stodolska, M. (2004). The effects of discrimination and constraints Negotiation on leisure behavior of American Muslims in the post-September 11 America. *Journal of Leisure Research*, 36, 183-208.

Loucks-Atkinson, A., & Mannell, R. C. (2007). Role of self-efficacy in the constraints negotiation process: The case of individuals with fibromyalgia syndrome. *Leisure Sciences*, 29(1), 19-36.

Lyons, K., & Diongi, R. (2007). Transcending emotional community: A qualitative examination of older adults and masters' sports participation. *Leisure Sciences*, 29, 375-389.

Mannell, R. C. (1993). High-investment activity and life satisfaction among older adults: Committed, serious leisure, and flow activities. In J. R. Kelly (Ed.), *Activity and aging: Staying involved in later life* (pp. 125-145). Newbury Park, CA: Sage Publications.

Mannell, R. C., & Zuzanek, J. (1991). The nature and variability of leisure constraints in daily life: The case of the physically active leisure of older adults. *Leisure Sciences*, 13, 337-351.

Manning, R. E., Bacon, J., Graefe, A., Kyle, G., Lee, R., & Burns, R. (2001). I never hike alone. *Parks & Recreation*, 36, 50-56.

Manrai, L. A., & Manrai, A. K. (1995). Effects of cultural context, gender, and acculturation on perceptions of work versus social/leisure time usage. *Journal of Business Research*, 32, 115-128.

Marcus, B., Pinto, B., Simkin, L., Audrain, J., & Taylor, E. (1994). Application of theoretical models to exercise behavior among employed women. *American Journal of Health Promotion*, 9(1), 49-55.

Markides, K. I., Liang, J., & Jackson, J. (1990). Race, ethnicity, and aging: conceptual and methodological issues. In R. H. Binstock and L. K. George (Eds.), *Handbook of aging and the social sciences* (pp. 112-129). San Diego: Academic Press.

Marsden, P. V., & Reed, J. S. (1983). Cultural choice among southerners. *American Behavioral Scientist*, 26(4), 479-492.

Marsh, C., & Arber, S. (1992). *Families and households: divisions and change*. London: Macmillan.

Martin, W. H., & Mason, S. (2003). Leisure in three Middle Eastern countries. *World Leisure*, 45(1), 35-44.

Mason, J. (1996). *Qualitative researching*. London:Sage.

Matley, L. (1981). Physical and cultural factors in influencing the locations of tourism. In N. Starr & E. Kelly (Eds.), *Tourism for the travel agent* (pp. 195-121). Wellesley, M.A.: ICTA.

Mattingly, M. J. & Bianchi, S. M. (2003). Gender differences in the quantity and quality of free time: The U.S. experience. *Social Forces*, 81(3), 999-1030.

McDonald, T. (1996). *The effects of Outward Bound on self-esteem and sex-role characteristics in Year 10 students*. Manuscript in preparation, University of Canberra, Canberra, Australian Capital Territory, Australia.

McGuire, F. A. (1984). A factor analytic study of leisure constraints in advanced adulthood. *Leisure Sciences*, 6, 313-326.

McGuire, F. A., Boyd, R. K., & Tedrick, R. E. (2004). *Leisure and aging: Ulyssean living in later life* (3rd ed). Champaign, IL: Sagamore Publishing.

McGuire, F. A., Dottavio, D., & O'Leary, J. T. (1986). Constraints to participation in outdoor recreation across the life span: a nation-wide study of limitors and prohibitors, *The Gerontologist*, 26, 538-544.

McIntosh, R., Goeldner, C., & Brent, R. J. (1995). *Tourism: Principles, Practices, Philosophies*. New York: John Wiley & Sons Inc.

McKay, J., Messner, M., & Sabo, D. (2000). *Masculinities, Gender Relations and Sport*. Thousand Oaks, CA: Sage.

Menec, V. H. (2003). The relation between everyday activities and successful aging: A 6-year longitudinal study. *Journal of Gerontology*, 58, 74-82.

Merril, R. M., Shields, E. C., Wood, A., & Beck, R. E. (2004). Outcome expectations that motivate physical activity among world Senior Games participants. *Perceptual and Motor Skills*, 99, 1277-1289.

