

# Study on the tourism activities of retirees: Basis for development of proposed recreational plan in Antipolo, Rizal

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## Abstract

This study aims to know the recreational activities and create a proposed recreational development plan in Antipolo Rizal. The research design used for this study is a descriptive method and quantitative method to accomplish this. The statistical population of the research consisted of 400 retirees living in NCR, 60 years old or above with pension, and participating in recreational activities. The sample was selected by purposive sampling. Due to the pandemic, the research instrument used was an online survey with close-ended questions and an adapted questionnaire. It was validated by three (3) experts in the recreational and leisure tourism industry with a Cronbach- alpha reliability result of 0.93. The data was collected and tabulated using the statistical method of this study with the null hypothesis criteria to analyze the results. The overall results showed that retirees perceived those recreational activities are highly effective for their quality of life. The data showed that most retirees participating in recreational activities are female, aged 60-65 years old, and their monthly pension provider is SSS. There is no significant difference in the perceived level of effectiveness to quality of life when grouped according to their profile. However, there is a significant difference when grouped according to their monthly pension. There is a significant relationship between the perceived level of effectiveness of quality of life towards sub-variables and its dimensions. The output of this study is a recreational development plan for retirees in Antipolo Rizal that consists of recommendations reflected from the study.

**Keywords:** Antipolo Rizal, recreational activities, recreational development plan, retirees, quality of life

## **Study on the tourism activities of retirees: Basis for development of proposed recreational plan in Antipolo, Rizal**

### **1. Introduction**

Tourism activities such as recreation have always been part of life. Recreation refers to any activities a person does or enjoys during their free time and it brings fulfillment, relaxation, and satisfaction to a person who engages in it. Moreover, recreation plays a significant role in a person's quality of life. Aksoy, et al (2017) concluded that the perceived general life quality of those participating in recreation was higher than those who did not participate. In health, quality of life is viewed as multidimensional, which is composed of physical, emotional, social, and cognitive as variables. However, there are only a few recreational facilities available for retirees' access. The majority of recreational activities available are for those that can sustain high energy for the time being, which nearly does not match their interest, ability, and energy level. Wang (2011) concluded that senior citizens could not do exercises that are too exciting; they avoid activities that cause dizziness; they prefer slowing down the pace and making more uncomplicated actions. Besides, senior citizens tend to do purely recreational activities that require less effort.

On a global scale, people are becoming more conscious of the important effect that retirees or senior citizens will have on the tourism industry in the coming decades (Goeldner, 1992). The direct consequence of this aging pattern is that retirees will be responsible for a more significant share of all travel spending. In a local setting, a study by the Philippine Institute for Development Studies (PIDS) suggested that the Philippines is slowly aging. Philippine's elderly, aged 65 or older, will comprise at least seven percent of the total population by 2032 (Salas, et al., 2018). In addition, there is a likelihood that the volume of beach trips will fall markedly in the future, while it is likely that older people prefer to travel where they enjoy and learn something new (World Tourism Organization, 2001). Therefore, the need for assistance in recreation activities is essential. With this study, it can help tourism destinations and stakeholders to develop recreational facilities that cater the needs of retirees throughout their travel and help identify factors that motivate them to travel, what they want to do, and what must be developed. This study also benefits tourist retirees as it helps them discover their preferences and motivation to travel and recreate.

This study made use of recreational activities as an independent variable. These have been categorized as outdoor or indoor activities. Outdoor recreations are activities needed to perform outside by individuals, but these are not limited to extreme activities as activities that do not require too much energy can also be considered outdoor recreations (Singh & Kiran, 2014). While indoor activities are activities that are done indoors. Meanwhile, the dependent variables are the dimensions of quality of life namely physical, social, emotional and cognitive dimensions of the retirees (Soto-Torres, et al., 2004). The dimensions of quality of life have sub-variables in particular for cognitive: sharper memory and thinking, higher self-esteem, and stronger resilience (Robinson, et al., 2020); for physical: boost the immune system, diminish the risk of disease and increase life expectancy (California State Parks, 2005); for emotionally: reduce feelings of depression and stress, enhance mood and improve sleep (National Institute of Aging, n.d.), and for social: reduce loneliness, build connections and develop social skills (Stenberg College, n.d.). This study aimed to examine and understand retirees' recreational activities and the perceived effectiveness to their quality of life and to develop a recreational development plan.

#### *1.1 Objectives of the study*

The objective of this study is to observe retirees' recreational activities and to make use of the result as a basis in developing a recreational development plan that caters to retirees' needs. In detail, it aims to: describe the profile of respondents in terms of age, gender, pension benefits and participation in recreational activities;

assess retirees' perceived effectiveness of recreational activities to their quality of life in terms of: Cognitive, Physical, Emotional, Social and Sub-Variables of Quality of Life; examine the significant difference in retirees' perceived effectiveness of recreational activities to their quality of life when grouped according to profile; evaluate if there is a significant relationship in retirees' perceived effectiveness of recreational activities among the dimensions of quality of life.

