

A Study on the Relationship among Father's Leisure Involvement, Family Leisure Satisfaction and Family Well-Being

Liang Ma¹, Shuang Li^{2,*}

¹*School of Resources and Planning, Guangzhou Xinhua University, Guangzhou, China*

²*School of Tourism Management, South China Normal University, Guangzhou, China*

Keywords: Father's leisure involvement, family leisure satisfaction, family well-being, relationship research

Abstract: Leisure satisfaction and well-being is one of the goals that people pursue in the family, where father plays a critical role. This paper innovatively studies the father's role from the perspective of leisure, and explore the relationship among father's leisure involvement, family leisure satisfaction and family well-being. The results of the questionnaire survey in Guangzhou showed: (1) The father's leisure involvement frequency belongs to the medium level, and the family leisure activities with high involvement rate are mainly recreational activities. (2) There was a positive correlation between father's leisure involvement, family leisure satisfaction and family well-being, and family leisure satisfaction played a partly medium role. (3) Intergenerational relationships have significant effects on the internal dimensions of family leisure satisfaction.

1. Introduction

In the new era of pursuing a better life, China's national leisure has entered a new stage of development. The family is the core and carrier of leisure activities ^[1]. How to promote family well-being and achieve good family outcomes through leisure activities is one of the important themes of Western family leisure research ^[2]. In Chinese families, how should fathers participate in family leisure activities? How does father's involvement affect family well-being? This paper studies the role of fathers from the perspective of leisure, and hopes that this paper can help promote the academic community to pay more attention to the role of fathers in leisure research. At the same time, this article hopes to provide guidance for promoting family leisure and enhancing family well-being.

2. Literature Review

Most of the early family leisure studies focused on couples and simply generalized the results to other family systems. In the family system, couples are not all components. We also need to study more diverse family systems from different perspectives. For example, Zabriskie and McCormick conducted research on American family leisure from three different levels: parents, children, and

families [3]. There are few relevant studies in China, and Taiwanese scholars have conducted research on family leisure from the perspective of different family members [1,4,5].

Leisure involvement is mainly defined in terms of activity and time [6]. Ragheb defines the frequency of an individual's involvement in a leisure activity, or the type of leisure activity in which the individual participates. [7] There are abundant foreign studies on "father's involvement". From a family perspective, there is a significant relationship between fathers' involvement in core and balanced family leisure activities and family cohesion, family adaptability, and overall family functioning [8]. In the field of leisure, there is a lack of research on fathers [9].

Leisure satisfaction refers to the positive state of mind or feeling generated in the process of participating in or selecting leisure activities, and refers to the degree of contentment or satisfaction that an individual feels in his own leisure experience or situation [10]. Foreign scholars pay attention to the leisure satisfaction of different families in different situations. Continental scholars started late, mainly focusing on individual leisure satisfaction, and few studies on family background.

Family well-being is the main source of happiness [11,12]. Leisure studies have been conducted on individuals, suggesting that leisure time, activities, attitudes, etc. have an important impact on happiness [2]. Domestic scholars mainly study family well-being and its influencing factors from the perspectives of demography, sociology, psychology and other perspectives. The results show that the family well-being of Chinese residents is generally at the upper middle level, but there is no consistent conclusion on the influencing factors [13,14].

Generally speaking, the family leisure research is very comprehensive and needs to be cross-studied from different perspectives. Most of the researches in China use foreign theoretical framework and research methods for use and reference. At present, there have been no studies on fathers from a leisure perspective, and there is a lack of research. Therefore, it is necessary to draw on research methods and results in other fields of social sciences to conduct research from the perspective of leisure and in the context of Chinese family culture.

3. Study Design

3.1. Theoretical Basis

The Core and Balance Model of Family Leisure Functioning (CMB) points out that there are two models of core and balance in family leisure to meet the needs of stability and change, and ultimately promote the family function and family life satisfaction [15]. This model provides an effective and reliable research tool for family leisure research [16]. The studies based on the model all confirm that the three of family leisure involvement, family leisure satisfaction and family well-being are positively correlated [1,3,17], but there are differences among different countries [18].

Based on the theoretical framework, based on the classification of family leisure activities, this paper discusses the relationship among father's leisure involvement, family leisure satisfaction and family well-being.

