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EXPENDITURES ON LEISURE AND ITS IMPACT ON SUBJECTIVE WELL-BEING

By

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Abstract

Purpose: The purpose of this research is to study the effect of expenditures of leisure on subjective wellbeing among the middle class of Lebanese citizens.

Design/Methodology: This quantitative descriptive study relied on the Bottom-Up Theory and contributed to the theoretical model of Newman et. al by adding the expenditures on leisure aspect to this model. To test the new model, I collected survey data from 253 respondents who belonged to International Committee of the Red Cross, four schools and three banks. Data were processed in SPSS on 200 responses that belongs to our targeted income range.

Findings: Findings show that there is a positive relationship between expenditures on leisure as an independent variable and Subjective Well-being as a dependent variable among the middle class in Lebanon. Data analysis shows that the higher the amount spent on leisure activities, the higher is the score of Subjective Well-being. Results also show that expenditures on leisure contribute positively positive feelings and satisfaction. The study shows that spending more time outside work will increase subjective wellbeing. The findings also show that social and psychological mechanism (detachment and recovery and autonomy) have a positive effect on the relationship between expenditure on leisure and Subjective Well-being.

Implications: This study contributed to the bottom up theory by adding the expenditure on leisure aspect. And shows with statistically based evidence that the increase of expenditures on leisure will increase Subjective Well-being score of individuals.

Chapter 1

Introduction

1.1 Background of the study

People usually associate wellbeing as a state of being comfortable, happy, and simply satisfied with the presented quality of life. The study of wellbeing has been highly regarded by research (Kahneman, Diener, & Schwarz, 1999; Keyes, 2002; Seligman, 2011; Statham & Chase, 2010). The aforementioned researchers have linked wellbeing to physical, emotional, psychological, and subjective aspects. Having desirable wellbeing rates is an utmost virtue that people can have.

Shin and Johnson (1978) define subjective wellbeing as "an assessment of a person's quality of life according to his own chosen criteria" (p. 437). Therefore, people's subjective wellbeing is highly affected by how they evaluate their lives (Diener, Suh, & Oishi, 1997). People with desirable evaluations tend to have "life satisfaction and marital satisfaction, lack of depression and anxiety, and positive moods and emotions" (Diener et al., 1997, p.1). Moreover, Bradburn (1969) explains subjective wellbeing as a reaction of how people cope with life's difficulties. To illustrate, if a person, with a desirable wellbeing state, is to face struggles at the workplace with one of the colleagues, he/she would react to these struggles with a positive outlook; that is, instead of bashing out on a colleague, he/she would be able to communicate effectively to reach common grounds.

The state of subjective wellbeing has been linked to income. Diener and Biswas-Diener (2008) and Stevenson and Wolfers (2013) have observed positive correlation between life satisfaction and household income. Moreover, according to Deaton (2008), life satisfaction and wellbeing seemed to increase considerably with increasing income. In

this regard, positive subjective wellbeing has been associated with income; however, studies that provide a well-defined causal relationship between consumption expenditure and subjective wellbeing are few.

Consumption expenditure incorporates spending on a variety of goods and services. Blanchflower and Freeman (2007) divided consumption expenditure into categories including the following: food and beverages, tobacco, housing services, water, electricity, gas, apparel and services, furbishing and household equipment along with routine maintenance of the house, transportation, healthcare, leisure and recreation, education, insurance, and restaurants and hotels. Neulinger (1981) grouped expenditures into two categories: leisure and non-leisure. The former incorporates activities practiced throughout a person's life and described as perceived freedom, such as going out to the movies. The latter includes activities described perceived constraints, necessities, such as paying the rent or buying food.

Since wellbeing has always been linked to income, I decided to conduct a study to attend to consumption expenditures on leisure and its effect on subjective wellbeing through a descriptive research.

1.2 Statement of the study

Literature on consumption expenditures, be it for necessities or leisure, and on wellbeing fails to highlight how much the former affects the latter. Consequently, testing the causal relationship between the two and issue recommendations to enhance people's wellbeing, which continues to be a priority.

A causal relationship between expenditures on leisure and subjective wellbeing is yet to be defined (Royo, 2007). Studies conducted by Kashdan and Breen (2008) have

concluded that people's increase in consumption expenditure rates negatively affects subjective wellbeing. However, Hudders and Pandelaere (2011) claim that expenditure of leisure, as opposed to other expenditure types, might enhance individual's subjective wellbeing. It is, thus, still believed that, to a certain extent, expenditure affects how people perceive their lives, which impacts their subjective wellbeing.

Ed, Suh, Lucas, and Smith (1999) have recognized that "wellbeing necessarily includes positive elements that transcend economic prosperity" (p. 276). Acknowledging that economic status is an aspect of subjective wellbeing, Ed et al. (1999) encourage the investigation of other influencers as well.

1.3 Purpose of the study

As the aforementioned statement testifies that a gap in literature exists about the effect of expenditure on leisure on subjective wellbeing and the fact that Lebanese's wellbeing is under question, the proposed study aims to investigate and seek answers to those claims. Primarily, the purpose of this study is to testify the extent of the effect of expenditure on leisure, on subjective wellbeing.

In this regard, this study is a descriptive study that aims at answering the following research question:

- To what extent does expenditure on leisure affect subjective wellbeing among middle-classed Lebanese citizens?

According to an article published by The Daily Star, as of 2011, the Lebanese middle class society has been identified as those earning between $15,000 and $27,000, annually (Jahn, 2012). Consequently, for the purposes of this study, and in aims of

answering the posed research question, only the population with the above-mentioned earning rate is to be considered.

1.4 Significance of the study

Acknowledging that consumption expenditures on leisure affects subjective wellbeing serves the literature in identifying a causal relationship between the two aforementioned variables and in trying to fill the existing gap.

Moreover, the results yielded by the study provide an insight into the Lebanese citizen's state of subjective wellbeing and how their expenditure rates on leisure play a role in shaping that wellbeing. Consequently, testing the causal relationship between the two and issuing recommendations to enhance people's wellbeing is the core of the proposed study.

Chapter 2

Literature Review

The previous chapter to this thesis introduced the background of the proposed study, its statement and purpose, and its significance. The present chapter reviews the literature on wellbeing, income, consumption expenditures on leisure, and the Lebanon as a context.

2.1 Wellbeing

2.1.1 Definition

Bradburn (1969) initiated early attempts to define wellbeing as a psychological reaction to different stimuli recorded among ordinary people when conducting their day-to-day activities. Bradburn's (1969) interest focused on coping strategies that people adopt when faced with difficulties. Thus, according to Bradburn (1969) psychological wellbeing is of utmost essentiality when differentiating between positive and negative affect. "An individual will be high in psychological wellbeing in the degree to which he has an excess of positive over negative affect and will be low in wellbeing in the degree to which negative affect predominates over positive" (Bradbrun, 1969, p.9).

Building on Bradburn's (1969) model of negative and positive effects, Diener and Suh (2000) iterate that subjective wellbeing is composed of three interrelated components, which are life satisfaction, pleasant affect, and unpleasant affect. Life satisfaction entails cognitive satisfaction with the state of life, whereas affects, pleasant and unpleasant ones, reflect moods and emotions (Diener & Suh, 2000).

Shin and Johnson (1978) defined wellbeing as a comprehensive evaluation of a person's quality of life according to desirable criteria set by the individual himself/herself.

This definition of wellbeing, proposed by Shin and Johnson (1978), has been adopted by recent researchers, as well (Rees, Goswami, & Bradshaw, 2010; Statham & Chase, 2010; Zikmund, 2003). The World Health Organization (1997) describes the quality of life as "an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns." Consequently, the quality of life encompasses "person's physical health, psychological state, personal beliefs, social relationships and their relationship to salient features of their environment" (World Health Organization, 1997).

Moreover, Emerson (1985) and Felce and Perry (1995) are in agreement that wellbeing is influenced by an individual's perception of his/her current situation and his/her aspiration.

Wellbeing has also been defined through various approaches. Two of the most prominent ones are the Hedonic approach and the Eudemonic approach. Researchers, in favor of the Hedonic approach equate wellbeing with positive emotional states, such as happiness, positive affects, low rates of negative affects, and life satisfaction (Bradburn, 1969; Diener, 1984; Kahneman, Diener, & Schwarz, 1999; Lyubomirsky & Lepper, 1999). Consequently, individuals possessing those attributes are considered to be in a desirable state of wellbeing. The Hedonic approach also builds on Diener and Suh's (2000), aforementioned definition of wellbeing. Eudemonic advocates recognize wellbeing as living a life of virtue and acknowledge one's inherent potentials (DelleFave, Massimini, &Bassi, 2011).

Based on the different approaches and definitions proposed, theories about happiness and wellbeing have also emerged and, according to Diener (2009), are categorized into three groups:

1. Need and goal satisfaction theories
2. Processor activity theories
3. Genetic and personality predisposition theories

Goal theories claim that reduction in tension leads to happiness. Freud's (1933) principle of pleasure and Maslow's (1970) hierarchical needs model reflect the assumption of those theories. Moreover, Omodeiand Wearing (1990) found that individuals' life satisfaction is positively associated with the degree in which the needs of these individuals are met.

Activity theories assert that engagement in various activities provides happiness (Diener, 2009). Csikszentmihaly (1975) suggests that people who are actively engaged in interesting activities that match their level of skills are noted to be happier. Similarly, Cantor and Blanton (1996) and Harlow and Cantor (1996) emphasize the importance of active participation in life tasks. They found social participation to be a strong predictor of life satisfaction, especially for retired elders. Emmons (1986) and Little (1989) iterate that the prominence of pursuing personal goals as reliable indicators of wellbeing. According to McGregor and Little (1998), people who have pre-determined goals tend to be more energetic and tend to experience more positive emotions.

Genetic theories suggest that genetic components play an essential role in determining stability and consistency in subjective wellbeing (Sandvik, Seidltz& Diener,

1993). In this regard, and to a certain extent, people are born to be happy or unhappy (Tellegen,Lykken, Bouchard, Wilcox, Segal, & Rich, 1988).

Subsequently, the current study is to adopt the definition of wellbeing proposed by Diener and Suh (2000) as a three-dimensional model that incorporates life satisfaction, positive affects, and negative affects. Furthermore, for the aforementioned purposes of the study only economic wellbeing and subjective wellbeing are explored.

2.1.2 Economic Wellbeing

Highlighting the different aspects of wellbeing have resulted in relating wellbeing to the economy, to material living conditions, income, and consumption. Consequently, three distinct, prominent documents define this relationship, which are the following:

1. The works of the Organization for Economic Co-operation and Development (OECD)

In 2011, the OECD published "The OECD Better Life Initiative," which considers economic wellbeing as a prominent component in assessing overall wellbeing. In this regard, OECD identifies three pillars to better comprehend people's wellbeing. The three pillars are the following:

a. Material living conditions or economic wellbeing: This pillar determines people's consumption possibilities and their command over resources. OECD argues that income and wealth are essential components of individual wellbeing.
b. Quality of life: This pillar considers non-monetary attributes that individuals possess and use to shape their opportunities and life chances. Quality of life incorporates intrinsic values that depend on culture and context.
c. Sustainability of the socio-economic and natural systems where people live and work: This pillar is essential for maintaining desirable wellbeing. Sustainability depends on current human activities' impact on stocks of different types of capital (natural, economic, human, and social) that underpin wellbeing.

2. The report of the Commission on the Measurement of Economic Performance and Social Progress (CMEPSP) by Stiglitz, Sen, and Fitoussi (2010)

In 2008, the French government formed the Commission on the Measurement of Economic Performance and Social Progress (CMEPSP), which was previously called Stiglitz-Sen-Fitoussi Commission that had Joseph E. Stiglitz as a chair, Amartya Sen as an economic advisor, and the French economist Jean-Paul Fitoussi as the coordinator. The commission aims to fulfill the following duties:

- Highlight the limits of traditional economic tools (like GDP) as indicators of economic performance and social progress, including potential problems and measurements
- Consider any additional information that might be required for the production of more relevant indicators of social progress
- Assess the feasibility of alternative measurement tools
- Find an appropriate platform to display statistical information

In defining wellbeing, the commission stated the following:

"To define what wellbeing is, means a multidimensional definition has to be used. Based on academic research and a number of concrete initiatives developed around the world, the Commission has identified the following key dimensions that should be taken into account. At least in principle, these dimensions should be considered simultaneously:

i. Material living standards (income, consumption and wealth)

ii. Health

iii. Education

iv. Personal activities including work

v. Political voice and governance

vi. Social connections and relationships

vii. Environment (present and future conditions)

viii. Insecurity, of an economic as well as a physical nature

All these dimensions shape people's wellbeing, and yet many of them are missed by conventional income measures" (Commission on the Measurement of Economic Performance and Social Progress, p. 14).

3. The publication of the United Nations Economic commission for Europe Handbook (Canberra Group handbook on household income statistics)

The Canberra City Group entails experts in household income statistics from national statistical offices, government departments, and research agencies from Europe, North and South America, Asia, Australia, and New Zealand, as well as from a number of international organizations. When defining economic wellbeing, the group states: "a household's economic wellbeing can be expressed in terms of its access to goods and services." Consequently, an increase in consumption levels indicates an increase in economic wellbeing, and a decrease in consumption levels signifies a decrease in economic wellbeing.

