

Leisure as a Coping Mechanism: The Relationship Between Leisure and Stress

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Background and Purpose

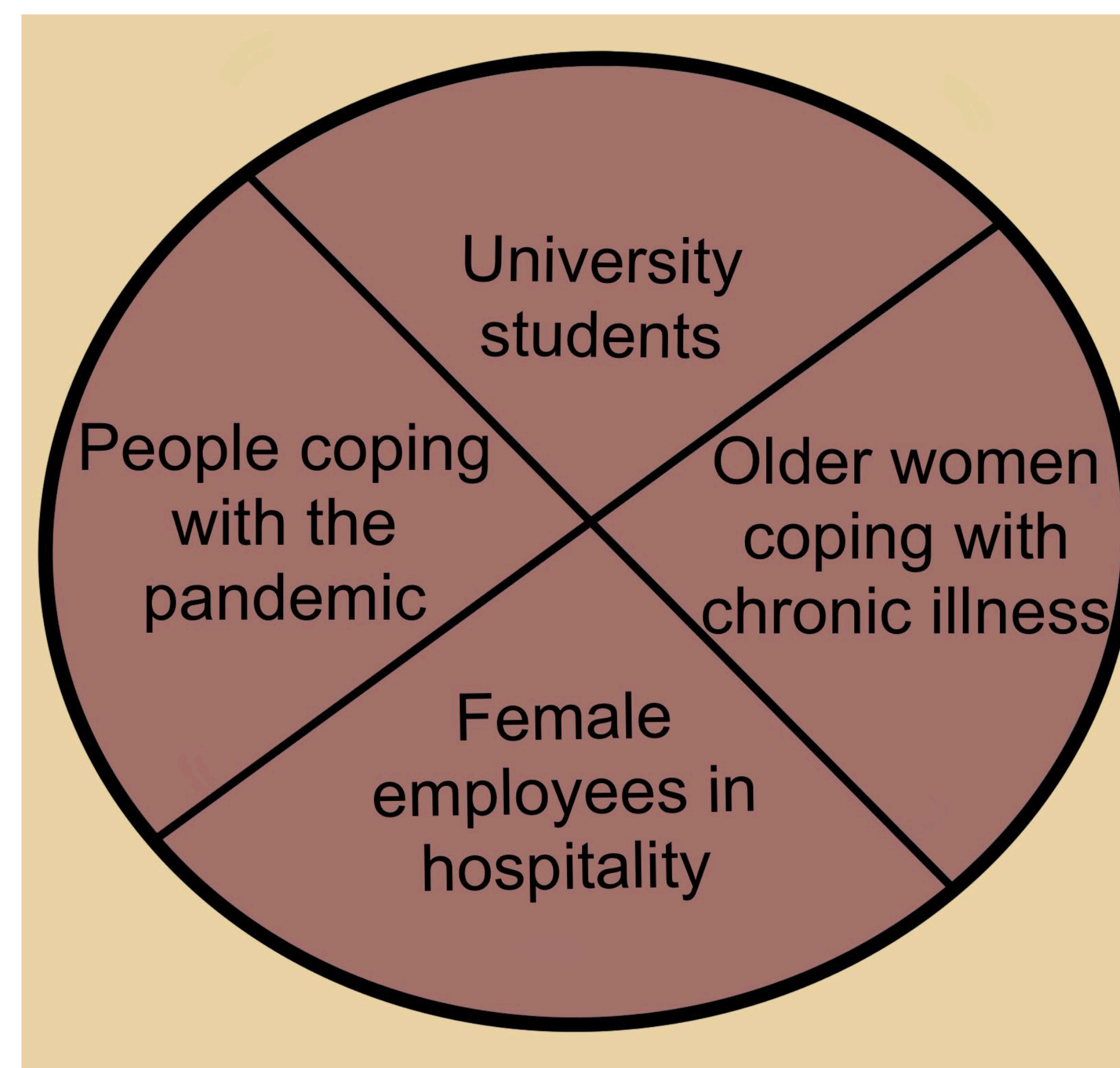
- Leisure is an important aspect of life that is often not prioritized due to stresses of our daily life.
- Stress as a result of work, academia, familial obligations, and health-related issues.
- The role of leisure as an effective coping mechanism.
- Leisure pursuits are not discriminatory. They can be adapted for an individual's unique needs.
- Purpose: To examine the relationship between leisure and stress due to a gap in the literature.