3.2. Questionnaire Design

The questionnaire is divided into 4 parts. (1) Overview of father's leisure involvement. The Family Leisure Activity Profile (FLAP) [19] was drawn to measure leisure involvement items and frequency.(2) Family Leisure Satisfaction Scale (FLSS), including 6 dimensions of psychology, education, society, relaxation, physiology and aesthetics, and 24 thematic items [1].(3) Family well-being. Combining one-dimensional measurement and self-reporting scales. The Satisfaction With Family Life Scale (SWLS) was used [3]. (4) Demographic characteristics. The thematic items use a Likert 5-point scale, which is recorded as 5-1 points from "strongly agree" to "strongly

disagree".

3.3. Data Acquisition

Guangzhou is an important central city in China. It has been elected as the happiest city in China for many times. It has strong leisure strength and leisure development ability. Children aged 3 to 12 are generally in kindergarten and primary school stage. In this stage, children have not yet been able to do leisure activities independently. Most leisure activities are carried out in families. Parents living in Guangzhou with at least one child aged 3 to 12 were selected as the subjects. In February 2019, 400 questionnaires were distributed and 382 valid questionnaires were collected, with an effective rate of 95.5%. SPSS23.0 software was used for analysis.

4. Data Analysis and Discussion

4.1. Father's Leisure Involvement

Table 1: Descriptive data for father's leisure involvement (N=382).

| Categories | Items | M | SD |
|---|---------------------|-------|------|
| Recreation (M=3.62,SD=1.18) | 1 Parent-child game | 3.60 | 1.20 |
| | 2 Eating | 4.09 | 1.06 |
| | 3 Watching TV | 3.64 | 1.23 |
| | 4 Watch movies | 3.19 | 1.23 |
| | 5 Walking | 3.48 | 1.15 |
| | 6 Food cooking | 3.70 | 1.22 |
| | 7 Shopping | 3.62 | 0.97 |
| Learning and Improvement (M=3.68,SD=1.19) | 8 Reading | 3.68 | 1.19 |
| Fitness (M=3.21,SD=1.28) | 9 Running | 3.21 | 1.28 |
| Sightseeing (M=3.18,SD=1.20) | 10 Family tourism | 3.01 | 1.24 |
| Social Interaction (M=3.39,SD=1.09) | 11 Visit the park | 3.34 | 1.13 |
| | 12 Family reunion | 3.39 | 1.09 |
| Father's Leisure Involvement | | 41.94 | 5.53 |
| Father's Leisure Involvement And Overall Satisfaction | | 3.70 | 0.96 |

This paper combs the family leisure activities from the perspective of activity contents ^[1,17,20-23], and through the preliminary investigation, a total of 12 items in 5 categories of family leisure activities with a involvement rate of more than 50% were screened out (as shown in Table 1). The core and balance model of family leisure is verified, that is, people generally participate in core leisure activities in daily life. The differences in involvement in activities between different family roles are basically in line with people's general perception. Many respondents pointed out that "every day when I go home from work, in addition to taking care of children, is still taking care of children", so when choosing family leisure activities, "basically consider children", and some interest activities such as doing crafts are also cultivated and developed because of "playing with children" and "taking care of the family". This suggests that although younger children have limited decision-making power over family leisure activities, parents actively consider their children's needs ^[24]. Therefore, daily family leisure activities are mainly centered on "family chores" centered on children. Respondents said that the most desired family leisure activities are related to relaxation, learning and life fulfillment. According to Maslow's hierarchy of needs and Nash's hierarchy of leisure, if the core leisure needs of daily life are well met, people will naturally pursue a higher level of leisure. When conditions permit, people's needs shift to a higher level to obtain a higher level of leisure experience and satisfaction.

The frequency of father's leisure involvement and satisfaction were moderate (as shown in Table 1). Most of the activities with high involvement frequency are core leisure activities based on family. That reflects that fathers tend to spend their leisure time at home by engaging in relatively static activities. Pearson correlation analysis showed that there was a correlation between father's leisure involvement frequency and overall satisfaction. The results of different family roles are different. For the mother, the higher the frequency of the father's leisure involvement is, the higher the degree of satisfaction is. To some extent, the positive effect of father's leisure participation on mothers was affirmed [25].