Miller, Y. D., & Brown, W. J. (2005). Determinants for active leisure for women with young children – An “ethic of care” prevails. *Leisure Sciences*, 27, 405-420.

Miller, G. T., & Downey, K. T. (1999). A meta-analysis of heavyweight and self-esteem. *Personality and Social Psychology Review*, 5(1), 68-84.

Mitchell, G. (1983). *Mountain Experience: The Psychology and Sociology of Adventure*. Chicago: Chicago University Press.

Mobily, K. E., Ramos, C. I., & Stone, D. R. (1994). Exercise and mental health in the well elderly. In D. M. Compton and S. E. Iso-Ahola (Eds.), *Leisure and mental health* (pp. 135-146). Park City, UT: Family Development Resources, Inc.

Mohd Iqbal Mohd Shafie (1986). *Manual Methodologi Penyelidikan*. Malaysia: Biro Penyelidikan dan Perancangan Institut Tadbiran Awam Negara.

Morgan, K., & Bath, P. A. (1998). Customary physical activity and psychological well being: A longitudinal study. *Age and Ageing*, 27, 35-40.

Nadirova, A. A. (2000). *Understanding leisure decision making: An integrated analysis of recreation participation, anticipated leisure benefits, environmental attitudes, leisure constraints, and constraints negotiation*. Unpublished doctoral dissertation, University of Alberta.

Nadirova, A. A., & Jackson, E. L. (2000). Alternative criterion variables against which to assess the impacts of constraints to leisure. *Journal of Leisure Research*, 32(4), 396-405.

Nagel, J. (1994). Constructing ethnicity: Creating and recreating ethnic identity culture. *Social Problems*, 41, 152-176.

Nelson, M. (2004). How men matter: Housework and self-provisioning among rural Single mother and married-couple families in Vermont, Us. *Feminist Economics*, 10, 9-36.

Ngai, Vong-Tze (2005). Leisure satisfaction and quality of life in Macao, China. *Leisure Studies*, 24(2), 195-207.

Nolan, T., & Priest, S. (1993). Outdoor programmes for women only? *Journal of Adventure Education & Outdoor Leadership*, 10(1), 14-17.

Norman, W. (1995). Perceived constraints: A new approach to segmenting the vacation travel market. In abstracts, *Proceedings of the 1995 Symposium on Leisure Research* (pp. 113). Arlington, VA: National Recreation and Park Association.

Nyaupane, G., Morais, D., & Graefe, A., (2004). Nature tourism. A cross activity comparison. *Annals of Tourism Research*, 31 (3), 540-555.

Ogu, O. C. (1999). Social situations affecting the sporting experiences of working class women in Nigeria: A challenge to sport for all. *International Sports Studies*, 21(2), 55-64.

Oh Sae-Sook, Caldwell, L., & Oh Sei-Yi (2001). Age differences in predicting leisure satisfaction in a sample of Korean adults. In abstract, *Proceedings of the 2001 Leisure Research Symposium*, St. Louis, MO: National Recreation and Park Association.

Ostbye, T., Welsh-Bohmer, K. A., Sanders, L., Norton, M. C., Piper, C., Krause, K. M., et al. (2006). Ten dimensions of health and their relationships with overall self-reported health and survival in a predominately religiously active elderly population: The Cache County Memory Study. *Journal of American Geriatrics Society*, 54, 199-209.

Ostrow, A. C., & Dzewaltowski, D. A. (1986). Older adults' perceptions of physical activity participation based on age-role and sex-role appropriateness. *Research Quarterly for Exercise and Sport, 57*(2), 167-169.

Payne, L. L., Mowen, A. J., & Montoro-Rodriguez, J. (2006). The role of leisure style in maintaining the health of older adults with arthritis. *Journal of Leisure Research, 38*, 20-45.

Pennington-Gray, L.A., & Kerstetter, D.L. (2002). Testing a constraints model within the context of nature-based tourism. *Journal of Travel Research, 40*, 416-423.

