

系所組別：體育健康與休閒研究所丙組

考試科目：專業論文評析

考試日期：0220，節次：3

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請閱讀附件檢附之論文，並回答下列問題

- 一、請以中文寫出本文之摘要（300-500 字為限）。（35%）
- 二、請評析本文所採用的資料收集方法與進行步驟的適切性。（30%）
- 三、請評析本文整體之優劣與在學術上的貢獻。（35%）

Many leisure researchers have noted that older adults comprise the most rapidly growing segment of the U.S. population and have called for increased research into the leisure needs, benefits, and experiences of older adults (Gibson, 2006; McGuire, 2000). Furthermore, this literature has called for leisure and aging theory that originates in the leisure field. While some gerontology theories assert that that continuous participation in recreational activities plays a role in the aging process (e.g. continuity theory, activity theory), until recently no theories of aging have addressed the meanings that older adults attribute to leisure or the importance of adding new leisure activities.

One theory that has recently emerged from the leisure field is “innovation theory” put forth by Nimrod and Kleiber (2007). This theory provides a framework for understanding leisure changes in later life, specifically the addition of new activities. Nimrod and Kleiber (2007) suggest that the adoption of new leisure activities in later life may facilitate healthy aging because it “can be growth promoting and liberating...while at the same time generally protecting a sense of internal continuity” (p. 1). They found that the addition of leisure activities was generally linked to re-invention of the self or preservation of self identity. Innovation theory has four major tenets. First, while innovation may be triggered by a variety of factors, generally it is internally motivated or motivated by a combination of internal and external factors (Nimrod & Kleiber, 2008). The second tenet is that adding new activities provides an opportunity for personal growth, renewal of previously held interests and reconstruction of self identity. The third claim of innovation theory is that individuals tend toward the same types of innovation meaning that they are likely to add new activities within a given area or for a given purpose. Finally, innovation theory suggests that adding new leisure activities improves well being of older adults by “creating an opportunity for broadening and deepening the sense of meaning in life” (p. 834). Nimrod and Kleiber suggest, however, that such a new theory is in need of refinement and further testing with additional populations.

Aging women represent a population that has received limited attention in the leisure literature even though the majority of older adults are women (Son, Kerstetter, Yarnal, & Baker, 2007). Innovation theory may be specifically applicable to women, however, because research has suggested that starting new activities is more common among women than men, especially those that are exercise or hobby related (Iso-Ahola, Jackson, & Dunn, 1994). Furthermore,

請繼續作答)

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Parry and Shaw (1999) suggested that developing new interests allowed older women to focus on themselves and improve their self perception. Therefore, the purpose of this study is to explore innovation theory among a sample of retirement-age women.

Methods

We used snowball sampling to identify 13 women between the ages of 60 and 70 in a northeastern U.S. community. Participants were Caucasian, with three born outside the United States (two in Europe and one in the Middle East). The sample represented a diverse range in terms of income, education and marital status. Eight were retired and five employed full- or part-time. Participants completed in-depth, semi-structured interviews, which were digitally recorded and transcribed verbatim. Throughout the data collection process, data was coded using the constant comparison method (Glaser & Strauss, 1967). Participants were recruited and interviewed until no new codes emerged signifying that the data had reached theoretical saturation (Henderson, 2006). To expand on and clarify interview data, we then invited participants to follow up focus groups. Eight participants returned to participate in one of two focus groups. Those participants who could not attend were re-interviewed individually. This data was also recorded and transcribed verbatim. The combination of interview and focus group data allowed for triangulation, prolonged engagement with the participants, and member checking in which the analysis of the interview data could be presented to participants for verification (Morgan, 1997). The data was analyzed through open and axial coding to establish a basic coding structure. With further refinement of the codes in the tradition of grounded theory (Glaser & Holton, 2004) themes emerged in three main areas: triggers or influences of leisure expansion; nature of the expansion of activities; and, outcomes of the expansion of leisure.

Results

Nearly every participant (n=12) discussed adopting new leisure activities within the past 10 to 20 years. The experiences of leisure innovation varied, however, among the participants. The themes fell into three categories: a) the nature of adopted activities; b) triggers or facilitators of innovation; and c) outcomes of participation in new activities. Most (n=6) expressed that their general areas of interest had continued, and they added activities within the same area. For instance, Becky (60) explained that she had always been involved in sports and outdoor activities (e.g., basketball, softball, biking) and felt a sense of identity as an athletic person. With age, she has added more of these types of activities (e.g., kayaking and lacrosse). For others (n=3), innovation involved rediscovering activities they had enjoyed previously. For instance, Connie (66) had enjoyed riding a bicycle as a child and consequently decided to adopt mountain biking when she had more free time after her children left home. Finally, some

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participants felt viewed their adoption of new activities as taking advantage of opportunities that were not previously available to them. For example, Emma (60) explained that in her youth she did not have many opportunities to participate in organized activities and now she wanted to “try everything.”