According to the definitions proposed by the different documents, attaining economic wellbeing is not only connected to the monetary values possessed by the household, but to social factors, such as education and personal activities, as well. Moreover, sustaining the attained economic wellbeing state is also to be considered.

2.1.3 Subjective Wellbeing

According to Diener and Lucas (1999), subjective wellbeing is defined "as a person's cognitive and affective evaluations of his or her life." Evaluations cognitively judge life satisfaction and fulfillment and reflect emotional reactions to different stimuli. Moreover, subjective wellbeing encompasses "experiencing pleasant emotions, low level of negative moods and high life satisfaction" (Diener &Lucas, 1999).

The hedonic tradition in psychology approaches wellbeing as "people's multidimensional evaluation of their lives, including cognitive judgments of life satisfaction, as well as affective evaluations of moods and emotions" (Eid & Diener, 2004, p. 65). This school of thought refers to subjective wellbeing as an 'umbrella' that relates satisfaction to different life situations, such as marriage, work, income, housing, and leisure (Diener, 2002, p. 2). Additionally, subjective wellbeing is linked to having positive affect, such as desirable emotions and moods, most of the time and scarce experiences of negative affect, such as depression and anger (Diener, 2002, p. 2). Consequently, to have a desirable state of wellbeing, one needs to perceive his/her life as meaningful and fulfilling.

Different measures have been devised in order to identify and monitor states in wellbeing. Measures of subjective wellbeing are elaborated in a following section.

2.2 Income

Previously, wellbeing viewed income as a predictor variable and assumed that current income translates into resources of consumption (MacDonald &Douhitt, 1992, p. 243). It is still widely common in research to refer to income as a proxy for consumption. Moreover, a positive correlation between life satisfaction and household income has been observed (Diener & Biswas-Diener, 2008; Stevenson & Wolfers, 2013). During a specific period of time, life satisfaction and wellbeing seemed to increase considerably with increasing income. Those at the top of the income distribution are clearly more satisfied with their lives than those at the bottom because their higher incomes allow for more and better consumption (Deaton, 2008; Office for National Statistics, 2012). However, there are studies that prove otherwise, where income is regarded as an imperfect measure of material wellbeing, and various researchers argued that consumption expenditure might be a superior measure (Atkinson, 1998, p. 31; Cutler & Katz, 1991, p.39; Meyer & Sullivan, 2009, p.2; Slesnick, 1991, p.122).

A high percentage of households, especially those with low income may spend more than they earn. They may finance their current consumption expenditures from sources other than their current income, such as future income through borrowing and/or savings. The contrary is also valid, as many households might not spend all their income on consumption expenditures resulting in some extra savings.

If spending income on goods and services creates utility and enhance wellbeing via consumption, then consumption expenditure turns to be a more direct and superior measure of wellbeing than income. Economists have suggested that consumption may be a more appropriate indicator of permanent income (Cutler & Katz, 1991; Danziger & Taussig, 1979; Slesnick, 1991). Moreover, a possible disadvantage of using income to measure

wellbeing is that income does not reveal differences between spending. Therefore, it measures the quantity not the content. Expenditure data usually makes it possible to look at both the size and content of the consumer basket.

Research on income and subjective wellbeing has grown rapidly since Richard Easterlin's work in 1974. Easterlin (1974) compared happiness data and wealth in twenty-three countries. His striking results yielded individuals' relative positions as indicators to happiness. Easterlin (1974) concluded the following:

- Differences in the level of happiness between diverse countries (rich and poor) are small and do not show a consistent pattern.
- Despite the economic growth experience by the US between 1945 and 1870, national average happiness remained constant suggesting that economic growth does not add to people's happiness.
- Within a country, richer people are significantly happier than poorer ones.

Being described as a paradox, Easterlin's (1974) results contradicted the traditional beliefs of orthodox economists connecting growth and wealth with higher wellbeing. Esterlin (1974) argues that the power of social comparison overrides the power of an increase of income. When countries prosper, living standards also grow and people end up in the same relative situation they started from. Consequently, people do not feel better of and their contentment remains the same. Easterlin (1974) uses the same reasoning to justify the results from the within-countries study. Furthermore, he contends that rich people derive satisfaction from having higher status and wealth compared to their fellow citizens.

> As far as material things are concerned, one's satisfaction with life depends not simply on one's objective condition but also on a comparison between one's objective condition and a subjective or internalized living level norm and this norm is significantly affected by the average living level of the people around us (Easterlin 1974, p. 32).

The ideas proposed by Easterlin (1974) also justify why countries with different average income do not show significant differences in terms of subjective wellbeing.

Diener (2009) and Diener and Oishi (2000) conducted studies that, to a certain extent, were in accordance with Easterlin's (1974) claims. Their analysis of France, Japan, and the United States between 1946 and 1990 yielded no relationships between the rise of disposable income and each country's average subjective wellbeing levels, which remained constant in a period where each of the three countries had experience economic growth. Diener and Oishi (2000) recognize similar happenings in nine of the European countries, which did not occur in poorer nations with high growth. Those poorer countries experienced a clear increase in subjective wellbeing. Thus, although evidence seems to be indecisive regarding the effect of economic growth on rich countries, developing world countries seem to have positive effects of economic growth on subjective wellbeing.

Contrary to Easterlin's (1974) third claim that considers richer people happier than poorer ones, recent works show that, in developed countries, this assumption is not evident. Correlations between income and subjective wellbeing are only moderately high at the lower economic levels and in the poorest countries (Biswas-Diener & Diener 2006; Diener & Biswas-Diener, 2002; Diener & Lucas, 1999; Ed et al., 1999; Veenhoven, 1991).

Arygle(1999) explains why the relationship is stronger for poor by stating that “money makes a great difference in people’s quality of life when it is spent on food, housing, and other necessities” (p. 358), whereas it does not make such a difference for rich people.

The dispute over whether income or consumption should be regarded as a measure of economic wellbeing is discussed in the National Academy of Sciences’ (NAS) report on poverty measurement (Citro& Michael, 1995, p. 36). The report clarifies that income is regarded as the ability to attain a living standard above the line of poverty. Expenditure or consumption considers regarding someone’s actual standard of living, regardless of how it is attained. In practice, the availability of high-quality data is often a prime determinant of whether an income- or expenditure-based family resource definition is used.

Consequently, the following section introduces consumption expenditure through presenting its definition and different components.

2.3 Consumption Expenditure

2.3.1 Definition

Economists define consumption as part of an economic activity. Particularly, consumption entails the total spending on consumer goods and services (Samuelson & Nordhaus, 1989, p. 969). Other parts of economic activity consist of investment in capital goods. Moreover, economists distinguish the consumption of goods and services from their production and distribution.

The Human Development Report, issued in 1998, warned the world about potential environmental, economical, and social risk posed by current patterns of consumption (UNDP, 1998). The report, addressed to first world and developing countries, claimed that current consumption patterns are endangering the ecosystems. The increasing production and consumption rates are continuously exploiting the world's working class to encourage luxury consumption.

During the 20th century, the world's real consumption has amplified from $1.5 trillion, in 1900, to reach $24 trillion, in 1998. However, consumption distribution remains unequal since, "20% of the world's people in the highest-income countries account for 86% of total private consumption expenditure and the poorest 20% only 1.3%" (UNDP, 1998, p. 2). The repot notes that the concept of necessity is expanding and resulting in higher risks for underprivileged households that are aiming to attain consumption standards of richer groups or countries. This might imply 'crowding-out' expenditure on basic needs, such as food, basic education, and health care.

Neulinger (1981) divided expenditure into two components: leisure and non-leisure (necessities). Leisure expenditure, according to Neulinger (1981), is expenditure pertaining to the perceived freedom. As in people spend money on goods and services that they want

to have as part of entertainment. Whereas, necessity expenditure is a perceived constraint, where spending money on essential goods and services is inevitable. The section below explores Neulinger's (1981) division further.

2.3.2 Leisure and recreation

Leitner and Leitner's (2012) definition of leisure and recreation is one of the most commonly used. Leitner (2012) define leisure as, "The free time or unobligated time that does not involve work or performing other life sustaining functions."

Both terms, leisure and recreation, are being used synonymously. Recreation refers to the activity performed during leisure time and is usually the reason behind enjoyment.

Lawson and Baud-Bovy (1997) defined leisure and recreation as follows:

- Leisure is free time available to the individual when the disciplines of work, sleep, and other basic needs have been met. It is a time that can be used according to the individual's own discretion.
- Recreation covers broadly any pursuit taken up during leisure time other than those to which people have a high commitment (overtime, second job, home study, and various maintenance jobs around the house).

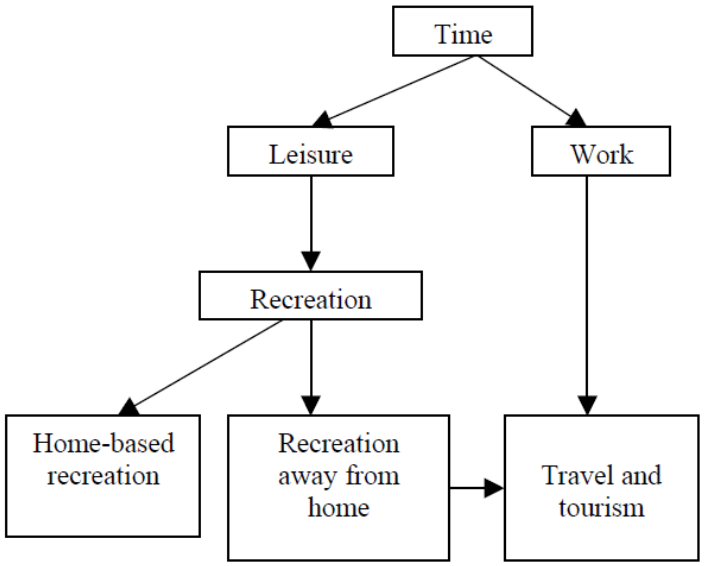
Additionally, Lawson and Baud-Bovy (1997) grouped recreation activities in six distinct categories presented in the following table.

Table 1.

Category of activities	**Examples**
Taking place about the home	Watching television, reading, listening to music, gardening, do-it-yourself hobbies, exercise, leisure use of computers
Having a high social content	Entertaining, eating out, drinking in bars, party going, visiting friends and relatives
Cultural, educational and artistic interests	Visiting theatres, concerts, exhibitions, museums, attending non-vocational classes
Pursuit of sport, either as participants or spectators	Golf, football, swimming, tennis, bowls, darts, gymnastics
Informal outdoor recreation	Driving for pleasure, day excursions to seaside and countryside, walking, picnicking
Leisure tourism involving overnight stay	Longer distance travel, tours, weekend breaks, holidays and vacations

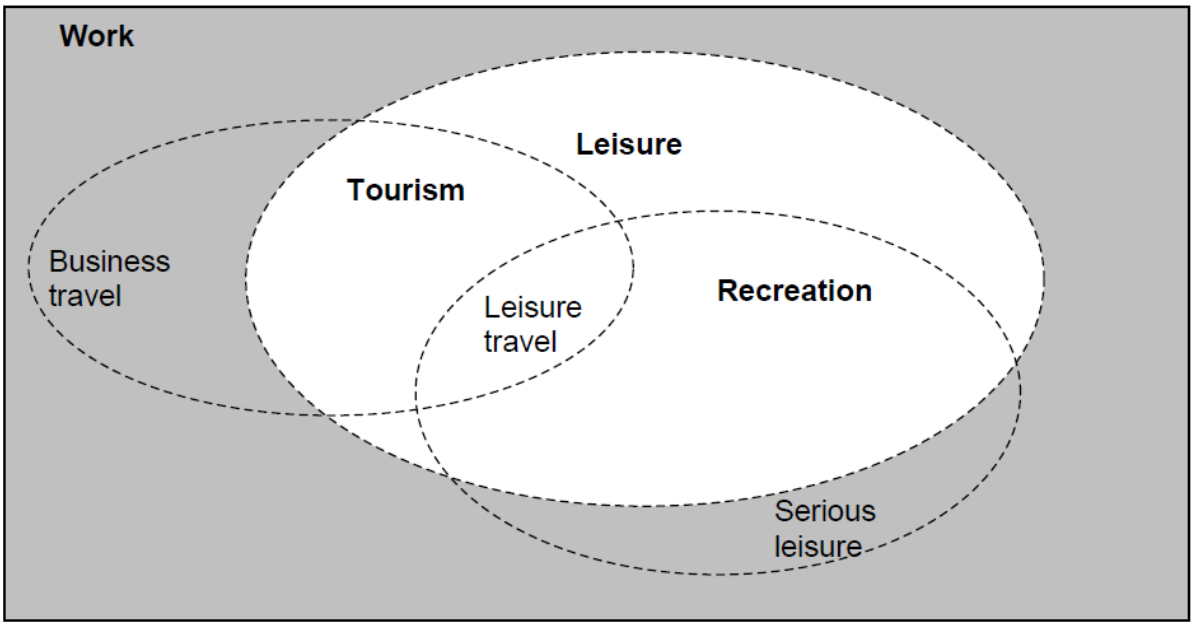
According to Leitner and Leitner (2012), travel and tourism cover the largest segment of leisure services industry and spending on recreational activities.