Phelan, E. A., & Larson, E. B. (2002). Successful aging-Where next? *Journal of the American Geriatric Society, 50*, 1306-1308.

Philipp, S. F. (1994). Racial differences in perceived leisure constraints. *Perceptual & Motor Skills, 79*, 1339-1343.

Pipher, M. (1994). *Reviving Ophelia: Saving the Selves of Adolescent Girls*. New York: Ballantine.

Pritchard, M., Howard, D., & Havitz, M. (1992). Loyalty measurement: A critical examination and theoretical extension. *Leisure Sciences, 14*, 155-164.

Rader, B. G. (1990). *American sports*. Englewood Cliffs, NJ: Prentice Hall.

Raymore, L., Godbey, G., & Crawford, D. (1994). Self-esteem, gender, and socioeconomic status: Their relation to perceptions of constraint on leisure among adolescents. *Journal of Leisure Research, 26* (2), 99-118.

Raymore, L., Godbey, G., Crawford, D. & von Eye, A. (1993). Nature and process of leisure constraints: An empirical test. *Leisure Sciences, 15*, 99-113.

Redmond, G., (1991). Changing styles of sports tourism: Industry/consumer interactions in Canada, the USA, and Europe. In M. T. Sinclair & M. J. Stabler (Eds.), *The tourism industry: An international analysis* (pp. 107-120). Wallingford, UK: CAB International.

Reeder, C. W., & Linkowski, D. C. (1976). An institute on attitudinal, legal, and leisure barriers to the disabled. *Rehabilitation Counseling Bulletin, 20*, 76-79.

Rhodes, R. E., Martin, A. D., Taunton, J. E., Rhodes, E. C., Donnelly, M., & Elliott, J. (1999). Factors associated with exercise adherence among older adults: An Individual perspective. *Sports Medicine, 28*, 397-411.

Ritchie, B. W., & Adair, D. (2004). Sport tourism: An introduction and overview. In B. W. Ritchie & D. Adair (Eds.), *Sport tourism: Interrelationships, impacts and issues* (pp. 1-29). Tonawanda, NY: Channel View Publications.

Riviere-Zijdella, L. (2006). Discovering and harnessing changes. In *Proceedings of the 2006 WSFFM South East Asia Women In Sports Conference* (Number 4). Malaysia: WSFFM.

Robinson, J. P. (1987). Where's the boom? *American Demographics, 9*(3), 34-37.

Rodgers, W. M., & Brawley, L. R. (1991). The role of outcome expectancies in participation motivation. *Journal of Sport and Exercise Psychology, 13*, 411-427.

Roggenbuck, J., & Lucas, R. (1987). Wilderness use and user characteristics: A state of knowledge review. In USDA Forest Service General Technical Report INT-220: *Proceedings National Wilderness Research Conference: Issues, State-of-knowledge, Future Directions* (pp. 204-245).

Rojek, C. (1985). *Capitalism and leisure theory*. London: Travistock Publication Inc.

Rojek, C. (1995). *Decentring Leisure: Rethinking Leisure Theory*. London: Sage.

Rowe, J. W., & Kahn, R. L. (1998). *Successful Aging*. New York: Pantheon Books.

Roxburgh, S. (2006). "I wish we had more time to spend together . . ." The distribution and predictors of perceived family time pressures among married men and women in the paid labor force. *Journal of Family Issues, 27*, 529-553.

Rubiah Ismail (1993). *Satu kajian tentang status penglibatan dan faktor-faktor yang mempengaruhi penglibatan mahasiswa dalam aktiviti fizikal*. Unpublished master thesis, Universiti Sains Malaysia, Malaysia.

Ruuskanen, J. M., & Ruopilla, I. (1995). Physical activity and psychological well-being among people aged 65 to 84 years. *Age and Ageing*, 24, 292-296.

Salleh Abd Rashid (1997). *The attitudes towards Physical Education of students from different education groups at secondary school level in Malaysia*. Unpublished doctoral dissertation, University of Manchester.

Samdahl, D. M., & Jekubovich, N. J. (1993). *Constraints and constraint negotiation in common daily living*. Paper presented at the Seventh Canadian Congress on Leisure Research, University of Manitoba, Winnipeg, Manitoba.