Different family roles have some differences in their choice of how to involve. Western culture believes that the core feature of fatherhood is economic provider, and motherhood is more of a responsible family caregiver [17]. This coincides with the traditional Chinese family concept of "men are mainly responsible for the outside and women are mainly responsible for the inside". Therefore, fathers are more inclined to provide material support (64.61%) and less willing to contribute time (38.20%). Mothers, on the other hand, prefer time support (75.49%) and spiritual support (72.06%) from the fathers. In a pluralistic society, fatherhood is also pluralistic and complex, and the understanding of fatherhood directly affects the father's involvement in family activities [25].

4.2. Family Leisure Satisfaction

Table 2: Descriptive data for family leisure satisfaction (N=382).

| Categories | Items | M | SD |
|-----------------------------|--|------|------|
| Psychology(M=3.76,SD=0.66) | 1 The family leisure activities I engage in are fun | 3.75 | 0.97 |
| | 2 Engaged in family leisure activities makes me feel confident | 3.79 | 0.96 |
| | 3 Engaged in family leisure activities gives me a sense of accomplishment | 3.71 | 1.00 |
| | 4 Family leisure activities allow me to show me different skills and abilities | 3.79 | 0.96 |
| Education(M=3.80,SD=0.64) | 5 Engaged in family leisure activities increases my knowledge of life around | 3.83 | 0.80 |
| | 6 Family leisure activities provide the opportunity to try new things | 3.80 | 0.91 |
| | 7 Family leisure activities make me know myself better | 3.69 | 0.93 |
| Society(M=3.65,SD=0.64) | 8 Family leisure activities make me know more about others | 3.87 | 0.91 |
| | 9 I engage in social activities in my family leisure activities | 3.46 | 0.97 |
| | 10 Family leisure activities allow me to develop closer relationships with others | 3.80 | 0.94 |
| | 11 People I meet during family leisure activities are very friendly | 3.59 | 0.93 |
| Relaxation(M=3.70,SD=0.70) | 12 I relax with people who love leisure activities | 3.74 | 0.83 |
| | 13 Family leisure activities give me a rest | 3.75 | 0.95 |
| | 14 Family leisure activities make me relieve stress | 3.67 | 0.99 |
| | 15 Family leisure activities calm my mood | 3.68 | 0.99 |
| Physiology(M=3.61,SD=0.69) | 16 I engage in family leisure activities because I like these activities | 3.71 | 1.01 |
| | 17 My family leisure activities are a physical challenge | 3.56 | 0.96 |
| | 18 Engaged in family leisure activities because it can strengthen my body's adaptability | 3.58 | 1.14 |
| | 19 Engaged in family leisure activities can store my physical strength | 3.53 | 1.06 |
| Aesthetic(M=3.78,SD=0.59) | 20 Family leisure activities to keep me healthy | 3.75 | 0.99 |
| | 21 The place where I engage in family leisure activities is very clean and comfortable | 3.81 | 0.91 |
| | 22 The place where I engage in family leisure activities is fun | 3.78 | 0.94 |
| | 23 The place where I engage in family leisure activities is beautiful | 3.84 | 0.93 |
| | 24 The place where I engage in family leisure activities is well designed | 3.67 | 1.02 |
| Family Leisure Satisfaction | | 3.72 | 0.47 |

The overall result of family leisure satisfaction belongs to the upper-middle level (as shown in Table 2), which is basically consistent with the existing research results [26,27], while different conclusions exist among the different internal dimensions [28,29]. This may be related to the family

life cycle. The study found that some parents regard the involvement of their children in family leisure activities as "mission completion" and their own relaxation needs are not fully met. Relevant studies have shown that parents often regard family leisure as a "purposeful" approach, hoping to promote positive outcomes for children and families through family leisure activities, while individual satisfaction and relaxation needs are often ignored or suppressed [30]. The cultural tendency of Chinese families to focus on children and education and neglect individual enjoyment can also explain the results of the highest dimension of education and the lower dimension of relaxation.

Comparing the differences in family leisure satisfaction with different population characteristics (as shown in Table 3), it is found that there are significant differences in family leisure satisfaction, relaxation and aesthetic dimensions of different family roles. Among them, the mother's family leisure satisfaction is slightly lower. Among the four life situations, "whether or not to live with elders" differs significantly in the dimensions of education, relaxation and aesthetics. This result validates the role of family relations [14], and shows that intergenerational relationships play an important role in family life. Chinese families tend to have closer intergenerational ties than in Western countries. Due to the increased contact between parents and children, conflicts and contradictions are also prone to arise, especially in emotional and educational aspects [31].