Figure 1



Hall and Page (2009) stated that tourism and recreation should be viewed as a part of leisure as follows:

Figure 2



According to Neulinger's (1981) paradigm of leisure, the activities practiced during throughout a person's life are classified into two types: leisure and non-leisure. These two types are distinguished from one another on the basis of perceived freedom (leisure) versus perceived constraint (non-leisure). Moreover, the concepts of intrinsic and extrinsic motivation are used to further subcategorize these major types of activities. Neulinger (1981) refers to intrinsic motivations as internal motivations, where people seek out to participate in activities on their own accord. Extrinsic/external motivation focuses on the receiving of awards after activity completion. Therefore, a person would complete the activity because he/she would want to receive the award.

Having defined consumption expenditure, as leisure and non-leisure, and subjective wellbeing, the following section explores research that has been conducted in aims of finding a correlation and/or causal relationship between the two variables.

2.4 Consumption expenditures and subjective wellbeing

One essential part of everyday life entails consumption of goods and services. Recently, consumption is considered to be a prevailing lifestyle. The level, type, and quality of consumption of goods and services determine people's material wellbeing. Consequently, it is empirical to consider consumption as potential influencer to wellbeing.

Furthermore, many environmental scientists have studied the environmental implications of current consumption patterns (Hofstetter, Madgar, Ozawa &2005; Jackson and Michaelis, 2003; von Weizsäcker, Lovins&Lovins, 1998). Researchers on globalization tackled the economic risks of underprivileged countries, resulting from the production strategies of multinational corporations (Klein, 2001; Sklair, 2002; Sutcliffe, 2001). However, the effect of current patterns of consumption on individuals' wellbeing has not been thoroughly investigated yet.

McDonald and Douhitt (1992) conducted one of the first and prominent studies addressing consumption rates and wellbeing. Using data from "Wisconsin Basic Needs Study," the authors found sufficient support for the "long standing a priori economic postulate that increased resources leading to higher levels of satisfaction" (McDonald &Douhitt, 1992).

Moreover, a comparative study on the combined effects of wealth, income and consumption on wellbeing exhibited that "in countries for which consumption data were available, like Britain and Hungary, the non-durable consumption expenditures were as important to happiness as income" (Headey & Wearing, 1992).

People's sovereign choices deserve ultimate respect and signal that the sources people obtain their happiness from are powerful deterrents for social scientists (Royo, 2007). Nonetheless, Easterlin's (1974) most striking and empirically confronted finding claim that people in rich societies are not increasingly happy, despite their continuous growth in consumption.

People may consume by following traditions and binding customs, commitments, and moral and religious obligations. They might also buy goods out of envy in order to achieve their identity or satisfy their basic needs. Some of the most common drives of consumption might or might not directly result in enjoyment and contentment; however, tranquility and feelings of belonging and respect might be achieved (Royo, 2007). Psychologists, such as Carver and Baird (1998), Srivastava, Locke, and Bartol (2001), and Sheldon, Ryan, Deci, and Kasser(2004), claim that motives behind monetary values have different effects on subjective wellbeing. Consequently, when motivation is led by extrinsic rewards and/or punishments, subjective wellbeing decreases, whereas when motivation is led by inner fulfillment of the individual's intrinsic needs, subjective wellbeing increases.

Furthermore, "subjective wellbeing is an unreliable proxy for the content of a person's life, due to framing effects (feelings depend on what one is used to/expects/perceives) and adaptive preferences (preferences often adjust to rationalize what one has)" (Gasper, 2005, p. 9). In this regard, subjective wellbeing goes beyond the scope of mere feelings and emotions. Consequently, objective approaches, such as the capability approach proposed by Sen (1985) and basic needs theories, like the Theory of Human Need (THN) developed by Doyal and Gough (1991), appear as alternatives for measuring

wellbeing. Those approaches claim that consumption does not affect wellbeing if goods and services do not expand people's capabilities or increase needs satisfaction.

Max-Neef, Elizalde, Hopenhayn, Herrera, Jataba, and Weinstein (1989) developed the taxonomy of human needs and a classification of satisfiers. Goods and services indirectly influence classification of satisfiers. His categorization highlighted the potential harmful effects of consumption when satisfiers do not contribute their targeted need and/or prevent the satisfaction of other needs. Max-Neef et al. (1989) work proposed further analysis on the effects of goods and services on wellbeing from a basic-need perspective. His work has inspired development practitioners and supplementary academic research. Jackson and Marks (1999) and Schuldt (2004) have explicitly drawn upon Max-Neef et al.'s (1989) work and claimed that current patterns of consumption are seriously threatening people's wellbeing.

Jackson and Marks' (1999) study of consumption patterns in the UK, using British longitudinal data, found that people are increasingly buying material goods in order to satisfy nonmaterial needs. Being difficult to fulfill, nonmaterial needs pose detrimental effects on human wellbeing. Similarly, Schuldt (2004), a Peruvian economist, claims that, in Lima, amplification of consumption rates do not result in higher basic needs levels. He argues that in the late 1990s, the proliferation of shopping malls in middle and low class suburbs led to an intensification of marketing campaigns. Moreover, the spread of credit facilities directed people's consumption to goods and services that give status material goods are not up to desired standards.

Since Adam Smith in 1776, social scientists, including some economists, like Scitovsky (1986), Easterlin (1995), and Frank (2004), have recognized the effective role of consumption as a means to achieve certain social positions.

Veblen (1899) was pioneer in studying the American upper class society. In his book, "The Theory of the Leisure Class", Veblen (1899) described the characteristics and behaviors of the ruling class, which he called the leisure class. Moreover, he highlighted the leisure class's attitude on consumption. Veblen (1899) claimed that their patterns of consumption are mainly based on the impression that goods and/or services are determined by other people's utility and not their own. This dependence on others' judgments is due to the need of this class to maintain and further improve their social position, which they think will be fulfilled by showing-off what they own (conspicuous consumption).

However, Veblen (1899) did not see conspicuous consumption as being confined to the upper classes only. He considered this notion as an intrinsic characteristic of human beings. Consequently, underprivileged classes also have the need to escalate in the social sphere, and they tend to imitate the consumption patterns of the rich. Veblen (1899) also argues that conspicuous consumption would spread urbanization and as societies develop:

> Leisure might then be expected gradually to yield ground and tend to obsolescence as the economic development goes forward, and the community increases in size: while the conspicuous consumption of goods should gradually gain in importance, both absolutely and relatively, until it had absorbed all the available product, leaving nothing beyond a bare livelihood (Veblen,1899, p. 91).

Veblen (1899) predicted future consumption to be driven by continuous comparisons of consumers with their reference group. Subsequently, consumption would become almost fully conspicuous and would depend on habit and social costume.

Veblen's (1899) work was opposed by critics as being a simplistic approach in considering the need to impress as the single cause of conspicuous consumption (Campbell, 1995; Elster, 1983). Regardless of critics' viewpoints, his contribution has shown to be crucial to the analysis of consumption, as Veblen (1899) highlights the role of habit and social customs in determining consumption patterns; moreover, his work has been a guiding force of consumption for many economists (Duesenberry, Vergara, &Ayuso, 1962).

As the proposed literature reflects, little evidence exists on consumption expenditure's effects on subjective wellbeing; especially, evidence pertaining to the Middle East, Lebanon, in particular. The following section explores expenditures in Lebanon in aims of providing background information about the situation.

2.5 The Lebanese context

The Central Administration of Statistics in Lebanon (CAS) collects, processes, and disseminates social and economic statistics at the national level and provides public, evidence-based information for decision-making. In 2012, CAS, in cooperation with World Bank, published the National Household Budget Survey for 2012 to highlight the areas of Lebanese consumption expenditures. The study focused on the spending of Lebanese households and individuals on goods and services.

According to CAS, household expenditure categories are the following:

- Food and non-alcoholic beverages
- Alcoholic beverages and tobacco
- Clothing and footwear
- Housing, water, electricity, gas, and other fuels
- Furnishing, household equipment, and routine household maintenance
- Health
- Transportation
- Communication
- Amusement, culture and recreation
- Restaurants and hotels
- Education
- Miscellaneous goods and services

Based on the survey conducted in 2012. The table below portrays the detailed figures of Lebanese household and individual expenditures, in Lebanese pounds (LBP), on different consumption categories.

Table 2

Products		Total	percentage
01	Food and Non-Alcoholic Beverages	1,654	20.00%
02	Alcoholic Beverages, Tobacco	117	1.41%
03	Clothing and Footwear	431	5.21%
04	Housing,Water,Electricity,Gas and Other Fuels	2,345	28.36%
05	Furnishings, Household Equipment and Routine Household Maintenance	318	3.85%
06	Health	638	7.71%
07	Transportation	1,084	13.11%
08	Communication	372	4.50%
09	Recreation,Amusement, and Culture	203	2.45%
10	Education	542	6.55%
11	Restaurants and Hotels	228	2.76%
12	Miscellaneous Goods and Services	338	4.09%
Total expenditure		8,269	100.00%

The survey yielded several findings related to Lebanese household and individual priorities and preferences, in addition to their economic and social condition. Lebanese expenditures were mostly on the following categories:

(1) Housing, water, electricity, gas, and other fuels consisting of 28.36% of total consumption

(2) Food and nonalcoholic beverages consisting of 20% of total consumption

(3) Transportation consisting of 13.11% of total consumption

It is, thus, evident that Lebanese household and individual consumption rates encompass non-leisure rather than recreation, amusement, and culture, which shape 2.45% of Lebanese citizens' expenditures. However, further information regarding consumption expenditure rates and patterns, in Lebanon, is limited and difficult to access.

Having presented a literature reviews that discusses major sections of the proposed study, including subjective wellbeing, income, consumption expenditure, the effects of consumption expenditure on subjective wellbeing, and an overview on the Lebanese context, the following chapter entails the methodology. The chapter on methodology includes the following sections: method, sampling, instruments, data analysis, validity and reliability, and ethical considerations.

Within Lebanese context we will mention a study conducted in 2007 in the Lebanese American University in Beirut by Huda Ayyash-Abdo. The study was with title: *Predictors of Subjective Well-Being among College Youth in Lebanon*. The study compared the subjective well-being (SWB) of Lebanese college youth between a sample

assessed in 2003 during peaceful time comparing to a sample assessed in 2007 during a turbulent time. One of the results of the study was that better socioeconomic status would be associated with higher scores on SWB and that being male would be associated with higher scores on positive affect and being female would be associated with higher scores on negative affect.

2.6 Theoretical Framework

2.6.1 The Bottom-Up Theory

The notion of subjective wellbeing being as a consequence of various life domains which are work, leisure, health, finances, family, self, and one's group has been highly regarded in literature (Headey, Veenhoven, & Wearing, 1991). Researchers have called for increased attention toward the causal relationship between these various life domains, and subjective wellbeing (Diener et al 1994, Headey et al., 1991). Diener (1984) has proposed two models under which subjective wellbeing could be regarded as a cause or a consequence, the bottom-up theory and the top-down theory. The bottom-up approach advocates that subjective wellbeing is caused by particular variables, such as work, marriage, leisure, health, friendship, social support, major life events, expectations, sense of equity, whereas the top-down approach suggests that subjective-wellbeing leads to certain outcomes, such as reacting happily to what one has or showing positive attitude (Headey et al., 1991). Some researchers have suggested that there is no point in examining which comes first as they have described it as the "chicken-and-egg issue" (Headey et al., 1991, p. 82).

Even though agreement is still not fully established if SWB is caused life domains variables or SWB leads to certain out comes, life domains have been widely studied and are considered predictors to subjective wellbeing (Kuykendall, Tay, & Ng, 2015). The main life domains proposed by Diener et al. (1999) are the following: work, leisure, health, finances, family, self, and one's group. Many studies conducted relating leisure to subjective wellbeing. However, the aspect of expenditures on leisure and its effect on SWB is still a gap in the literature.

In aims of establishing a concept of causation, researchers and statisticians need to first establish a correlation between the two, need to ensure that the correlation is not fake, and need to check that A (leisure engagement) precedes B (SWB), so any change that occurs in A should also alter B (Headey et al., 1991).

This advocates the premise of the bottom-up theory, where subjective wellbeing is actually noted as a consequence to leisure engagement. Newman (2013) explains that the bottom-up theory views as being based on the weight of key life domains. The amount of weight placed on each of those life domains is a predictor of subjective wellbeing. For instance, if leisure is taken into account, the extent of engagement in leisure could "potentially promote the various dimensions of subjective wellbeing in the leisure domain, which subsequently promotes global subjective wellbeing." (Diener and Ryan 2009 and Diener 1984).

Newman (2013) regarded the dimensions of Leisure as Structural leisure and Subjective leisure.