Samdahl, D. M., & Jekubovich, N. J. (1997). A critique of leisure constraints: Comparative analyses and understandings. *Journal of Leisure Research*, 29, 430-452.

Sasidharan, V. (2002). Special issue introduction: Understanding recreation and the environment within the context of culture. *Leisure Sciences*, 24, 1-11.

Scanlan, T. K., Carpenter, P. J., Schmidt, G. W., Simons, J. P., & Keeler, B. (1993). An Introduction to the sport commitment model. *Journal of Sport and Exercise Psychology*, 15, 1-15.

Schreiber, R. (1976). Sports interest: A travel definition. In abstract, *Proceedings of the 7<sup>th</sup> Annual Conference* (p. 85-87). Boca Raton, FL: TTRA.

Scott, D. (1991). The problematic nature of participation in contract bridge: A qualitative study of group-related constraints. *Leisure Sciences*, 13, 321-336.

Scranton, S. (1995). *Continuities and change-challenges for feminist leisure studies*. Paper presented at Women and Leisure: Towards a New Understanding, International Conference, Athens, Georgia, USA.

Searle, M. S., & Jackson, E. L. (1985a). Socioeconomic variation in perceived barriers to recreation participation among would be participants. *Leisure Sciences*, 7, 227-249.

Searle, M. S., & Jackson, E. L. (1985b). Recreation non-participation and barriers to participation: Considerations for management of recreation delivery systems. *Journal of Park and Recreation Administration*, 3, 23-36.

Second Malaysian family life survey (1988). Retrieved from <http://www.bsos.umd.edu/socy/vanneman/socy699J/mfls2userguid.pdf>

Shaw, S. M. (1985). The meaning of leisure in everyday life. *Leisure Sciences*, 7, 1-24.

Shaw, S. M. (1989). Fitness and wellness for young women: The image paradox. *Recreation Canada*, 47(2), 33-38.

Shaw, S. M. (1992). De-verifying family leisure: An examination of women's and men's everyday experiences and perceptions of family time. *Leisure Sciences*, 14, 271-286.

Shaw, S. M. (1994). Constraints to women's leisure. *Journal of Leisure Research*, 25, 8-22.

Shaw, S. M. (2000). Will research on leisure constraints still be relevant in the twenty-first century? *Journal of Leisure Research*, 32, 62-68.

Shaw, S. M. (2001). Conceptualising resistance: Women's leisure as political practice. *Journal of Leisure Research*, 33, 186-201.

Shaw, S. M., Bonen, A., & McCabe, J. (1991). Do more constraints mean less leisure? Examining the relationship between constraints and participation. *Journal of Leisure Research*, 23, 286-300.

Shaw, S. M., & Dawson, D. (2001). Purposive leisure: Examining parental discourses on family activities. *Leisure Sciences*, 23(4), 217-231.

Shaw, S. M., & Henderson, K. (2005). Gender analysis and leisure constraints: An uneasy alliance. In E. L. Jackson (Ed.), *Constraints to Leisure* (pp. 23-34). State College, PA: Venture.

Shelton, B. A. (1992). *Women, men and time: gender differences in paid work, housework and leisure*. Westport, Connecticut: Greenwood Press.

Shinew, K., & Floyd, M. E. (2005). Racial inequality and constraints to leisure in the Post-Civil Rights era: Toward an alternative framework. In E. L. Jackson (Ed.), *Constraints to leisure* (pp. 35-51). State College, PA: Venture.

Shinew, K., Floyd, M. E., McGuire, F., & Noe, F. (1995). Class polarization and leisure activity preference of African Americans: Intragroup comparison. *Journal of Leisure Research*, 28(4), 219-232.

Shinew, K., Stodolska, M., Floyd, M., Hibbler, D., Allison, M., Johnson, C., & Santos, C. (2006). Race and ethnicity in leisure behavior: Where have we been and where do we need to go? *Leisure Sciences*, 28, 403-408.

Shogun, D. (2002). Characterizing constraints of leisure: A Foucaultian analysis of leisure constraints. *Leisure Studies*, 21(1), 27-38.

