

Recreation, Free Time and Well-Being According to Children and Adolescents in Chile Mediator Meanings of Satisfaction

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Abstract

This chapter contributes to the field of subjective well-being in childhood and adolescence, analyzing the meanings of recreation and use of free time and its relationship with life satisfaction from the perspective of Chilean children and adolescents aged between 10 and 18 years. Subjective Well-being is understood as a contingent, culturally anchored social construction that is dynamically produced and transformed in the socio-cultural context. In this report, we integrate analyzes of information produced in two studies, in which a descriptive design was followed and purposive sampling was used. We present the results raised from the participation of a total of 106 Chilean children and adolescents, of both sexes and different social contexts, through semi-structured interviews and focus groups. For the purpose of analysis, one of the two studies used the technique of content analysis, while in the other the analysis was performed following the open coding orientations of the Grounded Theory. The results show that well-being, in relation to free time, is mediated by the possibility of feeling free, in contrast to day-to-day duties, in which satisfaction and dissatisfaction is related to the possibility of having personal time, as well as meeting with loved ones, such as family and friends. In addition, the power of seeing new places, having contact with nature and having out-of-the-ordinary experiences are valued..

Keywords

Subjective wellbeing, Recreation, Free time, Children, Adolescents.