## 2. Materials and Methods

This study made use of survey methods as research methodology. Survey is a tool that is used to gather information through asking questions to a group of respondents. The survey questionnaire was adapted by using various study questionnaires related to and similar to the study, Study on the Tourism Activities of Retirees: Basis for The Recreational Plan in Antipolo Rizal. The survey also consists of close-ended questions to provide an opportunity to closely observe the answer and other information gathered from the chosen sample that represents the entire population.

Section 1 of the questionnaire is the profile of the respondents. The questions were used for the validity of the answers of the respondents. Section 2 of the questionnaire is about the Perceived Level of Effectiveness of Recreational Activities to Retirees' Quality of Life: Cognitive, Physical, Emotional, and Social. This part of the questionnaire was adapted from the study "Participant Satisfaction and the Impact of Senior Center Services in Lucas County, Ohio" (Vivoda & McGuire, 2017). Section 3 of the questionnaire is about the benefits of the Sub-Variables to Retirees' Quality of Life when participating in recreational activities related to section 2 in terms of Cognitive, Physical, Emotional and Social. It will answer the SOP 2, this section will answer the level of effectiveness in terms of the sub-variables of quality of life. It was adapted from various studies. The following studies are: "Participant Satisfaction and the Impact of Senior Center Services in Lucas County, Ohio" (Vivoda & McGuire, 2017), "The Relationship Between Engagement in Meaningful Activities and Quality of Life in Persons Disabled by Mental Illness, Occupational Therapy in Mental Health (Brintnell, et al., 2002), "Can exercise help you sleep better?" (Exercise Right, 2020), "Building Seniors' Social Connections and Reducing Loneliness Through a Digital Game. Faculty of Education" (Hausknecht et al., 2015), "Impacts of Leisure and Tourism on the Elderly's Quality of Life in Intimacy: A Comparative Study in Japan" (Zhang & Zhang, 2018), "The hopeful guide to preventing and treating dementia." (Shelly, 2021), "Conceiving the Self. New York: Basic Books" (Roseberg, 1979), and "Impact of the recreational use of virtual reality on physical and mental wellbeing during the Covid-19 lockdown" (Siani & Marley, 2021, pp. 425-435).

The adapted survey questionnaire was validated by three (3) experts who are professionals within the recreational and leisure tourism industry and an expert who have been engaged in a recreational and leisure business for five years or more. Pilot testing with (100) respondents were conducted after validation. The reliability of the instrument was tested using Cronbach-alpha with a result of 0.93. The certificates of validation and reliability were then transmitted for verification to the research coordinator. The survey questionnaire was conducted through Google Forms. A written consent requesting data through social media platforms was obtained from the respondents. Following their permission, the researchers explained to participants the study's intent and ensured that they have all the details they need and their preference for recreation activities. The information collected via an online survey questionnaire that includes their names, age, gender, retirement, and desired recreation. The survey was distributed to four hundred (400) respondents residing in NCR through social media platforms.

The target population of respondents was selected through Purposive Sampling, a Non-Probability Sampling Technique that is oriented on the characteristics of the population and the study's goals. This sampling is also known as judgmental, selective and subjective sampling. The respondents' basic requirements are that they are retirees aged 60 above residing in NCR, with pension and still have enough strength to move around and already participate in recreational activities. These qualifications are chosen based on the assumption that retirees with a pension can participate in recreational tourism activities. Moreover, their physical strength is also a factor as it

determines whether they are capable of such activities. These recreational activities are not that tiring and do not require a lot of physical work, but the researchers need to consider the capabilities of the entire population.

To know the acceptable retirees' sample size needed for the study, Slovin's Formula was made use. Additionally, frequency distribution was used to summarize the demographic profile of the respondents. Meanwhile, percentage distribution was used to identify percentage data of respondents' demographic profile. To understand the mean of the variables on the level of retirees' quality of life in the dimension of cognitive, physical, emotional, and social, an average weighted mean was used. Furthermore, the Analysis of Variance (ANOVA) test was used to test two groups and to see if there is a difference between them. This test also helps to figure out if there is a need to reject the null hypothesis or accept the alternative hypothesis. Pearson's Correlation was used to measure the correlation between the sets of data. Lastly, Likert Scale was used to know the level of effectiveness to retirees' quality of life. Likert scales are usually a 5 or 7-point scale, however, to avoid neutral answers a 4-point scale labeled as Not Effective, Slightly Effective, Moderately Effective, and Highly Effective was used. This is because the questionnaire focuses on the effectiveness of recreational activities on retirees and their overall experience. The main advantage of adopting a Likert scale is that it provides more detailed information about people's attitudes and opinions about a topic.