Siegenthaler, K. L. (1997). Health benefits of leisure. *Parks & Recreation*, 32(1), 24-28.

Siegenthaler, K. L., & O'Dell, I. (1998). Meeting the leisure needs of families. *Parks and Recreation Administration*, 33(12), 38-44.

Skowron, M. A., Stodolska, M., & Shinew, K. J. (2008). Determinants of leisure time physical activity participation among Latina women. *Leisure Sciences*, 30(5), 429-447.

Slenker, S. E., Price, J. H., Roberts, S. M., & Jurs, S. G. (1984). Joggers versus non-exercisers: An analysis of knowledge, attitudes, and beliefs about jogging. *Research Quarterly for Exercise and Sport*, 55, 371-378.

Son, J. S., Kerstetter, D. L., & Mowen, A. J. (2008). Do age and gender matter in the constraint negotiation of physically active leisure? *Journal of Leisure Research*, 40(2), 267-289.

Spreitzer, E., & Synder, E. E. (1976). Socialisation into sport: An explanatory path analyses. *Research Quarterly*, 47, 238-245.

Stamps, S. M., & Stamps, M. B. (1985). Race, class, and leisure activities of urban residents. *Journal of Leisure Research*, 17, 40-56.

Standeven, J., & De Knop, P., (1999). *Sport tourism*. USA: Human Kinetics.

Stanko, E. A. (1987). Typical violence, normal precaution: Men, women, and interpersonal violence in England, Wales, Scotland, and the USA. In J. Hanmer & M. Maynard (Eds.), *Women, violence and social control*. Atlantic Highlands, NJ: Humanities Press International.

Stanley, D., & Freysinger, V. J. (1995). The impact of age, health, and sex on the frequency of older adults' leisure activity participation: A longitudinal study. *Activities, Adaptation & Aging*, 19, 31-42.

Statistics population of Malaysia. Retrieved from [http://www.statistics.gov.my/english/frameset\\_popclock.php?file=malaysia](http://www.statistics.gov.my/english/frameset_popclock.php?file=malaysia)

Stehr-Green, P. A., Stehr-Green, J. K., & Nelson, A. (2003). Developing a questionnaire. *Focus on Field Epidemiology*, 2(2), 1-7.

Stein, P. J. (1981). Understanding single adulthood. In P. J. Stein (Ed.), *Single life: Unmarried adults in social context*. New York: St. Martin's.

Stodolska, M., & Yi-Kook, J. (2005). Ethnicity, immigration, and constraints. In Jackson, E. L. (Ed.), *Constraints to leisure* (pp. 53-73). State College, PA: Venture Publishing.

Stonecipher, L. J. (1995). Perceived barriers and physical activity: Differences in groups defined by gender and activity level. *Research Quarterly for Exercise and Sport, March (supplement)*, 44.

Strain, L. A., Carmen, C. G., Searle, M. S., & Dunn, N. J. (2002). Continuing and ceasing leisure activities in later life: A longitudinal study. *The Gerontologist*, 42(2), 217-223.

Tabachnick, B. G., & Fidell, L. S. (2001). *Using multivariate statistics* (4<sup>rd</sup> Ed.). New York: HarperCollins.

Talbot, M. (1988). Beating them at their own game? Women's sport involvement. In E. Wimbush & M. Talbot (Eds.), *Relative freedoms: Women and leisure* (pp. 102-114). Milton Keynes, UK: Open University Press.

Tam, S. M. (1999). *Private practice and gendered power: Women doctors in Hong Kong*. Hong Kong: Hong Kong Institute of Asia-Pacific Studies, Chinese University of Hong Kong.

Taylor, T. (2001). Cultural diversity and leisure: experiences of women in Australia. *Society and Leisure*, 24(2), 535-555.

Tay, S. (2001). Don't cry for Asia. *Newsweek Special Edition: Issues Asia*, July-September, 74.

Terry, L. (1996). Holidayers seek thrill. *Leisure Management*, 16(6), 14.

The Economic Planning Unit (2006). *Ninth Malaysia Plan, 2006-2010*. Malaysia, Putrajaya: The Economic Planning Unit, Prime Minister's Department.