2.6.1.1 *Structural leisure*

Structural leisure, as the name implies, communicates leisure, which is structured by time or by activity. Time refers to the amount of time spent outside any obligated job such as the number of evenings or hours set aside to spend with friends or family or going out for a dinner or movie. The activity refers to the number of activities that are commonly regarded as leisure, the diversity of leisure activities that individual engaged in (e.g. attending theater, going to gym, hiking, traveling).

2.6.1.2. *Subjective leisure*

Subjective leisure emphasizes the importance of subjectivity in leisure involvement. That is, individuals' view on their engagement in activities that are thought to be entertaining. With subjective leisure, in particular, an internal motive is essential while in structural leisure, the leisure engagement or activity is externally defined.

In his model, Newman presented two dimensions to leisure, the first being structural and the second being subjective. And since every engagement in leisure activities will be translated in a way or another into expenditures so a third dimension is to be added; expenditures on leisure.

2.6.1.3. *Expenditures on Leisure*

Expenditures on leisure are the amount of money spent on leisure activities when engagement in leisure requires expenditures. Ranging with a wide variety of activities, such as traveling, hiking, going to the gym, or dining out, among others,

individuals need a certain amount of money to spend, accordingly. In this regard, expenditure on leisure is based on amounts spent and frequencies of engagement. Amounts refer to the amount of money spent on one activity, whereas frequencies refer to the number of times activities are being practiced. The aim in my study is to focus on the amount rather than frequency.

Newman, in his model, suggests that certain psychological mechanisms are activated in leisure, which can directly promote SWB. Part of these mechanisms is Detachment-Recovery and Autonomy.

2.6.1.4. ***Detachment-Recovery:***

According to Newman (2013), detachment is the time spent away from work, whereas recovery is the process that accompanies detachment from work and its restraints. One needs to note that working continuously induces psychological and physiological strains, which negatively impact subjective wellbeing. Consequently, detachment and recovery are required to enable the individual's return to his/her "homeostasis". In order for recovery to be established, detachment should not include the same activities practiced during work. Leisure time activities could, thus, help the individual to overcome work stress and facilitate the recovery process. In doing so, subjective wellbeing is enhanced. With this reasoning in mind, Newman (2013) has established the connection between leisure and subjective wellbeing as a positive one. For instance, Newman (2013) provides the example of pre and post vacation subjective wellbeing, whereby he claims that SWB post vacation time is considerably higher than pre vacation. With a quality leisure engagement in mind during this vacation, individuals

detach from work pressure and attain more positive cognitions and emotions during recovery.

2.6.1.5. *Autonomy:*

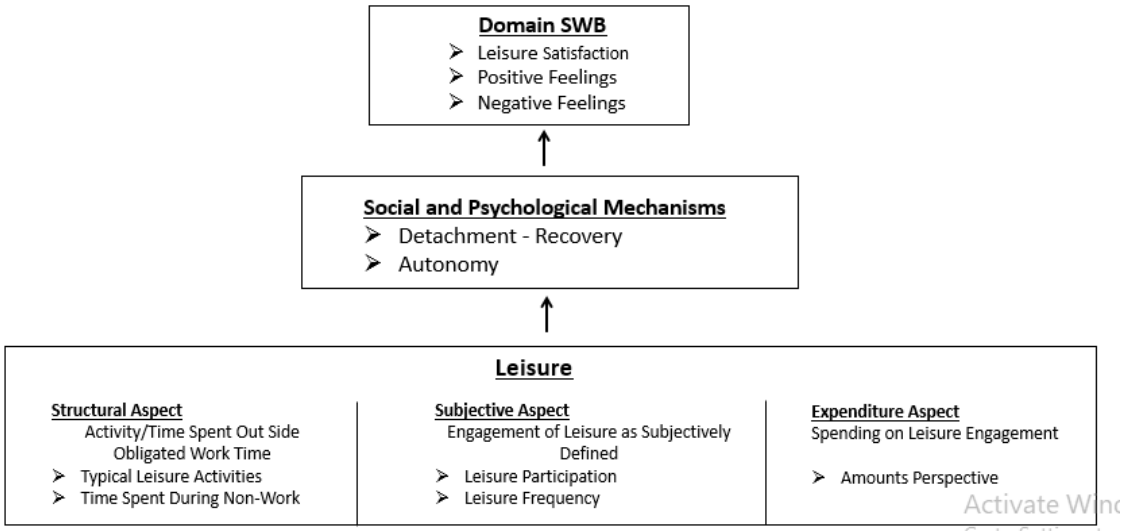
Autonomy grants the individual full accountability of his/her actions. In this regard, leisure cannot be forced upon an individual; it has to be self-driven through determination. It is, therefore, essential to have autonomy in order to engage in leisure activities. According to Newman (2013), having this freedom, independence, and self-direction in participating in leisure activities positively affects SWB. This implies the necessity of autonomy in the choice of leisure activities. Newman agreed with Diener who had established in 2009 that any self-directed engagement in activity is more likely to affect or impact subjective wellbeing.

Csikszentmihaly (1975) suggested that people are noted to be happier when they are actively engaged in stimulating activities that reflect their ability levels and skills. Those are known as the processor activity theories. In this regard, active participation in life tasks is essential as it might be a credible predictor of life satisfaction, and, consequently, subjective wellbeing (Cantor & Blanton, 1996; Harlow & Cantor, 1996). This idea was discussed by Emmons (1986), Little (1989), and MacGregor and Little (1998), who have identified energetic personal goals and engagement in life tasks as a precursor for positive emotions and subjective wellbeing.

Based on the bottom-up theory, our model will tackle SWB as the consequence of leisure. Leisure in all its dimensions, structural and subjective and its related expenditure will be researched as main antecedents of SWB.

2.6.2 Model & Hypotheses

Figure 3



Adjusted Model of David B. Newman • Louis Tay • Ed Diener April 2013

Based on the model review, both structural leisure and subjective leisure related to domain SWB via psychological mechanisms. My contribution to this model is by adding the expenditure aspect. I propose that spending on leisure engagement also promotes Domain SWB via psychological mechanisms in the Lebanese context.

In their study of the effect of consumption expenditures on subjective well-being, Noll and Weik (2014) conclude that of all the consumption expenditures they studied, expenditures on clothing items as well as on leisure activities seem to have the strongest positive impact on SWB. Therefore, we can state that within the same social class, that is, for the middle class in Lebanon the following hypothesis can be posited:

H1: Expenditures on leisure engagement contribute positively to subjective wellbeing as such the higher the amount spent on leisure activities, the higher is the score on SWB.

Leisure satisfaction is the positive evaluation of the conditions of our leisure domain of life. DeLeire and Kalil conducted a study in 2010 on the relationship between the various components of consumption expenditures and wellbeing. The major result of this research, the authors found ‘‘that only one component of consumption expenditures is positively related to happiness and life satisfaction—leisure consumption.’’ Also, Sonnentag and Fritz in 2007 conducted a study about the recovery experience from work obligations and found a positive correlation between experiences in leisure time and life satisfaction. For example, individuals tend to choose leisure activities (such as attending music classes or drawing sessions) that are the opposite of one’s work activities, thus providing satisfaction not realized in the work context (Compensation theory Chick and Hood 1996). This engagement in leisure activities requires spending. Therefore we can posit the following sub hypothesis:

H1a: Amounts spent on leisure engagement contribute positively to leisure satisfaction for middle class people in Lebanon.

In their study 2010, (Simone and Cesena 2010) found that Educational classes taken during free time as a form of leisure stimulate cognitive processes, which in turn promote positive feelings . (Pin quart and Silbereisen2010) found that Individuals who enter a state of flow during leisure activities report higher levels of positive feelings

which is one of the core elements to have in your life to enjoy well-being and happiness. For example people who feel satisfied by hiking they tend to do this activity in several places in different areas and not only in one place. By this they would spend more money for reaching these places and sometimes they join groups or organized trips with specialized institutions. Therefore, we can posit the following sub hypothesis:

H1b: Amounts spent on leisure engagement increase positive feelings in Lebanon.

In their study 2013, David B. Newman, Louis Tay and Ed Diener 2013 suggested that fulfilment of basic needs in leisure such as recovery and rest will diminish negative feelings. Having sufficient detachment and recovery during leisure would be a critical component of life satisfaction. Further, not receiving sufficient detachment and recovery likely triggers negative feelings. For example, people who do not disconnect from life obligations will experience negative feelings more than people who try to find a free time (by going out after work or during weekends). Therefore we can posit the following sub hypothesis:

H_{1c}: Amounts spent on leisure engagement has a reverse relationship with negative feelings in Lebanon

In their study 2013, David B. Newman, Louis Tay and Ed Diener 2013 proposed a theoretical model which suggests that certain psychological mechanisms (such as detachment-recovery and autonomy) are activated in leisure, which can directly promote the different aspects of SWB in leisure. Therefore, we can posit the following sub hypothesis:

H2: spending more time outside work the higher is the score of subjective wellbeing (structural aspect of leisure).

Sonnentag and Fritz 2007; Sonnentag and Zijlstra 2006, Hobfoll1989, Meijman and Mulder 1998 all suggested that the primary function of leisure is to produce psychological detachment from work. The conservation of resources model (Hobfoll 1989) suggested that individuals can build up resources during leisure time activities to overcome stress at work, thereby improving well-being. However people who intend to be detached from work might choose to go by weekends for a resort away from their area where they live and away from their work place. This accommodation will need expenditures. Other people might choose camping to be away from work stress, this activity might need spending on the tools, transportation, equipment, or even paying for organized trips by specialized companies. Therefore we can posit the following sub hypothesis:

H3: The more frequently a person participates in leisure the higher will be the SWB score (subjective aspect of leisure).

The term structure has been used to emphasize how leisure is structured by time or activity Newman et al 2013. (a) The amount of time spent outside of work. (b) The number of activities typically viewed as leisure. For example, individuals that have two days off per week, might have more time to spend on leisure activities and consequently perceive better SWB than those who have just one day off.

H4: Social and Psychological mechanisms have an effect on the relationship between expenditures on leisure and SWB.

H4a: Detachment and recovery moderates the relationship between expenditures on leisure and SWB.

According to Newman 2013, one needs to note that working continuously induces psychological and physiological strains, which negatively impact subjective wellbeing. Consequently, detachment and recovery are required to enable the individual's return to his/her better wellbeing state.

H4b: An autonomous person scores higher on SWB.

Newman 2013 stated that leisure cannot be forced upon an individual; it has to be self-driven through determination. In his model he suggests that certain autonomy as a psychological mechanism is activated in leisure which can directly promote SWB. It is essential to have autonomy in order to engage in leisure activities.

2.6.3. Measures of subjective wellbeing

Flugel (1925) was considered the pioneer in developing modern approach to measure subjective wellbeing as people practice their daily activities. By having people record their emotional interactions and activities, Flugel (1925) studied moods through analyzing and synthesizing people's recordings.

Cantril (1955) used large-scale surveys as an assessment technique to subjective wellbeing. Contained brief and straightforward questions, their surveys sought simple response options. For example, on answering, "How happy are you?" Participants were to rate their happiness on a scale ranging from "very happy" to "not very happy".

By mid 1980s, many studies provided a review of the much larger database on subjective wellbeing, such as Argyle (2001), Diener (1984), Myers (1992), and Strack, Argyle, and Schwartz (1991).

Subjective wellbeing emphasizes the importance of people's perceptions of their life circumstances and mental states. According to Royo (2007), psychologists have developed different techniques to measure people's subjective wellbeing and have investigated its correlation with demographics, personality traits, and socio-economic variables. Economists have, thus, adopted and simplified in global single measures the generally complex constructs of psychologists; their analysis has focused on the study of the effect of socio-economic variables, such as income and consumption, on subjective wellbeing (Royo, 2007).

Measuring people's quality of life is fundamental when assessing the progress of societies. It is now widely acknowledged that measuring subjective wellbeing is an

essential part of defining the quality of life alongside other social and economic dimensions (OECD, 2011).

In 2011, and as an initial step in improving the measures of the quality of life, the OECD set guidelines, which provide advice on the collection and use of measures on subjective wellbeing. These guidelines have been produced as a part of the OECD Better Life Initiative, a pioneering project launched in 2011. The objective of this project is to measure society's progress across eleven domains of wellbeing, some of which are jobs, health and housing, civic engagement, and the environment.

In order to measure subjective wellbeing, usually questions on happiness or life satisfaction, self-reported adequacy of life domains, and frequency of good and bad feelings are asked. The Positive and Negative Affect Scale, PANAS (Watson, Clark, &Tellegen, 1988) and the Satisfaction with Life Scale, SWLS are most commonly used to measure SWB (Diener, Emmons, Larsen, & Griffin, 1985).

The PANAS views negative and positive affects as separate components. Each of these categories is measured through ten words that describe distinct feelings and emotions that people might encounter pre and/or during the interview. The 20 items on the list describe mood and are the following: interested, distressed, excited, upset, strong, guilty, scared, hostile, enthusiastic, proud, irritable, alert, ashamed, inspired, nervous, determined, attentive, jittery, active, and afraid. The PANAS asks participants to identify the extent to which any of these mood types is exhibited on a five-point scale ranging from very slightly to extremely (Houghton, 2006).