The women discussed aspects of their current lives that facilitated or triggered the addition of leisure activities. Many (n=9) commented on additional resources such as time and money which they had not had in earlier years. For example, Carrie (64) said, “When you’re growing up with kids...you’re struggling paycheck to paycheck. It’s amazing how when you retire how different it is.” Another influence mentioned by many (n=6) was a sense of freedom. The women suggested that in later years they felt free from societal or domestic pressures which limited their activities. Kristen (62) said, “...whatever I want to do I just do. I don’t feel like I’m held back. If the house doesn’t get cleaned, it doesn’t get cleaned. It’s not as big of deal as it was before...the freedom is unbelievable.” For others (n=3), adoption of an activity was linked to a purposive life change. Sarah (61) described turning to leisure after finishing college later in life. “[O]nce I...achieved my dream of having a degree...it was like, i’ve got to do something else now...I have to think of some other way that I can define myself...that’s when I started...doing a lot of volunteer work.” Finally, for some (n=6) leisure changes were triggered by health concerns. For instance, Lisa (69) explained that after overcoming breast cancer, she joined a women’s exercise club and began doing physical activity to maintain her health.

The participants described almost exclusively positive outcomes related to the addition of leisure activities. Most (n=9) of the women voiced increased feelings of joy, self confidence and independence, and improved social relationships. Kristen (62) expressed newfound joy at starting a small business saying, “I always had this dream of having my own little craft shop and ...I do it now and I’m really enjoying what I do...I just really am enjoying every day.” Several (n=4) described increased feelings of self-confidence. For example, Colleen (61) related an experience of participating in a free swim time at the local pool alone and the confidence she gained to participate in activities outside of only those her husband enjoyed. Sarah (62) positive feelings related to becoming involved in volunteer work because she recognized that she had “a lot to offer and a lot to contribute.” Some participants also described increased social connectedness as a result of participating in a new activity. Barbara (62) described taking up tap dancing in her 50s and the close friendships she developed in that environment. One common theme throughout the discussion of outcomes related to adding new activities was that innovation seemed to foster more innovation by reinforcing the participant’s ability and desire to do so.

Discussion**(背面仍有題目,請繼續作答)**

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The participants in this study described a variety of experiences with continuing and adding to their repertoire of leisure activities. Interestingly, not only did most participants describe adding leisure activities, but it was often a conscious decision or goal. Participants' attitudes seemed to reflect an excitement for the opportunities that lay ahead. The motivations for innovation supported the first tenet of innovation theory in that they were mainly intrinsically motivated or motivated by a combination of internal and external factors. Furthermore, participants identified a myriad of factors that triggered and facilitated their adoption of new activities. The findings also supported the claim of innovation theory that the addition of new activities "can be growth promoting and liberating" by "creating an opportunity for broadening and deepening the sense of meaning in life," (Nimrod & Kleiber, 2007, p. 1) as many of these women seemed to find joy, confidence, and sense of identity through participation in a new activity. For the most part, the results upheld the assertion of innovation theory that people tend toward the same types of innovation and similarly seemed to be linked to a process of either self-preservation or self-reinvention as suggested by those participants who described adding leisure activities of a certain type or returning to activities from their youth.

The findings of this study support the tenets of innovation theory and the concept that the addition of new activities is an important area of research in the field of leisure and aging. These results suggest that innovation is not only happenstance or experienced by a brave few, but a desire or goal that is actively sought out by most retirement-age women. Furthermore, for participants in this study, although innovation during their 50s and 60s was linked to self preservation and self reinvention as posited by innovation theory, these experiences were not limited to post-retirement as has been previously addressed. Many experiences of innovation were initiated without any plans for retirement, in order to prepare for retirement, or completely unconnected to retirement. Finally, the results of this study added to the knowledge of innovation by suggesting that that the experiences of innovation seemed to facilitate further innovation. In other words, those who had positive experiences of adding a new activity were better able and/or more motivated to add further activities.

The findings of this study both support and expand upon the tenet proposed by innovation theory and suggest that it provides a valuable framework for understanding leisure and aging. They suggest that the tenets of innovation theory can be replicated and warrant further research and refinement. Further development of this theory would allow leisure and aging researchers to better understand the aspects of healthy aging and the role of leisure in this process.