Theodore Kournelis. (2004, February 6). Sport events is an active way to promote Malaysia's tourism. *BERNAMA*. Retrieved from <http://www.traveldailynews.com>

Thomas, L. G. (1956). Leisure pursuits by socio-economic strata. *Journal of Educational Sociology*, 29, 367-377.

Thompson, S. (1995). Playing around the family: Domestic labour and the gendered conditions of participation in sport. *ANZALS Leisure Research Series*, 2, 125-136.

Thompson, S. (1999a). The game begins at home: Women's labor in the service of sport. In Coakley, J. & Donnelly, P. (Ed.), *Inside sports*. London: Routledge.

Thomsson, H. (1999). Yes, I used to exercise, but . . . : A feminist study of exercise in the life of Swedish women. *Journal of Leisure Research*, 31(1), 35-56.

Tiggemann, M., & Lynch, J. E. (2001). Body image across the life span in adult women: The role of self-objectification. *Developmental Psychology*, 37, 243-253.

Tirone, S. C., & Pedlar, A. (2000). Understanding the leisure experiences of a minority ethnic group: South Asian teens and young adults in Canada. *Loisir et Société/Society and Leisure*, 23, 145-169.

Tirone, S. C., & Shaw, S. M. (1997). At the center of their lives: Indo Canadian women, their families and leisure. *Journal of Leisure Research*, 29, 225-244.

Tourism Malaysia (2007). Retrieved from [http://www.tourismmalaysia.gov.my/tourismbiz/media\\_centre/statistic.asp](http://www.tourismmalaysia.gov.my/tourismbiz/media_centre/statistic.asp)

Trail, G. T., Robinson, M. J., & Yu, K. K. (2008). Sport consumer behavior: A test for group differences on structural constraints. *Sport Marketing Quarterly*, 17, 190-200.

Tsai, Chiung-tzu (2006). The influence of Confucianism on women's leisure in Taiwan. *Leisure Studies*, 25(4), 469-476.

Tsai, H.L., & Coleman, D. J. (1999). Leisure constraints of Chinese immigrants: An exploratory study. *Society and Leisure*, 22, 243-264.

Valentine, G. (1989). The geography of women's fear. *Area*, 21, 385-390.

Verbrugge, L. M., Gruber-Baldini, A. L., & Fozard, J. L. (1996). Age differences and age changes in activities: Baltimore Longitudinal Study of Aging. *Journal of Gerontology*, 51, 30-41.

Verhoef, M., & Love, E. (1992). Women's exercise participation: The relevance of social roles compared to non-role-related determinants. *Canadian Journal of Public Health, 83*, 367-370.

Verhoef, M., Love, E., & Rose, M. (1992). Women's social roles and their exercise participation. *Women and Health, 19*(4), 15-29.

Vertinsky, P. (1995). Stereotypes of aging women and exercise: A historical perspective. *Journal of Aging and Physical Activity, 3*, 223-237.

Virden, R. J., & Walker, G. J. (1999). Ethnic/racial and gender variation among meanings given to, and preferences for, the natural environment. *Leisure Studies, 21*, 219-239.

Virtual Malaysia (2007). Celebrating 50 years of nationhood. Retrieved from [http://www.virtualmalaysia.com/our\\_malaysia/in\\_brief/language.cfm](http://www.virtualmalaysia.com/our_malaysia/in_brief/language.cfm)

Vroom, V. H. (1964). *Work and motivation*. New York: Wiley.

Walker, G. J., Deng, J., & Dieser, R. B. (2005). Culture, self-construal, and leisure theory and practice. *Journal of Leisure Research, 37*, 77-99.

Walker, G. J., Jackson, E. L., & Deng, J. (2007). Culture and leisure constraints: A comparison of Canadian and mainland Chinese university students. *Journal of Leisure Research, 39*(4), 567-590.

Walker, G. J., Jackson, E. L., & Deng, J. (2008). The role of self-construal as an intervening variable between culture and leisure constraints: A comparison of Canadian and mainland Chinese university students. *Journal of Leisure Research, 40*(1), 90-109.