The SWLS scale views cognitive evaluations of life satisfaction. It consists of 5 items that compare one's life to the ideal, analyze the conditions of one's life and

achievements, and identify people's satisfaction. The five items are the following: "(1) In most ways, my life is close to my ideal, (2) the conditions of my life are excellent, (3) I am satisfied with my life, (4) so far, I have gotten the important things I want in life, and (5) if I could live my life over, I would change almost nothing" (Diener et al. 1985, p. 72). The scales on which those components are to be measured ranges from 'strongly disagree' to 'strongly agree' which reflects the level of agreement of the respondent with the statements defining each of the five items. In general, there exist strong correlations between PANAS and SWLS (Diener et al., 1985).

Global measures, such as the aforementioned scales, are adaptable to larger representative samples. However, the scales pose some limitations. They fail to consider extraneous factors, such as past and present circumstances and experiences that might influence people's accounts (Strack, Argyle, & Schwartz, 1999, as cited in Diener & Biswas-Diener, 2002, p. 156). This notion implies that most cross-sectional surveys are held accountable for random errors that can only be corrected through the use of additional measurement methods, such experience sampling where researchers obtain mood and satisfaction reports from respondents at random times in everyday life (Diener & Biswas-Diener, 2002, p. 156).

Despite the posed drawbacks, global measures of subjective wellbeing are widely used in the social sciences. The measures are evident in the field of economics where the methodology of analysis (usually regression analysis) requires large data sets that include many independent variables, which are thought to influence subjective wellbeing. In longer surveys, global measures are simplified to one short, simple question (Hirata, 2001, p. 25). Samples of those questions are the following:

- How satisfied are you with your life as a whole these days? Answering this question consists of a 7-point scale ranging from completely satisfied to completely dissatisfied (Andrews &Withey, 1976).
- Taking all things together, would you say you are – very happy, quite happy, not very happy, or not at all happy (Inglehart, 1997)?
- On the whole, are you very satisfied, fairly satisfied, not very satisfied, or not at all satisfied with the life you lead (Eurobarometer survey)?

Oxford Brookes University had adopted a questionnaire which had been developed by Peter Hills and Michael Argyle in 2002 (Hills & Argyle, 2002). This questionnaire contains 29 positive and negative statements, whereby participants are to rate on a scale from 1 to 6, where 1 is strongly disagree and 6 is strongly agree. By its end, this questionnaire provides calculation of score and interpretation of score sections. The outcome of the scores ranges as follows:

1-2: Not happy.
2-3: Somewhat unhappy
3-4: Not particularly happy or unhappy.
4: Somewhat happy or moderately happy.
4-5: Rather happy, pretty happy
5-6: Very happy.
6: Too happy.

In 2016, a study by Oleg N. Medvedev, Richard J. Siegert, Ahmed D Mohamed, Daniel Shepherd, Erik Landhuis and Christian U. Krageloh applied PCA analysis on the Oxford

SWB items and divided it into 3 factors. They had the loading on Negative, affective and cognitive factors as showing on the following table:

Table 3

Principal component factor analysis with principal axis factoring using Varimax rotation and number of factors fixed to three after misfitting items 2, 5, 14 and 23 were removed (n = 281)

Factor items	Negative worded	Cognitive	Affective
27 Have fun with others[R]	0.75		
24 Life has meaning and purpose[R]	0.72		
29 Happy memories[R]	0.70		
1 Pleased with self[R]	0.65		
28 Feel healthy[R]	0.65		
6 Optimistic[R]	0.63		
19 Feel in control[R]	0.59		
10 World is good[R]	0.51		
13 Look attractive[R]	0.46		
8 Committed and involved		0.67	
21 Mentally alert		0.66	
9 Life is good		0.64	
16 Find beauty in things		0.62	
3 Life is rewarding		0.60	
12 Satisfied with life		0.58	
18 Can organise time		0.51	
4 Warmth for others		0.45	
11 Laugh a lot			0.79
17 Cheerful effect on others			0.78
7 Find things amusing			0.56
25 Feel energetic		0.49	0.54
15 Very happy		0.48	0.53
20 Feel able to do most things		0.44	0.48
22 Joy and elation		0.41	0.48
26 Good influence		0.44	0.46

[R] Negatively worded items. Coefficients below 0.40 are suppressed for clarity

Chapter 3

Methodology

3.1 Method

The proposed study is a descriptive one. “Descriptive studies describe a given state of affairs as fully and carefully as possible” (Fraenkel& Wallen, 2003, p. 14). Descriptive research helps measure individuals’ attitudes towards life and their behavior when they spend on leisure. In this regard, information retrieved is described in a careful manner and is organized and analyzed, accordingly. Consequently, relationships between set variables can be established. In this session of study, further investigation into leisure expenditures and subjective wellbeing have conducted.

Descriptive studies mainly employ questionnaires as instruments (Fraenkel& Wallen, 2003). For this reason, the primary instrument utilized to answer the research question for the proposed study is questionnaires.

Moreover, the study uses quantitative analysis. The use of quantitative approach is justified by the need to describe a relationship between two variables and recognize how certain factors might influence an outcome (Creswell, 2013). In this study, those variables are expenditure on leisure and subjective wellbeing.

The following section presents the sampling process that was applied.

3.2 Sampling and participants

Participants, in this study, needed to be within the middle class earning annually between $15000 and $27000 (P. Jahn, the Daily star 2012).

A question included in the questionnaire entails indicating annual incomes. 200 questionnaires are collected from participants since the questionnaire contains 42

questions (considering with average 4.8 respondents for each question). The targeted participants belonged to three main Institutions and organizations:

1- International Committee of The Red Cross-ICRC in Lebanon: Head delegation in Beirut, Sub delegation in Zahle, Sub delegation in Tyr and Sub delegation in Tripoli.
2- Audi Bank- Hamra branch.
3- Blom Bank. Hamra and Aley branches.
4- BBAC bank: Hamra and Aley branches.
5- Two official schools in Swhaifat.
6- Two official schools in Aley.

The reason for selecting ICRC is because it is an international humanitarian organization that has been existing in Lebanon since 1967, its employees are distributed all over Lebanon and one of its aims is to enhance the wellbeing state of individuals and societies. And as a member of ICRC I can grant an approval to distribute the questionnaires among all its employees.

The banks and the schools I chose them since their employees are within the targeted income range and since I granted the green like to distribute the questionnaire as hard copy among their employees.

The questionnaire was distributed through Survey Monkey for ICRC participants after taking the approval of the Human resources department.

All the rest of participants received the questionnaire as hard copy after taking the approval of the institution they belong to.

3.3 Instruments

The questionnaire covered two aspects, subjective wellbeing and expenditures on leisure (refer to Appendix 1 for full questionnaire).

The part of the questionnaire that entails measuring subjective wellbeing is the one adapted from Oxford Brookes University. It contains 29 items in order to measure positive feelings, negative feelings, and satisfaction.

The expenditure on leisure questionnaire contains seven questions about different types of leisure, based on the classification of Lawson and Baud-Bovy (1997). These questions ask participants about their engagement in leisure activities such as travelling, going to restaurants, watching movies, going to gym, taking vacations and how much do they approximately spend on each activity.

The questionnaire was piloted on 10 participants through interviews and on 80 participants through email in BLOM bank.

3.4 Data Collection

Questionnaires were distributed through:

1-Survey Monkey for questionnaires distribution through emails.

2-Printed hard copies.

For ethical considerations, participation will be completely voluntary. That is, participants will choose to take part in the study because they want to and not due to any other external-pressure. Moreover, participation will be completely anonymous, as no means of identification is needed.

3.5 Data Analysis

The Statistical Package for Social Sciences (SPSS) version 20 will be used to process the data. Descriptive statistics will be used to profile our respondents. Multiple

Regression will be used to establish relationships between leisure expenditure and subjective well-being. PROCESS by Hayes will be used to study the mediating effect of the social and psychological mechanism between leisure aspects and Domain Subjective Well-Being.

Chapter 4

Findings

4.1 Descriptive analysis:

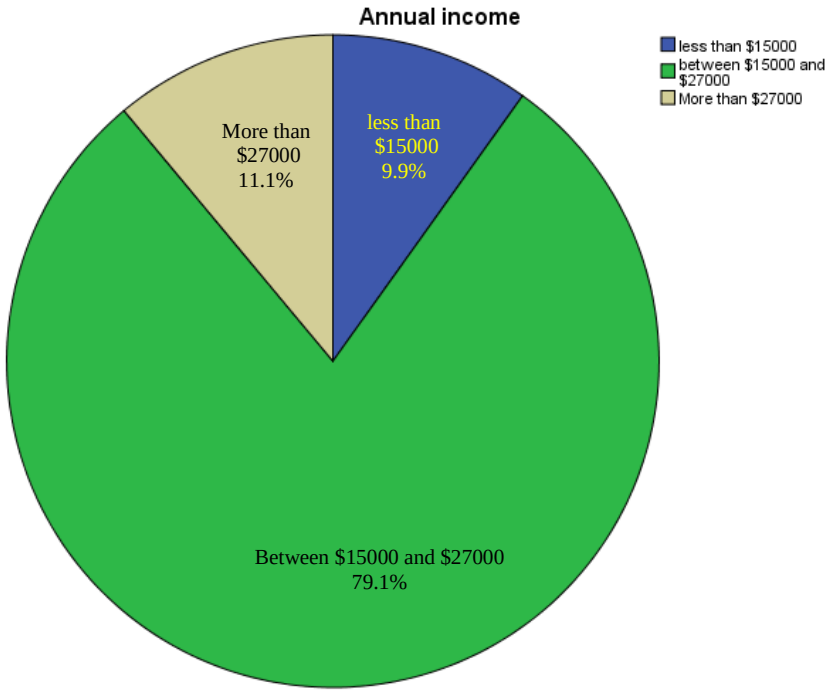
Our study aims to identify the impact of leisure expenditure on subjective wellbeing of middle class people within the Lebanese context. The sample included 253 residents in Lebanon. Data collected via paper questionnaire was entered using the Statistical Package for Social Sciences (SPSS version 20) for analysis, the data collected via survey monkey was transferred from EXCEL to SPSS.

This section presents the results of the study. It is divided into three subsections, profiling of respondents, reliability scales of our independent and dependent variables, and testing our hypotheses.

4.2 Distribution of responses as per annual income:

The profiling of the respondents was based on the filtered data of the income range between USD 15,000 and USD 27000 as shown in graph 1. 200 participants were within the targeted income.

Figure 4



Since our purpose was to cover middle class people of the 253 respondents, we will continue with the data pertaining to 79.1% of respondents whose income was between $15,000 and $27,000.

4.3 Respondents Profile.

Demographically, the majority of the respondents were females (62%), single (53.5%), their age ranged between 21 and 70 with mean of 33.2 years old and a standard deviation of 7.9 years the median age is 31.5 years. Our respondents age allows them to work, earn, and engage in leisure activities at the same time

Detachment is the time spent away from work obligations (Newman 2013), and having vacation on Saturdays is a part of detachment. To measure detachment from work, we asked respondents about whether they work on Saturday or not, and the number of weeks they take a vacation (see questionnaire Appendix 1). The majority of our middle class

respondents (61.5%) do not work on Saturdays, 5% do not take vacation, 10.5% take vacation for less than 2 weeks, the majority (72.5%) take between 2 and 4 weeks of vacation and 12% take more than 4 weeks of vacation.

Travel for tourism was highly regarded in the literature review. According to Leitner and Leitner (2012), travel and tourism cover the largest segment of leisure services industry and spending on recreational activities. One aspect of the questionnaire sought to examine the frequency of participants' yearly tourism travels. 73% of the respondents travel at least once per year for tourism against 27% who do not travel for tourism. The majority (38.5%) travel for tourism once per year.

The frequency of going to the cinema was also a question posed on the questionnaire to assess leisure engagement. 75 out of the 200 participants do not go to the cinema at all (37.5 %.) 37% of respondents go to the movies once per month and 19% go twice a month. Therefore, more than half of the sample surveyed goes to cinema at least once per month.

The results of going to theaters and concerts question show that 43% of respondents to not go at all. While the rest 57% go between 1 and 25 times per year with an average of 1.58 times and standard deviation 2.65 times.

The question about monthly going to restaurants show that only 2.5% of respondents do not go at all to the restaurants the majority 97.5% go on average 5.39 times per month and standard deviation 4.74 times. Going to coffee shops question shows that 16.5% do not go, while the rest 83.5% go with an average of 4.24 times per month and standard deviation 4.12.

4.4 Expenditures on Leisure:

The questions about expenditures on leisure were either on monthly basis or yearly basis. The three questions about yearly expenditures were about spending on concerts and theaters, hotels and resorts, and travelling for tourism. However, the four questions about monthly expenditures tackled leisure spending on movies, gym, restaurants and coffee shops. In order to obtain the total expenditures on leisure activities for each respondent per year we multiplied the monthly basis figures by 12 and added them to the yearly basis. This total yearly expenditure on leisure will be used as the independent variable while testing our hypotheses.