Table 3: Independent sample T test results (significant part).

| Dimensions | Properties | N | M | SD | T | P(double tails) |
|-----------------------------|------------------------|-----|------|------|-------|-----------------|
| Relaxation | Father | 178 | 3.84 | 0.62 | 3.74 | 0.000*** |
| | Mother | 204 | 3.58 | 0.74 | | |
| Aesthetic | Father | 178 | 3.87 | 0.57 | 2.79 | 0.006** |
| | Mother | 204 | 3.70 | 0.60 | | |
| family leisure satisfaction | Father | 178 | 3.77 | 0.38 | 2.05 | 0.041* |
| | Mother | 204 | 3.67 | 0.52 | | |
| Education | Don't live with elders | 181 | 3.73 | 0.66 | -2.18 | 0.030 |
| | Live with elders | 201 | 3.87 | 0.62 | | |
| Relaxation | Don't live with elders | 181 | 3.83 | 0.65 | 3.44 | 0.001*** |
| | Live with elders | 201 | 3.59 | 0.72 | | |
| Aesthetic | Don't live with elders | 181 | 3.84 | 0.60 | 2.11 | 0.036* |
| | Live with elders | 201 | 3.72 | 0.58 | | |
| Family well-being scores | Father | 178 | 3.57 | 0.80 | -2.57 | 0.010* |
| | Mother | 204 | 3.78 | 0.77 | | |
| SWFL1 | Father | 178 | 3.68 | 0.78 | 3.22 | 0.001* |
| | Mother | 204 | 3.38 | 1.05 | | |

4.3. Family well-being

Table 4: Descriptive data for family well-being (N=382).

| Categories | Items | M | SD |
|-------------------------------|--|------|------|
| | Family well-being scores | 3.68 | 0.79 |
| SWFL (M=17.59, SD=3.10) | 1. In most ways my family life is close to ideal. | 3.57 | 0.90 |
| | 2. The conditions of my family life are excellent. | 3.51 | 0.93 |
| | 3. I am satisfied with my family life. | 3.73 | 0.87 |
| | 4. So far I have gotten the important things I want in my family life. | 3.52 | 0.94 |
| | 5. If I could live my family life over, I would change almost nothing. | 3.26 | 1.02 |

Family well-being scores and family life satisfaction were at an upper-middle level (as shown in Table 4). There were significant differences for different family roles. The scores of mothers (M=3.78) were slightly higher than those of fathers (M=3.57). Two-factor correlation analysis

showed that there was significant correlation between family well-being score and family life satisfaction ($r=0.64$, $p=0.000$). The analysis results are consistent with the existing studies, indicating that family well-being can be assessed by family life satisfaction to a certain extent [32].

4.4. Study on the Relationship among Variables

The results of the correlation analysis showed a positive correlation between the two pairs of these three variables for the overall sample, the father sample, and the mother sample, which is consistent with the current mainstream view in academia [6]. Among them, the mother sample values were higher than the father sample values. There is a difference in the degree of correlation between the three variables between the internal dimensions, and this result is similar to the results of existing studies.

Multiple regression analysis was performed using a stepwise method to further explore the relationship between the three variables (Table 5).

Five kinds of family leisure activities were taken as independent variables, and family leisure satisfaction as dependent variables. The regression equation is: Family Leisure Satisfaction= 1.374 Recreational Activities+ 1.059 Sightseeing Activities+ 1.901 Learning and Improvement Activities+ 1.391 Fitness Activities+ 0.869 Social Interaction Activities+ 33.265 . The prediction ability is 43.2%. Among them, learning and improvement activities have the strongest prediction ability.

With five family leisure activities as independent variables and family life satisfaction as dependent variables, as a result, three kinds of activities entered the model. The regression equation was: Family Life Satisfaction= 0.277 Recreational Activities+ 0.282 Sightseeing Activities+ 0.367 Learning and Improvement Activities+ 7.468 , the prediction ability is 18.7%. Among them, learning and improvement activities have the strongest prediction ability.