Walseth, K., & Fasting, K (2003). Islam's view on physical activity and sport. *International Review for the Sociology of Sport, 38*, 45-60.

Wankel, L. M. (1994). Health and leisure: Inextricably linked. *Journal of Physical Education, Recreation, and Dance, 65*(4), 28-31.

Wankel, L. M. (1985). Personal and situational factors affecting exercise involvement: The importance of enjoyment. *Research Quarterly for Exercise and Sport, 56*, 275–282.

Wankel, L. M., & Mummery, W. K. (1993). Using national survey data incorporating the theory of planned behavior: Implications for social marketing strategies in physical activity. *Journal of Applied Sport Psychology, 5*(2), 158–177.

Washbum, R. F. (1978). Black under-participation in wildland recreation: Alternative explanations. *Leisure Sciences, 1*, 175-189.

Wearing, B. (1990). Beyond the ideology of motherhood: leisure as resistance. *Australian and New Zealand Journal of Sociology, 26* (1), 36-58.

Wearing, B. (1998). *Leisure and Feminist Theory*. London: Sage.

Weiler, B., & Hall, C. M. (1992). *Special interest tourism*. London: Belhaven Press.

Wen, C. (1989). The stability and change of traditional Chinese values. In W. Zhang, & Z. Hui (Eds.), *On Chinese culture from the perspectives of Taiwan scholars* (pp. 80-98). Harbin: Heilongjiang Education Press.

West, C., & Zimmerman, D. (1987). “Doing gender.” *Gender and Society, 1*, 125-151.

Whyte, L., & Shaw, S. (1994). Women’s leisure: An exploratory study of fear of violence as a leisure constraint. *Journal of Applied Recreation Research, 19*, 5-21.

Williams, P., & Basford, R. (1992). Segmenting downhill skiing’s latent demand markets. *American Behavioral Scientist, 36*, 222-235.

Williams, P., & Dossa, K. B. (1995). “Canada’s Ski Markets.” *Ski Area Management, 34* (5), 62-63.

Williams, P., & Fidgeon, P. (2000). Addressing participation constraint: A case study of potential skiers. *Tourism Management, 21*, 379-393.

Williams, P., & Lattey, C. (1994). Skiing constraints for women. *Journal of Travel Research*, 32, 21-25.

Willming, C., & Gibson, H. (2000). Review of leisure and patterns in family life in the late 1990s. *Society and Leisure*, 23(1), 121-144.

Wilson, E. C. (2004). *A 'journey of her own'?: The impacts of constraints on women's solo travel*. Unpublished doctoral dissertation, Griffith University.

Wimbush, E. (1986). Mothers with young children - Understanding their leisure. In Leisure Studies Association Newsletter Supplement, *Women's Leisure: Constraints and Opportunities*, (pp. 13-26). Eastbourne: LSA Publications.

Wimbush, E. (1989). Gender, leisure and health: The benefits and strains of leisure participation for mothers with young children. In J. Long (Ed.), *Leisure, health and well-being* (pp. 79-94). Brighton: Leisure Studies Association.

Wimbush, E., & Talbot, M. (1988). *Relative freedoms: Women and leisure*. Milton Keynes, UK: Open University Press.

Witt, P., & Goodale, T. (1981). The relationship between barriers to leisure enjoyment and family stages. *Leisure Sciences*, 4, 29-49.

Wood, V. (1971). Age-appropriate behavior for older people. *Gerontologist*, 11, 74-78.

Wong, N., & Ahuvia, A. (1998). Personal taste and family face: Luxury consumption in Confucian and Western societies. *Psychology & Marketing*, 15, 423-441.

Wright, B. A., & Goodale, T. L. (1991). Beyond non-participation: Validation of interest and frequency of participation categories in constraints research. *Journal of Leisure Research*, 23, 314-331.

Zorba, E., Micoogullari, B. O., Zorba, E., & Tekin, A. (200). Sports tourism in Turkey. *Journal of Sport Tourism*, 9(4), 325-329.

Zuzanek (1978). Social differences in leisure behavior: Measurement and interpretation. *Leisure Sciences* 3(1), 271-293.