The results show that the average spending on leisure activities is $5,175 per respondent per year with a standard deviation of $ 3,475**.** The average of spending on restaurants came first by $2,180 per year. Followed by travel for tourism with an average of $1,932, then an average spending on coffee shops of $580.

To measure leisure engagement, the questionnaire contained a question about the yearly frequency of accommodation at hotels and resorts. The result was that 39% of respondents do not accommodate at hotels or resorts at all. The rest 61% accommodate by an average of 1.68 times per year.

The questionnaire contained a question about the frequency of going to gym. The results show that 111 of respondents (55.5%) do not go to gym at all. The rest of respondents (44.5%) go to gym between 2 times and 25 times per month with an average of 5.7 times and standard deviation 7.48.

4.5 Subjective Wellbeing

Subjective wellbeing is the dependent variable in our study. In calculating its score, we followed the Oxford study instructions.

The instructions in details were:

Step 1. We scored in reverse all the items marked (R):

If the respondent gave himself a "1," we change it to a "6."
We changed "2" to a "5"
We changed "3" to a "4"
We changed "4" to a "3"
We changed "5" to a "2"
We changed "6" to a "1"

Step 2. We added the numbers for all 29 questions. (Using the converted numbers for the 11 items that are reverse scored.)

Step 3. We divided by 29. So SWB score = the total (from step 2) divided by 29.

Step 4. Interpretation of the scores

1-2: Not happy. If you answered honestly and got a very low score, you're probably seeing yourself and your situation as worse than it really is.

2-3: Somewhat unhappy

3-4: Not particularly happy or unhappy. A score of 3.5 would be an exact numerical average of happy and unhappy responses

4: Somewhat happy or moderately happy. Satisfied. This is what the average person scores.

4-5: Rather happy, pretty happy

5-6: Very happy. Being happy has more benefits than just feeling good. It's correlated with benefits like health, better marriages, and attaining your goals.

6: Too happy.

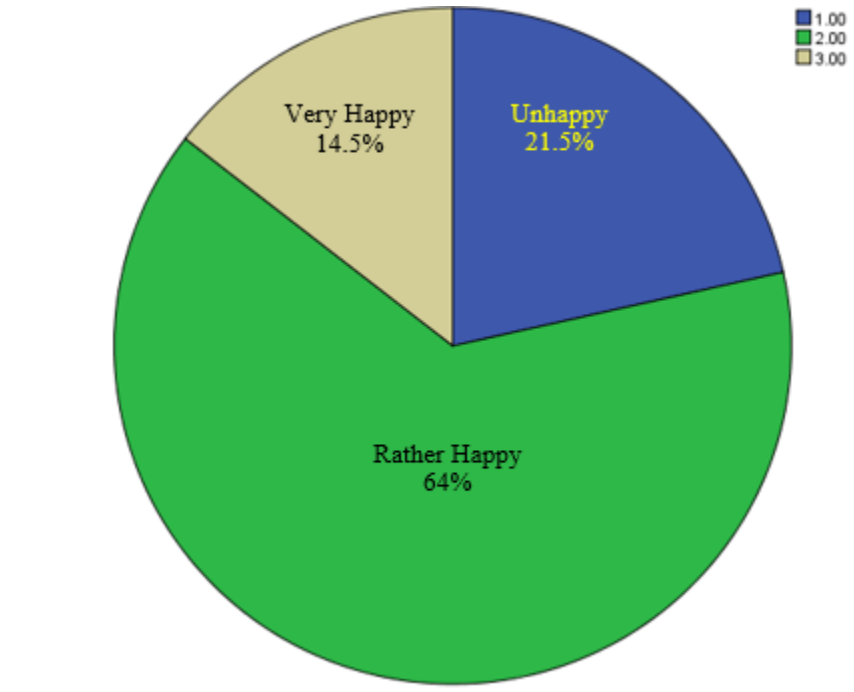
Initially, the scale was divided into 6 categories ranging from unhappy to too happy. In order to make the interpretation simpler and to describe the current status of our respondents, we regrouped all below average as unhappy, those in the average and above average range as rather happy and those ranging in top scores as very happy.

1-3.5: Unhappy.

3.5-5: Rather happy.

5-6: Very happy.

Figure 6:



The results are divided into three categories as shown in graph 4.2. 21.5% of participants were identified as **unhappy**. At a greater number, 64% of participants were identified as **rather happy.** 14.5% of participants were identified as **very happy**.

The test average scores of SWB and its subcomponents; positive feelings, negative feelings and satisfaction will be used as a measure of the dependent variable SWB when testing our hypotheses.

4.6 Testing the reliability of the scales.

4.6.1 Subjective wellbeing scale

In the study done by Peter Hills and Michael Argyle in 2002 the principal factor analysis shows seven factors and also some items loaded on two or more factors: “Overtly similar items appeared in different factors and a substantial minority of items loaded more or less equally on two or more factors. Under these circumstances, the extracted OHQ factors could not plausibly be interpreted.” Argyle and Hill 2002.

Argyle and Hill suggests that these results may be due to the fixed sequence in which the items are presented than to the items themselves. In a re-analysis of their study Argyle and Hill extracted 8 factors as follows:

1 life is rewarding.
2 mentally alert.
3 pleased with self.
4 find beauty in things.
5 satisfied with life.
6 can organize time.
7 look attractive.
8 happy memories.

However, based on Medvedev et al (2016) as shown in the theoretical framework. When they fixed the number of factors into 3 they had the loading on Negative, affective and cognitive factors.

Based on the literature where Diener and Suh (2000) stated that subjective wellbeing is composed of three interrelated components, which are satisfaction, pleasant affect and negative feelings, we replicated the PCA analysis applied by Medvedev et al (2016) on the Oxford SWB items. As they suggested, we dropped the items 2, 5, 14, and 23 as they were not fitting with the SWB factoring. We factored using Varimax rotation and fixed to three the number of factors as shown in appendix 5.

Accordingly, we did the following calculations:

SWB Score for each respondent is the average of the number (scale from 1 to 6) given for each of the 29 questions of Subjective Well-being in the questionnaire divided by 29.

Positive Feelings score is the average of the score on the 8 items (7, 11, 15, 17, 20, 22, 25, 26)) that is related to the positive feelings divided by 13.

Negative Feelings score is the average of the score on nine negative statements (1, 6, 10, 13, 19, 27, 24, 28, and 29).

Cognitive or what is referred to as **life satisfaction is** a composite of 13 items (3, 4, 8, 9, 12, 15, 16, 18, 20, 21, 22, 25, and 26)

To calculate the Cronbach's α for subjective wellbeing scale we applied the reliability test in SPSS on all the 29 items of the scale.

Cronbach's $\alpha = 0.818 > 0.7$ showing high reliability of SWB scale. Therefore the average score used to calculate SWB will be used as the measure of SWB.

1.5 Reliability test for positive feelings

Cronbach's $\alpha = 0.771 > 0.7$ is showing a good reliability.

1.6 Reliability test for negative feelings

Cronbach's $\alpha = 0.779 > 0.7$ is showing a good reliability.

1.7 Reliability test for satisfaction (cognitive)

Cronbach's $\alpha = 0.806 > 0.7$ is showing a good reliability

4.8 Calculating the scores of the independent variables:

Yearly expenditures on leisure score is the sum of the amounts spent by the respondent on leisure activities 7 questions (36B, 37B, 38B, 39B, 40B, 41B, 42B) during a year..

Frequency of leisure engagement score is the sum of the times engaged in leisure activities 7 questions (36A, 37A, 38A, 39A, 40A, 41A, 42A) during a year.

4.6 Testing the Hypotheses:

In order to test our hypotheses we used the following tests in SPSS: Linear Regression and Correlation, independent t-test, model 1 in process, and ANOVA.

- **H1: Expenditures on leisure engagement contribute positively to subjective wellbeing as such the higher the amount spent on leisure activities, the higher is the score on SWB.**

A simple linear regression test was run between total yearly expenses as the independent variable and the total score of SWB as dependent variable. The regression model was significant (sig=0.014 < α = 0.05). The regression line being: Expected SWB = 4.252 + 2.858E-005 (yearly leisure expenditure).

We expect that increase of $1 in spending on leisure per year will lead to an increase in the score of subjective wellbeing of 2.858E-005 on average. 3% (R-square = 0.030) of the variation in the score of SWB is explained by the variation in yearly expenditure on leisure.

Thus H1 was supported

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.174[a]	.030	.025	.56283

a. Predictors: (Constant), yearlyexp

ANOVAa

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	1.964	1	1.964	6.201	.014[b]
	Residual	62.722	198	.317		
	Total	64.687	199			

a. Dependent Variable: SWBSCORE

b. Predictors: (Constant), yearlyexp

Coefficients[a]

Model		Unstandardized Coefficients	Standardized Coefficients	t	Sig.	Sig.
1	B	Std. Error	Beta	1.964	6.201	.014[b]
1	(Constant)	4.252	.077		55.418	.000
	yearlyexp	2.858E-005	.000	.174	2.490	.014

a. Dependent Variable: SWBSCORE

b. Predictors: (Constant), yearly expenses

H1a: Amounts spent on leisure engagement contribute positively to satisfaction in Lebanon.

A simple linear regression was run between total yearly expenditures as the independent variable and the total score of Leisure Satisfaction as a dependent variable. As displayed in table the regression model was high significant (sig= 0.016 < α = 0.05). The regression line being: Expected SWB = 4.361 + 3.133E-5 (Satisfaction).

We expect that a change of $1 in spending on leisure will lead to an increase in the score of subjective wellbeing of 3.133E-5 on average. (R square =0.029) 2.9 % of the variation

in the score of satisfaction in SWB is explained by the variation in yearly expenditures on leisure. Thus H1a is supported.

Variables Entered/Removed

Model	Variables Entered	Variables Removed	Method
1	newyearlyexp[b]	.	Enter

a. Dependent Variable: Cognitive SWB with 13 items

b. All requested variables entered.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.171[a]	.029	.024	.62938

a. Predictors: (Constant), newyearlyexp

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2.360	1	2.360	5.958	.016[b]
	Residual	78.432	198	.396		
	Total	80.792	199			

a. Dependent Variable: Cognitive SWB with 13 items

b. Predictors: (Constant), newyearlyexp

H1b: Amounts spent on leisure engagement increase positive feelings in Lebanon.

A simple linear regression was run between total yearly expenses as the independent variable and the total score of Positive Feelings as a dependent variable. The regression model was not significant (sig= 0.036 < α = 0.05). The regression line being expected positive feelings=4.308+2.965E-5.

Thus H1b is supported

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.149[a]	.022	.017	.68754

a. Predictors: (Constant), newyearlyexp

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2.113	1	2.113	4.470	.036[b]
	Residual	93.598	198	.473		
	Total	95.711	199			

a. Dependent Variable: Positive feelings of SWB with 8 items

b. Predictors: (Constant), newyearlyexp

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	4.308	.094		45.962	.000
	newyearlyexp	2.965E-005	.000	.149	2.114	.036

a. Dependent Variable: Positive feelings of SWB with 8 items

H_{1c}: Amounts spent on leisure engagement has a reverse relationship with negative feelings in Lebanon.

A simple linear regression was run between amounts spent on leisure as the independent variable and negative feelings as a dependent variable. Regression model was not significant (sig=0.062 > α = 0.05) but with negative coefficient -3.67E-5.

To explore why there is no significance we ran ANOVA to compare the yearly expenses for all 3 categories of happiness. Those who are not happy spent significantly less on leisure than other two categories. Sig of the test = 0.044.

H1c is not supported.

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	newyearlyexp[b]	.	Enter

a. Dependent Variable: Negative feelings of SWB 9 items

b. All requested variables entered.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.132[a]	.018	.013	.85267

a. Predictors: (Constant), newyearlyexp

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	2.616	.116		22.501	.000
	newyearlyexp	-3.267E-005	.000	-.132	-1.879	.062

a. Dependent Variable: Negative feelings of SWB 9 items

H2: spending more time outside work the higher is the score of subjective wellbeing (structural aspect of leisure).

Since our independent variable is categorical (number of vacation weeks grouped categorically), we ran ANOVA test to see if there is a difference between the SWB scores of those who spend time outside work. ANOVA was sig=0.007 showing that there is a difference in the SWB score depending on the number of weeks employees take as vacation. Furthermore, the Post Hoc analysis shows that people who take more than 4 weeks vacation have a significantly higher SWB score than those who take between 2 or 4 weeks and less than 2 weeks vacation per year (appendix 6).

H2 is supported.

ANOVA

SWBSCORE

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	3.837	3	1.279	4.120	.007
Within Groups	60.850	196	.310		
Total	64.687	199			

H3: The more frequently a person participates in leisure the higher will be the SWB score (subjective aspect of leisure).