Table 5: Variable Regression Model.

| Model | | R | R ² | ΔR^2 | F | B | Beta | t | p |
|--|--------------------------|-------------------|----------------|--------------|-------|-------|------|-------|-------|
| dependent variable:Family leisure satisfaction | (constant) | .663 ^a | 0.44 | 0.43 | 58.95 | 33.27 | | 9.89 | 0 |
| | Recreational | | | | | 1.37 | 0.45 | 11.00 | 0 |
| | Sightseeing | | | | | 1.06 | 0.17 | 4.27 | 0 |
| | Learning and Improvement | | | | | 1.90 | 0.20 | 5.13 | 0 |
| | Fitness | | | | | 1.39 | 0.16 | 3.89 | 0 |
| | Social Interaction | | | | | 0.87 | 0.09 | 2.14 | 0.033 |
| dependent variable:Family Life Satisfaction | (constant) | .440 ^c | 0.19 | 0.19 | 30.25 | 7.47 | | 6.91 | 0 |
| | Recreational | | | | | 0.28 | 0.33 | 6.92 | 0 |
| | Sightseeing | | | | | 0.28 | 0.17 | 3.57 | 0 |
| | Learning and Improvement | | | | | 0.37 | 0.14 | 3.00 | 0.003 |
| dependent variable:Family Life Satisfaction | (constant) | .662 ^d | 0.44 | 0.43 | 73.48 | 1.97 | | 2.14 | 0.033 |
| | Education | | | | | 0.33 | 0.27 | 6.02 | 0 |
| | Relaxation | | | | | 0.23 | 0.21 | 4.74 | 0 |
| | psychology | | | | | 0.25 | 0.21 | 4.61 | 0 |
| | Society | | | | | 0.24 | 0.20 | 4.47 | 0 |

With six dimensions of family leisure satisfaction as independent variables and family life satisfaction as dependent variables, as a result, five dimensions entered the model and aesthetic dimension was removed. The regression equation was: Family Life Satisfaction= 0.327 Education Dimension+ 0.230 Relaxation Dimension+ 0.250 Psychology Dimension+ 0.242 Society Dimension+ 1.966 , the prediction ability was 43.2%. Among them, the interpretation ability of

education dimension is the strongest.

The regression coefficients of the three regression equations were tested by sequential test. The results showed that $a=1.324(R^2=0.195)$, $b=0.183(R^2=0.431)$, $c=0.245(R^2=0.446)$, $c'=0.003$ were all significant ($p=0.000$), c was greater than c' . Family leisure satisfaction played a mediating role between father's leisure involvement and family well-being.

The path relationship test results of the theoretical model are shown in Figure 1.

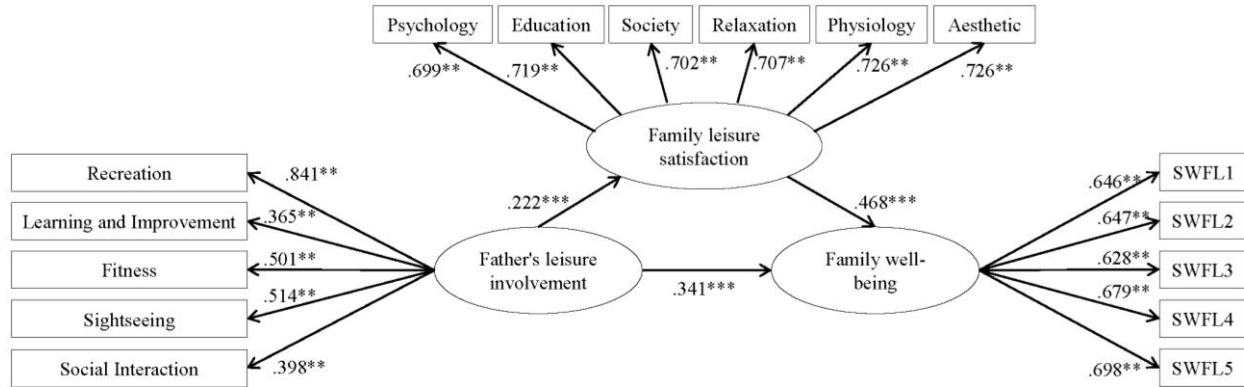


Figure 1: Theoretical Model and Path Coefficient.