References

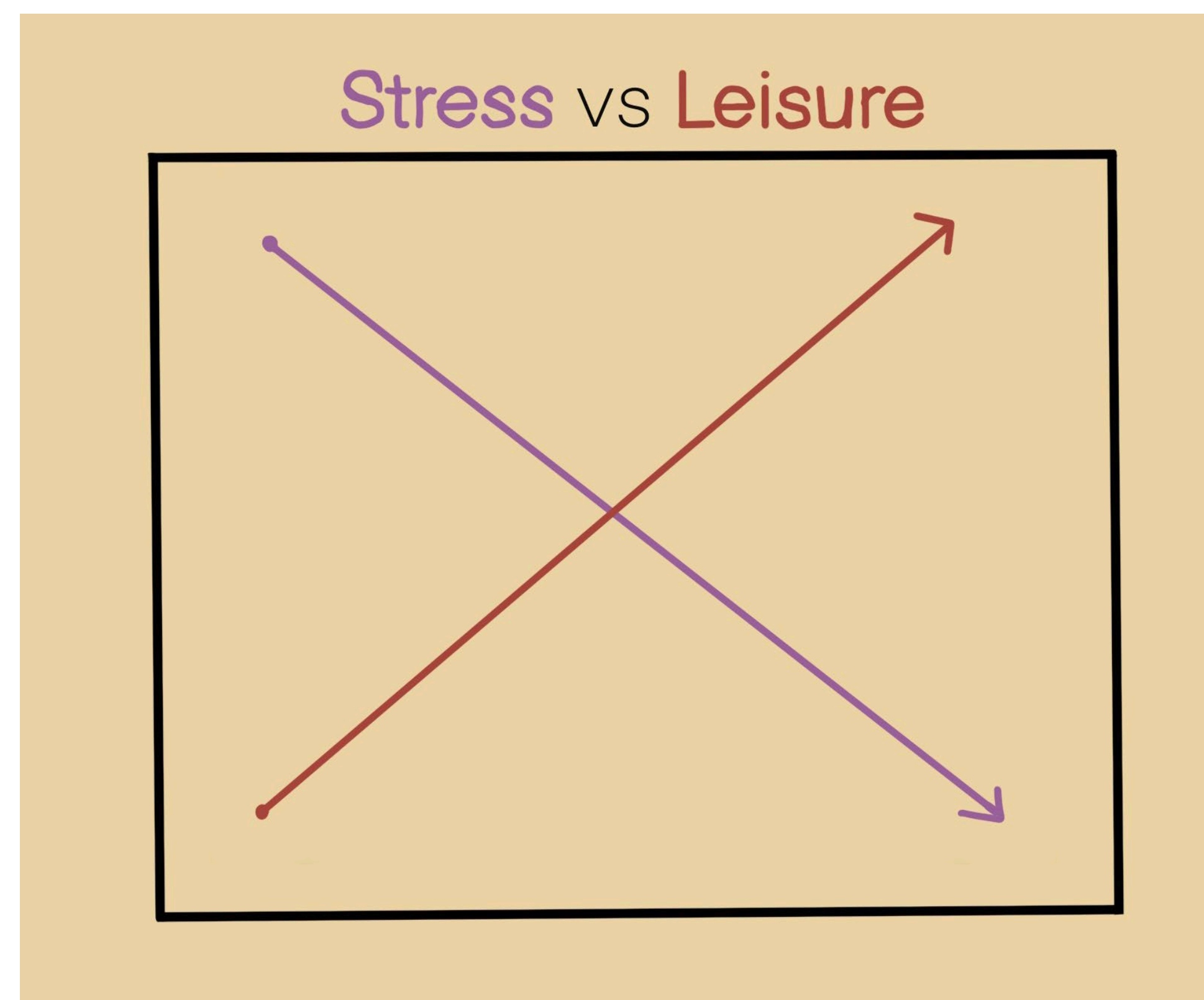
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Research Questions

- Can leisure be used as an effective coping mechanism to deal with stress?
- Are leisure coping tools accessible enough to be applied in various populations?
- What is the correlation between leisure and stress?



The four populations identified in this literature review were university students, people coping with the pandemic, older women coping with chronic illness, and female employees in hospitality.



As Leisure increases, stress will decrease. The two have a negative relationship. (Çevik, 2020)

Findings and Conclusion

There are a variety of ways to cope with stress.