A simple linear regression was run between Frequency of engagement in leisure as the independent variables and the total score of Positive Feeling as a dependent variable. The regression model was very significant (sig= 0.238 > α = 0.05). H3 is not supported.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.215[a]	.046	.011	.56687

a. Predictors: (Constant), yearly frequency attending a concert or theater, yearlygymF, yearlyresturantsF, yearly accomodation in local hotels or resorts, yearlymoviesF, yearly frequency travels for tourism, yearlycoffeeshopsF

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2.989	7	.427	1.329	.238[b]
	Residual	61.697	192	.321		
	Total	64.687	199			

a. Dependent Variable: SWBSCORE

b. Predictors: (Constant), yearly frequency attending a concert or theater, yearlygymF, yearlyresturantsF, yearly accomodation in local hotels or resorts, yearlymoviesF, yearly frequency travels for tourism, yearlycoffeeshopsF

Coefficients[a]

Model	Unstandardized Coefficients	Standardized Coefficients	t	Sig.

		B	Std. Error	Beta		
1	(Constant)	4.264	.079		53.755	.000
	yearlymoviesF	.005	.003	.106	1.405	.162
	yearlygymF	.000	.000	-.035	-.485	.628
	yearlyresturantsF	.000	.001	.018	.217	.828
	yearlycoffeeshopsF	.001	.001	.123	1.465	.145
	yearly frequency travels for tourism	-.011	.043	-.020	-.244	.807
	yearly accomodation in local hotels or resorts	.012	.017	.056	.730	.466
	yearly frequency attending a concert or theater	.015	.016	.071	.960	.338

a. Dependent Variable: SWBSCORE

H4: Social and Psychological mechanisms have an effect on the relationship between expenditures on leisure and SWB.

H4a: Detachment and recovery moderates the relationship between expenditures on leisure and SWB.

Hayes' model 1 of simple moderation was run.
Moderation model sig=0.0059 with significance interactive effect =0.0115 (appendix 7)

The more frequently people spend time on leisure the stronger is the relationship between expenditures and SWB.

H4a is supported.

H4b: An autonomous person scores higher on SWB.

We ran independent t-test on SWB score to compare autonomous people (those who have hobbies) vs. those who do not. The t-test was significant at (sig=0.004) showing that

people with hobbies have a higher SWB score. Further analysis of independent t-test on scores of the components of SWB (negative, positive and satisfaction) between people who have hobbies and people who don't showed that people who have hobbies score significantly higher on positive and satisfaction scores and significantly lower on negative feelings (Appendix 8).

Table 4

H1	Tests the positive effect of spending on leisure on SWB.	Supported
H1a	Tests the positive effect of spending on leisure on satisfaction.	Supported
H1b	Tests the effect of spending on leisure on positive feeling.	Supported
H1c	Tests the reserve relation between payment on leisure and negative feelings.	Not supported
H2	Tests the effect of spending more time outside work on SWB	Supported
H3	Tests the positive effect of the increase in frequency in engaging in leisure on SWB	Not supported
H4a	Tests the effect of detachment and recovery between leisure and SWB	Supported
H4b	Tests the effect of autonomy between leisure and SWB	Supported

Chapter 5

5.1 Discussion

5.1.1 Relation between expenditures on leisure and SWB.

The main aim of this study as represented in its research question is to test the impact of expenditures on leisure on SWB among middle class in Lebanon. The results of this study answered this research question and supported H1 that tested the relation between expenditures on leisure as independent variable and the SWB score as dependent variable. The regression test shows a positive relation with sig=0.014. So, as an individual increases spending on leisure related activities the individual's SWB score increases. Conforming to literature, as Hudders and Pandelaere (2011) suggested that expenditure on leisure might enhance individual's subjective wellbeing. Also, Noll and Weik (2014) suggested that of all the consumption expenditures, expenditures on clothing as well as on leisure activities have the strongest positive impact on SWB. However, these studies were not accompanied with detailed surveys to examine the relationship between the expenditures on leisure as independent variable and SWB as a dependent variable. The present study came to fill this gap by confirming this relationship with statistically based evidence. In addition, since the data analysis and the findings were derived from the filtered data (respondents with income range between USD 15,000 and USD 27,000) we can say that in Lebanon and within the middle class, with similar income range, people who spend more on leisure activities have a higher Subjective Well-Being.

5.1.2 Relation between expenditures on leisure and satisfaction.

Through H1a, this study aimed to test the impact of spending on leisure on individual's satisfaction as a component of Subjective Wellbeing. Satisfaction is one dimension of wellbeing according to the Hedonic theory (Bradburn, 1969; Diener, 1984; Kahneman, Diener, & Schwarz, 1999; Lyubomirsky & Lepper, 1999). Also according to Diener and Suh (2000) SWB has three-dimensional aspects, one of them is satisfaction. In this regard we tested the relation between spending on leisure as independent variable and satisfaction as a dependent variable. The regression test shows a positive relation with sig= 0.016. Based on this result, this study considers that the fulfillment of some or part of individual's needs in leisure such as spending money on watching movies or going to gym will more likely enhance satisfaction.

5.1.3 Relation between expenditures on leisure and positive feelings.

Researchers in favor of the Hedonic approach equate wellbeing with positive feelings (Bradburn, 1969; Diener, 1984; Kahneman, Diener, & Schwarz, 1999; Lyubomirsky & Lepper, 1999). Literature review also shows that according to Diener and Suh (2000) positive affect is a part of the SWB aspects. But these studies did not delve into the nature of the relationship between expenditures on leisure and positive feelings. This study shows that by spending on leisure we are promoting positive feeling (as a major component of SWB) of the individual.

5.1.4 Relation between expenditures on leisure and negative feelings.

According to Bradburn (1969) “an individual will be high in subjective wellbeing in the degree to which he has an excess of positive over negative affect and will be low in wellbeing in the degree to which negative affect predominates over positive” (Bradbrun, 1969, p.9). Low rates of negative feelings according to Hedonic approach is essential for subjective wellbeing (Bradburn, 1969; Diener, 1984; Kahneman, Diener, & Schwarz, 1999; Lyubomirsky & Lepper, 1999). H1c tested the relation between expenditures on leisure as independent variable and negative feelings as dependent variable through regression model that was not significant (sig=0.062 > $\alpha = 0.05$) but with negative coefficient -3.67E-5.

5.1.5 Relation between spending time outside work and SWB

According to Newman 2013, Structural leisure refers to the time spent outside any obligated job. He stated that spending time outside any work obligations affects positively subjective wellbeing state. The number of vacation weeks per year was taken as the indicator of spending time outside work. We ran ANOVA test to see if there is a difference in the SWB of those who spend more time outside work and those who do not. ANOVA was sig=0.007 and shows that people with longer vacations have a higher SWB score.

5.1.6 Relation between frequency in participating in leisure and SWB

Newman in his model 2013 stated that frequency in engagement in leisure is part of the subjective aspect of leisure which in turn effects subjective wellbeing. And since this study has been built upon Newman's model we tested in H3 the relation between frequency in engagement in leisure as independent variable and SWB through detachment as a social and psychological mechanism. The regression model was not significant (sig=0.238) showing that with our data, it seems paying on leisure has a stronger effect on SWB than the frequency of engaging in leisure.

5.1.7 The role of social and psychological mechanisms in the relation between expenditures on leisure and SWB.

As presented in the model in this study, Detachment and Recovery are part of the social mechanisms that moderate the relation between engagement in leisure and SWB. According to Newman, subjective wellbeing is enhanced when leisure time activities help the individual overcome work stress through a detachment and recovery process. Also in the study conducted by Ryff and Keyes' (1995) dimensions of well-being, and in the self-determination theory by Ryan & Deci, 2000, we can find that detachment and recovery accompany the engagement in leisure activities, which in turn promotes subjective wellbeing. However, the above mentioned studies did not mention the expenditure aspect of engagement in leisure. Through H4 we tested the impact of detachment and recovery on the relationship between leisure expenditure and SWB. Hayes' Process Model 1 of simple moderation showed a sig=0.0059 with significance of interactive effect =0.0115. The more frequently people detach from work obligations, the stronger is the relationship between expenditures and SWB. In the light of this result, we can say that spending time away from work is important for recovery, which in turn helps individuals to disengage from work-related matters. Following this line of reasoning, leisure indirectly promotes SWB via detachment and recovery. Individuals by detachment from work life pressures produce more positive cognitions and emotions through this recovery mechanism.

To test the Autonomy and its impact on the relation between expenditures on leisure and SWB, we ran independent t-test on SWB score to compare autonomous people (those who have hobbies) vs. those who do not. The t-test was significant at (sig=0.004) showing that people with hobbies have a higher SWB score

5.2 Limitations:

Subjective wellbeing is part of overall wellbeing of individuals. We focused our study on the SWB due to the limited resources of time and money.

The survey included three main sectors: ICRC, Banks and Schools. We consider that new sectors of businesses should be surveyed in future studies as well as different age groups.

The sample size of 200 is another limitation of this study. A bigger sample size might allow for more in depth and advanced analysis.

5.3 Theoretical and Managerial Implications:

Leisure helps re-energize and relax us from stress of work and life. It is an essential part of our lives. Participating in leisure can help us in reaching better wellbeing states. The problem is in how we are spending our times and in finding balance in our life. Balance between work and life obligations and our free time. The importance of this study is in the light it shed on this matter that is being overlooked by s as individuals. It shows the importance of finding time and resources to be allocated to leisure. This study emerged the impact of spending on leisure on Subjective Wellbeing in parallel with spending all other life aspects. The managerial importance of this study is the solid ground it offers regarding the link between spending on leisure and SWB through the statistical results it provided.

The theoretical implication of this study is represented by the addition of the expenditures aspect to the model of Newman. This addition is supported by the Hypotheses that we tested.

5.4 Recommendations:

Due to the importance of this topic, and since it is a wide topic that contains many aspects and it affects our daily life, we recommend that further related studies to be conducted, and to cover not only SWB but the wellbeing as a whole with all its dimensions. And since it is an important topic and needs lot of efforts and time and resources we recommend collaboration between researchers, or between researchers and organizations that are interested in the wellbeing of societies.

Doctorate dissertations could be applied to test in more depth the relation between expenditures on leisure and overall wellbeing of the individual and to cover all the income ranges and working sectors. This study could be a free reference for the academic institutions (for example universities, institutions oriented towards social or psychological issues, humanitarian institutions) in or outside Lebanon.

During my work on the literature part, I noticed that big non-governmental organizations like OECD Europe, Canberra Group United Nations -USA, National Academy of Sciences in USA, all are interested in such studies about the wellbeing of individuals, societies and countries and are facilitating the means of contact with them in issues related to their activities. This study could provide a contribution to their references about this topic in our country.

These days we are noticing an increase interest in the wellbeing of individuals. For example, the multinational corporations consider that enhancing the satisfaction and wellbeing of its employees will lead to better performance of these employees and the performance of the company altogether. In this regard, the findings and results presented by this study could be a motive for managers and decision takers to give this topic more attention. For example to allocate part of their spending or allowances for participating in leisure activities or in creating programs that contains engagement on leisure for the employees.

During piloting the questionnaire, it was obvious that the feedback and comments on the whole topic and on the questionnaire were very positive. The comments of participants in the pilot revolved on the idea that this questionnaire made them reflect on their current situation, on what they prefer their state to be, whether they are really doing what they like to do, or just letting the busy life to direct their lives. Whether they are really allocating part of their in expenditures to the issues that makes them more happy and satisfied.

From managerial perspective it is recommended, in the 1st place, that the international organization that I belong to, which is ICRC, to take in consideration this study within some of the departments that are in direct contact with people knowing that this humanitarian organization is concerned in every act that leads to the wellbeing of individuals, groups or societies.

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Appendices

Appendix 1: The Questionnaire

This questionnaire is administered for research purposes, under a thesis titled: "Well-being: Through Expenditures on Leisure Activities". The purpose this study is to testify the extent of the effect of expenditure leisure, on subjective wellbeing. The questionnaire is conducted through complete voluntary participation and is confidential as your name and contact details are not required.
Participation will remain anonymous. Participant names will not be noted. The following section provides an in-depth description of the instrument employed in the study.

On Subjective wellbeing:

Instructions

Below are a number of statements about wellbeing and happiness. Please indicate how much you agree or disagree with each by entering a number in the blank after each statement, according to the following scale:

1 = strongly disagree
2 = moderately disagree
3 = slightly disagree
4 = slightly agree
5 = moderately agree
6 = strongly agree

Please read the statements carefully, because some are phrased positively and others negatively. Don't take too long over individual questions; there are no "right" or "wrong" answers (and no trick questions). The first answer that comes into your head is probably the right one for you. If you find some of the questions difficult, please give the answer that is true for you in general or for most of the time.

