A Study on the Daily Stress and Life Happiness through Culture Activities of the Users of Social Welfare Centers

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Abstract: The purpose of this study was to analyze the topic of daily stress and life happiness through culture activities of the users of social welfare centers. For this study, a questionnaire survey was conducted on the users of Seoul's social welfare centers. Statistical analysis was conducted using the SPSS Win 18.0 program. The results of the analysis showed a significant effect of daily stress on culture activities and life happiness. The implication of this study is expected to become the basic data for efficient programs and policy development for the improvement of daily stress and life happiness of the users of the social welfare centers.

Keywords: Cultural desire, culture activity, life satisfaction, daily stress

1   Introduction

Korea has led its national development by accomplishing rapid economic developments in a short period of time with the effort of all citizens. However, the need for national policies for the improvement of quality of life amid the materialistic abundance and culture welfare policies have emerged for the improvement of such trend and problems. According to the culture, physical education, and tourism statistical data published in 2012 by the National Statistical Office, the participation rate of the culture facilities was shown to be 30.8% and the use rate of the culture facilities was shown to be 39.4%[1]. This means that over 30% of Korea's population either participates in culture activities or uses cultural facilities and accordingly, this study seeks study the daily stress and life happiness following the participation in cultural activities of the users of social welfare centers.

2   Theoretical Background

2.1 Necessity of Study

Recently, there has been an urgent need for policies regarding mental and problems and the quality of life following the absolute increase of the elderly population.

Especially in depression and self-worthiness that affect the quality of life of the elderly, it was shown that life satisfaction was higher if depression and stress were lower[2]. Also, it is showing the necessity for measures for an active youth activity participation since youth stress is the factor that heavily affects youth activities and life satisfaction as well as serving an intermediary role[3]. However, although previous studies have studied [2.3] stress and life satisfaction, these studies have been limited to what influences the stress of the elderly and youth; which led to the inability to clearly propose the effect that stress has on life satisfaction. This study seeks to examine daily stress and life satisfaction of the participants of cultural activities centered around the users of social welfare centers.

2.2 Emerging Issues

First, what are the effects of daily stress factors on the level of cultural activity participation?
Second, what are the effects of daily stress factors on life happiness?

3 Study Methods

3.1 Subjects

A questionnaire survey was conducted on the users of social welfare centers based in Seoul, Prior to the questionnaire survey, a detailed explanation was given to them with regards to the purpose and completion method of the questionnaire. Afterwards, the survey was used as a statistical analysis data after excluding the uncollected questionnaires and unanswered questionnaires.

3.2 Study Tool

The analysis was performed with a total of 54 questionnaires, such as 8 ones on socio-demographic characteristics, 26 ones on social environment factors, and 20 ones on crisis behavior factors. The results of the specific scales of each variable, factor analysis and reliability analysis are as follows. The socio-demographic characteristics were analyzed by correcting and supplementing the questionnaire by Hyun-Ok, Yoo [6]. Subjects were asked to answer after separating variables into sex, age, school record, family form, economic level, etc. Age was classified into "less than 13,""between 13 and 15,""between 16 and 18" and "more than 19." The scale on the social environment was used by correcting and supplementing the questionnaire by Hyun-Ok, Yoo [6] into a five-point scale. Regarding the supports by adults around them and school atmosphere, 8 questionnaires were used for School Life Scale (SLS); regarding the supports by friends, 5 were used for the supports by friends; and regarding the supports by teachers, 5 were used for the supports by teachers.

The study tool comprised of questionnaires on socio-demographic factors, level of participation in cultural activities, daily stress, and life happiness and the specific criterion, factor analysis, and credibility analysis of each factor is as follows. The socio-demographic characteristics were analyzed by classifying the factors citing Hyun-Ok Yoo's [4] questionnaires. For the factor of the level of participation in cultural activities, the methods of direct participation and indirect participation were used and for the criterion regarding life happiness, it was classified into the areas of physical, material, social, emotional/productive areas.

3.3   Study Methods

3.3.1 Data Analysis and Processing

The data was verified at the significance level of 5%, and statistical analysis was conducted using a SPSS Win 18.0 program and AMOS 18.0 program. Frequency analysis was conducted in order to analyze the socio-demographic characteristics and cultural activity use characteristics of the test subjects and the credibility of life happiness was judged with Cronbach's α coefficient. Also, a confirmatory factor analysis was conducted in order to estimate the validity and credibility and a correlation analysis was conducted in order to understand the relationships among the factors.

4   Results of Analysis

4.1.   Socio-demographic Characteristics of the Test Subjects

The socio-demographic characteristics of the test subjects showed that there were more males than females, the age group of 40-50 was the highest, more subjects were married than unmarried, over half of the subjects held a bachelor's degree, and over half of the subjects had 2 offspring. Monthly income per household was shown to be highest in above 4 million won, form of dwelling was shown to be highest in autonomous, and for the family member in charge of financial provision, the husband was shown to be the highest.

4.2.   Use Characteristics of Cultural Activity

4.3.   Multi-variate Standard Distribution Verification and Correlation Analysis of Observed Variables

The result of reviewing the multi-variate standard distribution analysis for the analysis of the test model showed that the skewness of each variable for the cultural activity

participation level, daily stress, and life happiness was below 3 and the kutosis was below 7 to lead to the conclusion that the data for this study satisfied the supposition of standard distribution. Also, the result of investigating the correlation of cultural activity participation level, daily stress, and life happiness showed that life happiness had negative correlations in the order of physical symptoms of daily stress, economic problems, human relationships, social attention, and household living and for the cultural activity participation level, there was a high positive correlation in the order of indirect participation and direct participation.

4.4 Confirmatory Factor Analysis and Credibility Analysis of Measuring Tools

The result of the confirmatory factor analysis conducted in order to estimate the validity and credibility of the questionnaires that measure underlying factors showed that the measurement model of this study was acceptable in suitability level and that all estimated path coefficients were significant, leading to the conclusion that it is consistent because the measurement variables well reflect the potential variables. Also, the credibility, which was analyzed using Cronbach's α coefficient, that is above 0.6 is generally considered to be relatively credible[6]. In this study, all were above 0.6, leading to the conclusion that the credibility was relatively high.

4.5 Hypothesis Verification

The result of the hypothesis verification through the study model showed that daily stress had a significant effect on the participation level in cultural activities. Accordingly, we were able to understand that higher daily stress led to lower participation level in cultural activities. Also, it was shown that daily stress had a significant effect on life happiness. This means that satisfaction for life happiness is lower if the stress is higher.

5   Discussion and Conclusion

The purpose of this study was to analyze the daily stress and life happiness of participants of cultural activity programs. It was shown that daily stress will have a significant effect of daily happiness. This means that the satisfaction of life happiness is lower if the daily stress is higher. This result is consistent with the analysis [7] that there is a positive relationship between leisure activity, self-respect, and emotional state factors, among the daily life factors, and life happiness.

The following is proposed based on the above results of the study.

First, it was shown that daily stress will have a significant effect on the level of participation in cultural activities. Accordingly, it was shown that higher daily stress led to a lower participation level in cultural activities. This result is expected to become the basic data for the improvement of the stress of social welfare center users.

Second, it was shown that daily stress will have a significant effect on life happiness. This means that the satisfaction for life happiness is lower if the daily stress is higher. This result is expected to become the basic data for the improvement of satisfaction for the life happiness of the social welfare center users.

There is a need for follow-up studies regarding the effects of cultural activities of social welfare center users on daily stress.

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