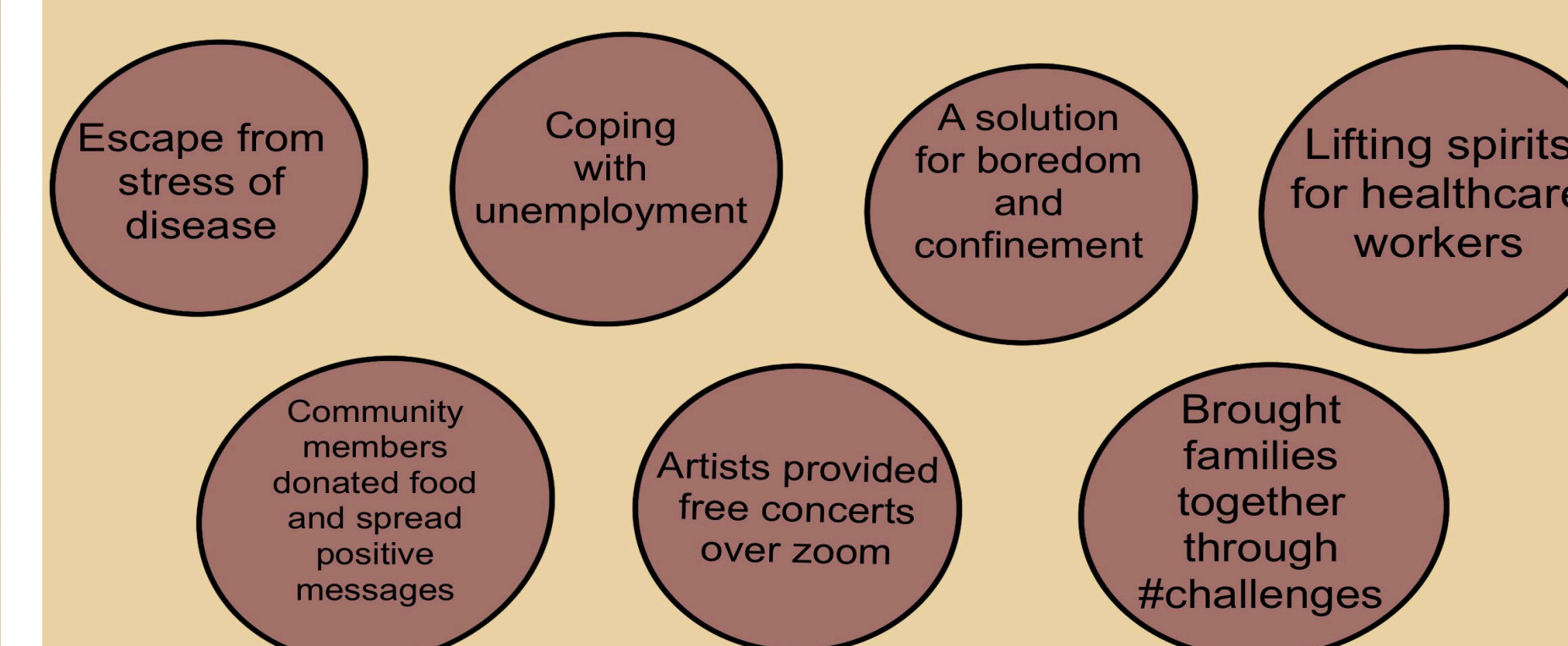
- As the amount of time spent in leisure pursuits increase, the amount of stress experienced decrease (Çevik, 2020).
- The 2020 pandemic led to creative leisure pursuits in a time where social distancing measures provided a huge barrier for recreational activities (Stodolska, 2020).
- The stark contrast between Avoidant Leisure Coping Style (ALCS) and Planned-Breather Leisure Coping Style (PBLCS) highlights the need for planned breaks from stressful situations (Tsaur and Tang, 2012).
- Committed leisure pursuits can also be applied to cope with the stress of chronic illnesses (Lee and Heo, 2020).
- Leisure pursuits can be modified to be accessible and applied as a coping tool for diverse communities with diverse needs.

THEMES

Overcoming Adversity
Investing personal effort
Stages of a leisure career
Health benefits and belongingness
Developing a special social world
Centrality in life

There were six themes that were found in older women utilizing committed leisure to cope with the stress of chronic illness. (Lee and Heo, 2020).

Role of Leisure in the Pandemic



Leisure played many roles in the pandemic. (Stodolska, 2020)

Social Implications

- Affect many populations and fields of study regarding wellness.
- Coping with stress allows people to deal with the stress of being a productive member of society, and to replenish one's energy and resources from becoming empty.
- Stress is detrimental to an individual's overall health and affects all areas of life.
- Leisure is an accessible tool for coping.
- Bring awareness to the benefits of leisure as a coping mechanism.

Design Method

- Literature Review
- Analyze recent literature regarding the topic with Inclusion criteria:
 - Published within the last ten years
 - Application of leisure within a population coping with stress
 - Discussed evidence-based practices of leisure pursuits.

Value of Project

- Highlight leisure as a competent coping tool.
- Individuals dealing with stress about the benefits of leisure.
- Persuade individuals dealing with stress to take care of themselves.

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