1. I don't feel particularly pleased with the way I am. (R) _____

2. I am intensely interested in other people. _____

3. I feel that life is very rewarding. _____

4. I have very warm feelings towards almost everyone. _____

5. I wake up feeling rested. _____

6. I am not particularly optimistic about the future. (R) _____

7. I find most things amusing. _____

8. I am always committed and involved. _____

9. Life is good. _____

10. I do not think that the world is a good place. (R) _____

11. I laugh a lot. _____

12. I am well satisfied about everything in my life. _____

13. I don't think I look attractive. (R) _____

14. There is a gap between what I would like to do and what I have done. (R) _____

15. I am very happy. _____

16. I find beauty in some things. _____

17. I always have a cheerful effect on others. _____

18. I can fit in (find time for) everything I want to. _____

19. I feel that I am not especially in control of my life. (R) _____

20. I feel able to take anything on. _____

21. I feel fully mentally alert. _____

22. I often experience joy and elation. _____

23. I don't find it easy to make decisions. (R) _____

24. I don't have a particular sense of meaning and purpose in my life. (R) _____

25. I feel I have a great deal of energy. _____

26. I usually have a good influence on events. _____

27. I don't have fun with other people. (R) _____

28. I don't feel particularly healthy. (R) _____

29. I don't have particularly happy memories of the past. (R) _____

Indicate your age:
Indicate your gender: _____
Your annual income is:

- Above than $27,000
- Between $15,000 and $27,000
- Less than $15,000

On Leisure

30-A Do you work on Saturdays? □ YES / □ NO. (in Survey Monkey, there is an option called branching question. So the moment a respondent answers the question by no, the frequency question will not show up. Make sure you know how to operate this function.)
30-Bhow many Saturdays do you work in a month?

- once per month
- twice per month
- 3 times per month
- every Saturday of the month

31- Do you have vacation days per year? □ YES / □ NO. If yes, how many days/weeks in a (same comment as above) year?

- no
- less than two weeks
- between two and four weeks
- more than four weeks

32- When was the last time you took a vacation from work?. (I know Dr, Priyan put this as a comment, but it turned rather more confusing

- I do not take vacation from work
- A year ago
- Before 6 months ago.
- Before 3 months ago.
- During the current month.

33- Do you have hobbies that you are currently practicing?

- Yes
- No

34- Please rank your hobbies from most frequently practiced to the least practiced.

- 1st hobby _____
- 2nd hobby _____
- 3rd hobby _____
- 4th hobby _____

35- How much on average do you spend, in USD, on each of these hobbies per month?

- 1st hobby _____
- 2nd hobby _____
- 3rd hobby _____
- 4th hobby _____

36_A- On average, how frequently do you go to the movies <u>per month</u>)?

_____ Times.

36_B- On average, how much do you pay on movies (<u>per month</u>)?

_____ USD

37_A- How frequently do you go to the concerts or theaters on average (per year)?

_____ times**.**

37_B- How much do you pay on concerts or theaters on average (per year)?

_____ USD

38_A- How frequently do you go to gym on average (per month)?

_____ times.

38_B- How much do you pay for gym on average (per month)?

_____ USD

39_A- How frequently do you take lunch/dinner at restaurants on average (per month)?

_____ times.

39_B-How much do you pay for taking lunch/dinner at restaurants on average (per month)?

_____ USD

40_A- How frequently do you go to coffee shops on average (per month)?

_____ times.

40_B-How much do you pay for going to coffee shops on average (per month)?

_____ USD

41_A- How frequently do you stay in <u>local</u> hotels or resorts on average (per year)?

_____ times.

41_B- How much do you pay for accommodation at <u>local</u> hotels and resorts on average (per year?

_____ USD

42_A- How frequently do you travel outside country for tourism (per year)?

_____ times.

42_B- how much do you pay for outside country tourism travelling on average (per year)?

_____ USD

Profiling Questions.

43-What is your marital status?

- Single
- Married with no children living at home
- Married with children living at home
- Separated with children living with me
- Separated with no children living with me

44-Indicate your age: _____

45-Indicate your gender:

- Male
- Female

46-Your individual annual income is:

- Less than $15,000
- Between $15,000 and $27,000
- More than $27,000

Appendix 2: Calculating the SWB score

Step 1. Items marked (R) should be scored in reverse:

If you gave yourself a "1," cross it out and change it to a "6."
Change "2" to a "5"
Change "3" to a "4"
Change "4" to a "3"
Change "5" to a "2"
Change "6" to a "1"

Step 2. Add the numbers for all 29 questions. (Use the converted numbers for the 12 items that are reverse scored.)

Step 3. Divide by 29. So your happiness score = the total (from step 2) divided by 29.

Recommendation: record your score and the date. Then you'll have the option to compare your score now with your score at a later date. This can be especially helpful if you are trying some of the exercises, and actively working on increasing your happiness.

Interpretation of Score:

Suggestion: read all the entries below regardless of what score you got

1-2: Not happy. If you answered honestly and got a very low score, you're probably seeing yourself and your situation as worse than it really is.

2-3: Somewhat unhappy

3-4: Not particularly happy or unhappy. A score of 3.5 would be an exact numerical average of happy and unhappy responses

4: Somewhat happy or moderately happy. Satisfied. This is what the average person scores.

4-5: Rather happy, pretty happy

5-6: Very happy. Being happy has more benefits than just feeling good. It's correlated with benefits like health, better marriages, and attaining your goals.

6: Too happy.

Appendix 3: Descriptive results

Distribution of responses as per annual income:

Income Range	**Frequency**	**Percentage**
Less than USD 15000	25	9.9%
Between USD 15000 and USD 27000	200	79.1%
More than USD 27000	28	11.1%
Total	253	100

Distribution of responses as per gender:

Gender	**Frequency**	**Percentage**
male	76	38
Female	124	62
Total	200	100

Distribution of responses as per marital status:

Marital Status	**Frequency**	**Percentage**
Single	107	53.5
Married with no children	23	11.5

Married with children	67	33.5
Separated with children	1	0.5
Separated with no children	2	1
Total	200	100

Working on Saturdays:

Working on Saturdays	**Frequency**	**Percentage**
Yes	77	38.5
No	123	61.5
Total	200	100

Distribution as per vacation weeks per year.

Vacation weeks per year	Frequency	Percentage
No vacation	10	5
Less than 2 weeks	21	10.5
Between 2 and 4 weeks	145	72.5
More than 4 weeks	24	12
total	200	100

Distribution as per the SWB score:

1 Unhappy

2 Rather Happy

3 Very Happy

Score Results	Frequency	Percentage
Unhappy	43	21.5
Rather happy	128	64
Very happy	29	14.5
Total	200	100

yearly frequency travels for tourism

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	54	27.0	27.0	27.0
	1	77	38.5	38.5	65.5
	2	53	26.5	26.5	92.0
	3	12	6.0	6.0	98.0
	4	1	.5	.5	98.5
	5	2	1.0	1.0	99.5
	7	1	.5	.5	100.0
	Total	200	100.0	100.0	

Monthly Frequency of going to Cinema

	Frequency	Percent	Valid Percent	Cumulative Percent

Valid	0	73	36.5	36.5	36.5
	0	1	.5	.5	37.0
	0	1	.5	.5	37.5
	1	1	.5	.5	38.0
	1	73	36.5	36.5	74.5
	2	38	19.0	19.0	93.5
	3	9	4.5	4.5	98.0
	4	3	1.5	1.5	99.5
	7	1	.5	.5	100.0
	Total	200	100.0	100.0	

Appendix 4: Testing the reliability of the model

Scale: All variables

Case Processing Summary

		N	%
Cases	Valid	200	100.0
	Excluded[a]	0	.0
	Total	200	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.818	29

Reliability of positive feelings:

Case Processing Summary

		N	%
Cases	Valid	200	100.0
	Excluded[a]	0	.0
	Total	200	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.769	11

Appendix 5: PCA

KMO and Bartlett's Test

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		.833
Bartlett's Test of Sphericity	Approx. Chi-Square	1498.036
	df	300
	Sig.	.000

Component Matrix[a]

	Component		
	1	2	3
i feel the life is very rewarding	.426	-.009	.665
i have very warm feelings towards almost everyone	.331	.401	-.211
I find most things amusing	.530	.218	-.375
I am committed and involved.	.516	.103	.170
Life is good	.671	.045	.131
I laugh a lot	.483	.425	-.240
I am satisfied about everything in my life	.556	.082	.055
I am very happy	.768	-.085	-.087
I find beauty in some things	.345	.331	.147
I have a cheerful effect on others	.469	.574	-.061
I can fit in (find time for) everything i want to	.484	.291	.188
I feel able to take anything on	.531	-.047	.096

I feel fully mentally allert	.434	.173	.297
I often experience joy and elation	.456	.362	.316
I feel i have a great deal of energy	.564	-.027	-.242
I usually have a good influence on events	.573	.243	-.075
A1R	.583	-.296	.143
A6R	.414	-.440	.152
A10R	.466	-.307	-.233
A13R	.426	-.536	.096
A19R	.480	-.602	.059
A24R	.603	-.132	-.026
A27R	.480	-.228	-.396
A28R	.428	-.351	-.089
A29R	.402	-.054	-.395

Extraction Method: Principal Component Analysis.

a. 3 components extracted.

Appendix 6: Post Hoc analysis of ANOVA

Multiple comparisons
Dependent Variable: SWBSCORE
LSD

(I) how many vacation weeks in a year?	(J) how many vacation weeks in a year?	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
no vacation	less than 2 weeks	.45156*	.21408	.036	.0294	.8738
	between 2 and 4 weeks	.27491	.18217	.133	-.0844	.6342
	more than 4 weeks	-.05891	.20972	.779	-.4725	.3547
less than 2 weeks	no vacation	-.45156*	.21408	.036	-.8738	-.0294
	between 2 and 4 weeks	-.17665	.13010	.176	-.4332	.0799
	more than 4 weeks	-.51047*	.16649	.002	-.8388	-.1821
between 2 and 4 weeks	no vacation	-.27491	.18217	.133	-.6342	.0844
	less than 2 weeks	.17665	.13010	.176	-.0799	.4332
	more than 4 weeks	-.33382*	.12279	.007	-.5760	-.0917
more than 4 weeks	no vacation	.05891	.20972	.779	-.3547	.4725
	less than 2 weeks	.51047*	.16649	.002	.1821	.8388
	between 2 and 4 weeks	.33382*	.12279	.007	.0917	.5760

*. The mean difference is significant at the 0.05 level.

Appendix 7: Model 1 testing for moderation

```
Run MATRIX procedure:

************* PROCESS Procedure for SPSS Beta Release 210112
*************

        Written by Andrew F. Hayes, Ph.D.   http://www.afhayes.com

**************************************************************************
***
Model = 1
    Y = SWBSCORE
    X = yearlyex
    M = SUMOFFRE

Sample size
        200

**************************************************************************
***
Outcome: SWBSCORE

Model Summary
          R       R-sq          F        df1        df2          p
      .2480      .0615     4.2833     3.0000   196.0000      .0059

Model
              coeff         se          t          p       LLCI
ULCI
constant     4.0907      .0993    41.1869      .0000     3.8948
4.2866
SUMOFFRE      .0010      .0004     2.3174      .0215      .0002
.0019
yearlyex      .0000      .0000     3.1966      .0016      .0000
.0001
int_1         .0000      .0000    -2.5507      .0115      .0000
.0000

Interactions:

 int_1    yearlyex    X     SUMOFFRE

R-square increase due to interaction(s):
         R2-chng          F        df1        df2          p
int_1      .0312     6.5061     1.0000   196.0000      .0115

**************************************************************************
**

Conditional effect of X on Y at values of the moderator(s)
   SUMOFFRE     Effect         se          t          p       LLCI
ULCI
   -11.7105      .0000      .0000     3.2292      .0015      .0000
.0001
```

```
   213.4555      .0000      .0000     1.8896      .0603      .0000
.0000
   438.6215      .0000      .0000      .0822      .9345      .0000
.0000

Values for quantitative moderators are the mean and plus/minus one SD
from mean

************************************************************************
***

Data for visualizing conditional effect of X of Y
   yearlyex   SUMOFFRE       yhat
  2239.2223   -11.7105     4.1825
  5715.0900   -11.7105     4.3438
  9190.9577   -11.7105     4.5051
  2239.2223   213.4555     4.3653
  5715.0900   213.4555     4.4483
  9190.9577   213.4555     4.5313
  2239.2223   438.6215     4.5481
  5715.0900   438.6215     4.5528
  9190.9577   438.6215     4.5575

******************** ANALYSIS NOTES AND WARNINGS
************************

------ END MATRIX -----
```

Appendix 8: Independent t-test for difference between people who have hobbies and people who don't.

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Positive feelings of SWB with 8 items	Equal variances assumed	3.737	.055	2.908	198	.004	.30009	.10321	.09656	.50363
	Equal variances not assumed			2.719	105.266	.008	.30009	.11036	.08128	.51890
Negative feelings of SWB 9 items	Equal variances assumed	.005	.944	-3.791	198	.000	-.47733	.12591	-.72562	-.22904
	Equal variances not assumed			-3.673	114.292	.000	-.47733	.12995	-.73474	-.21991
Negative feelings with reverse scores	Equal variances assumed	.005	.944	3.791	198	.000	.47733	.12591	.22904	.72562
	Equal variances not assumed			3.673	114.292	.000	.47733	.12995	.21991	.73474
Cognitive SWB with 13 items	Equal variances assumed	1.179	.279	3.665	198	.000	.34340	.09370	.15861	.52818
	Equal variances not assumed			3.478	108.827	.001	.34340	.09874	.14769	.53910
SWBSCORE	Equal variances assumed	.083	.774	3.548	198	.000	.29808	.08401	.13240	.46375
	Equal variances not assumed			3.456	115.722	.001	.29808	.08626	.12723	.46893