5. Research Conclusions and Prospect

5.1. Research Conclusions

The main conclusions are as follows:

Firstly, the characteristics of father's leisure involvement. The father's leisure involvement frequency belongs to the medium level, and the family leisure activities with high involvement rate are mainly recreational activities. In perspective of family roles, the involvement rate of mothers is generally higher than that of fathers. From the perspective of leisure intention, people are yearning for high-level leisure activities related to the realization of life value, which conforms to the positive and healthy life style advocated by contemporary mainstream values. When choosing family leisure activities, most parents start from the perspective of their children. It is suggested that the leisure needs of more family members should be taken into consideration and the times and chances of communication and negotiation among family members should be increased. In perspective of the way of involvement, there are big differences between the choice of father and mother. With the development of society, people's expectations of father's role are becoming more and more diversified. It is suggested that the fathers should involve in the family leisure activities as much as possible if the conditions permit, which can effectively improve the satisfaction of the mothers and the whole families so as to achieve good family results.

Secondly, the test of the relationship between variables. The study found that there was a positive correlation between father's leisure involvement, family leisure satisfaction and family well-being, and family leisure satisfaction played a partly medium role. This paper shows from three different perspectives of father, mother and family that father's leisure involvement plays an important role in family well-being. This paper also highlights the importance of family-based daily leisure activities. In the context of Chinese family culture, this study puts the Western leisure research framework into practice and tests, which is also a useful supplement to the study of "fathers" in the field of leisure.

Thirdly, intergenerational relationships have significant effects on the internal dimensions of family leisure satisfaction. For Chinese families, relationships with their elders have an important

impact on the families. There are often great differences between generations in the way of life and the concepts of child-rearing. Therefore, it is recommended to increase intergenerational communication and consultation to achieve the purpose of promoting family harmony.

5.2. Research Outlook

Future research can further consider the views of other members of the family, explore the relationship between variables and their internal dimensions, so as to better understand the characteristics and results of father's leisure involvement. The theoretical models and scales used in this study are all from foreign research, and the leisure items and some topics are localized and improved, and further localization research can be carried out in the context of Chinese family culture.

References

- [1] FU Yuan-Chih, LIN Yann-Jou. *The Relationship between Family Leisure Activity and Family Life Satisfaction-Parent and Child Perspectives*. *Journal of Outdoor Recreation Study*, 2004, 17 (3):1-18.
- [2] Xu Yuchen, Zhang Haizhou, Lu Lin. *A review of international leisure research: Statistical analysis based on Journal of Leisure Research, Leisure Sciences and Leisure Studies*. *Tourism Tribune*, 2019, 34 (3): 134-148.
- [3] Zabriskie R B, McCormick B P. *Parent and children perspectives of family leisure involvement and satisfaction with family life*. *Journal of Leisure Research*, 2003, 35 (2): 163-189.
- [4] Wang Taming, Lin Chia-Chen. *Relationships among Academic Stress, Family Leisure Satisfaction, and Family Living Satisfaction by Elementary School Students in Remote Islands of Taiwan—Case Study of the Matsu Region*. *Journal of Island Tourism Research*, 2017, 10 (2): 63-87.
- [5] Liang Yingwen, Wu Robert T. Y., Hung Hsiu-Mei. *The relationships among family structure, parental attachment, and family leisure involvement: The viewpoint of adolescents*. *Journal of Outdoor Recreation Study*, 2012, 25 (3): 83-112.
- [6] Jiang Yan, *A review of studies on urban residents' leisure involvement and subjective well-being*. *Tourism Forum*, 2015, 8 (5): 1-10.
- [7] Ragheb M G. *Interrelationships among Leisure Involvement, Leisure Satisfaction and Leisure Attitudes*. *Journal of Leisure Research*, 1980, 12 (2): 138-149.
- [8] Buswell L, Zabriskie R B, Lundberg N, et al. *The Relationship between Father Involvement in Family Leisure and Family Functioning: The Importance of Daily Family Leisure*. *Leisure Sciences*, 2012, 34 (2): 172-190.
- [9] Kay T. *Where's Dad? Fatherhood in Leisure Studies*. *Leisure Studies*, 2006, 25: 2, 133-152.
- [10] Beard, J. G., Ragheb, M. G. *Measuring leisure satisfaction*. *Journal of Leisure Research*, 1980, 12: 20-33.
- [11] Wang Guangzhou, Wang Jun. *The Measurement of Chinese Family Happiness*. *Chinese Journal of Sociology*, 2013, 33 (06): 139-160.
- [12] Tong Yufen, Sheng Yinan. *Concept and Index System of Family Happiness*. *Population and Development*, 2014, 20 (04): 87-95+108.
- [13] Wang Lei. *Analysis on Family Happiness of Only Child's Parents and Its Influence Factors*. *Journal of Beijing University of Technology (Social Sciences Edition)*, 2017, 17 (05): 27-34+42.
- [14] Tao Tao, Li Ding. *Couples' Relative Occupational Position and Subjective Family Well-being*. *Population Research*, 2015, 39 (03): 74-86.
- [15] Zabriskie R B., McCormick B P. *The influences of family leisure patterns on perceptions of family functioning*. *Family Relations*, 2001, 50 (3): 281-289.
- [16] Townsend J A, Puymbroeck M V, Zabriskie R B. *The Core and Balance Model of Family Leisure Functioning: A Systematic Review*. *Leisure Sciences*, 2017, 39: 5,436-456.
- [17] Agate, J. R., Zabriskie, R. B., Agate, S. T., et al. *Family leisure satisfaction and satisfaction with family life*. *Journal of Leisure Research*, 2009, 41 (2): 205-223.
- [18] Hodge C J, Zabriskie R B, Townsend J A, et al. *Family Leisure Functioning: A Cross-National Study*. *Leisure Sciences*, 2018, 40: 3, 194-215.
- [19] Smith K M, Freeman P A, Zabriskie R B. *An Examination of Family Communication within the Core and Balance Model of Family Leisure Functioning*. *Family Relations*, 2009, 58 (1): 79-90.
- [20] Guo Lufang. *Leisure*. Beijing: Tsinghua University Press, 2011: 120.
- [21] Sun Haizhi, et al. *Leisure*. PIAO Songai, LI Zhongguang translate. Liaoning: Dongbei University of Finance and Economics Press, 2005.

- [22] Jiang Hongde. *Rational Thinking on Family Entertainment Style*. *Theory and Practice of Education*, 2005 (09): 56-58.
- [23] Wang Yi-Chieh, Tang Hsing-Feng. *The Benefits of Intergenerational Family Leisure Activity for Seniors*. *Journal of Sport and Recreation Research*, 2017, 11 (4): 43-58.
- [24] Gui Jingjing, Chai Yanwei. *Suburban Daily Leisure Activities from the Perspective of Family Life Cycle: Case of Shangdi-Qinghe Area in Beijing*. *Areal Research and Development*, 2014, 33 (02): 30-35.
- [25] Kalmijn M. *Father Involvement in Child Rearing and the Perceived Stability of Marriage*. *Journal of Marriage and Family*, 1999, 61 (2): 409-421.
- [26] Song Ziqian, Jiang Yan. *Leisure life satisfaction of urban residents and its influential mechanism: A case study of Hangzhou*. *Human Geography*, 2014, 29 (2): 53-60+112.
- [27] Li Hongbo, Hao Fei. *An Analysis on the Correlation of LSS and SQOL: A Case Study of Xiamen City*. *Journal of Beijing International Studies University*, 2014, 36 (03): 80-89.
- [28] Jiang Yan. *The Inhabitants' Community Leisure Satisfaction Degree in Urban Waterfront Historic Districts: A Case Study in the Xiaohezhi Street Community in Hangzhou*. *Tourism Tribune*, 2011, 26 (06): 67-72.
- [29] Wu Ming-Tsang. *Research on the relationship of wellness and leisure involvement, leisure satisfaction of university students*. *Journal of Physical Education National Taichung University*, 2011, 6: 25-34.
- [30] Lehto X Y, Fu X, Li H, et al. *Vacation Benefits and Activities: Understanding Chinese Family Travelers*. *Journal of Hospitality & Tourism Research*, 2013: 1096348013515921.
- [31] Xiao Suowei; Guan Cong. *Emotional Buffering, Middle-person Mediation and Formalized Democracy: Mechanisms of Intergenerational Coordination in Multi-generational Families*. *Sociological Review of China*, 2018, 6 (05): 28-38.
- [32] Chen Zhao, Xu Tong, Liu Xiaofeng. *Household Registration, Demonstration Effect and Well-being of Residents: Evidence from the Shanghai and Shenzhen Communities*. *The Journal of World Economy*, 2012, 35 (04): 79-101.