### 3. Results and discussion

**Table 1**

*Frequency and percentage distribution of the respondents' profile*

Profile	Frequency (f)	Percentage (%)
Age		
60-65	176	44.00
66-70	117	29.30
71-75	51	12.80
76-80	35	8.80
81-90	13	3.30
Gender		
Female	232	58.00
Male	163	40.80
Prefer not to say	3	0.80
Others	2	0.50
Monthly Pension		
₱0 - 5,000	130	32.50
₱5,001 - 10,000	161	40.30
₱10,001 - 15,000	76	19.00
₱15,001 above	33	8.30
Type of Pension		
SSS Pension	223	55.80
GSIS Pension	72	18.00
Personal Pension	91	22.80
Others	14	3.50

Table 1 Shows the Frequency and Percentage of the Profile of the respondents in terms of: Age, Gender and Pension Benefits (Type of Pension and Monthly Pension). In terms of Age, the result revealed that most respondents who have the most participation in recreational activities are in the age group of 60-65 and the least number of participants are from age group 81-85 and 86-90. According to Pinillos-Patiño et al. (2013), retirees over the age of 80 were at a greater risk of not participating in social and recreational activities. They require more assistance in doing recreational activities than younger retirees in their 60's to 70's. In terms of Gender, the results revealed that the greatest number of respondents who participate in recreational activities are the female gender while there are fewer male retirees who are participating in recreational activities. The said findings are true with the study of Paillard-Borg et al. (2009) that male have lower engagements in recreational activities than females. As also confirmed by the study of (Treemek et al., 2020), males and females require different recreational conditions, and they have different views in terms of recreational activities. In terms of Monthly

Allowance/Pension, the majority of the respondents receives an amount of ₱5,000.00-₱10,000.00 and lastly, in terms of Type of pension, the majority of the respondents have SSS Pension. According to the Philippine Statistic Authority (2018) the percentage of retirees getting SSS pension since 2014 has risen to 15- 16%.

**Table 2**

*Perceived level of effectiveness of recreational activities of respondents to QOL and sub-variables of QOL*

Quality of Life and Sub-Variables	Mean	Standard Deviation	Interpretation
<b>Cognitive</b>			
Indoor recreational activities	3.36	0.63	Highly Effective
Outdoor recreational activities	3.49	0.65	Highly Effective
Overall	3.54	0.55	Highly Effective
<b>Cognitive Sub-Variables</b>			
Sharpen Memory	3.61	0.59	Highly Effective
Higher Self-Esteem	3.65	0.59	Highly Effective
Stronger Resilience	3.69	0.53	Highly Effective
Overall	3.65	0.48	Highly Effective
<b>Physical</b>			
Indoor recreational activities	3.57	0.65	Highly Effective
Outdoor recreational activities	3.53	0.65	Highly Effective
Overall	3.55	0.57	Highly Effective
<b>Physical Sub-Variables</b>			
Diminished Risk of Disease	3.61	0.58	Highly Effective
Enhanced Immune System	3.58	0.57	Highly Effective
Increased Life Expectancy	3.46	0.67	Highly Effective
Overall	3.58	0.50	Highly Effective
<b>Emotional</b>			
Indoor recreational activities	3.59	0.62	Highly Effective
Outdoor recreational activities	3.55	0.63	Highly Effective
Overall	3.57	0.55	Highly Effective
<b>Emotional Sub-Variables</b>			
Reducing Feelings of Depression and Stress	3.59	0.57	Highly Effective
Enhance Mood	3.58	0.62	Highly Effective
Improve Sleep	3.58	0.66	Highly Effective
Overall	3.58	0.50	Highly Effective
<b>Social</b>			
Indoor recreational activities	3.57	0.63	Highly Effective
Outdoor recreational activities	3.58	0.64	Highly Effective
Overall	3.58	0.56	Highly Effective
<b>Social Sub-Variables</b>			
Reducing Loneliness	3.65	0.53	Highly Effective
Building Connections	3.64	0.59	Highly Effective
Develop Social Skills	3.63	0.57	Highly Effective
Overall	3.64	0.46	Highly Effective

*Legend:* 1-1.75 = Not Effective, 1.76-2.50 = Slightly Effective, 2.51-3.25 = Moderately Effective, 3.26-4.00 = Highly Effective

Table 2 shows the overall Perceived Level of Effectiveness of Recreational Activities of Retirees to Quality of Life and Sub - Variables of Quality of Life. The results revealed that the participation of the respondents in indoor and outdoor recreational activities towards their quality of life and sub variable of quality of life is examined to be highly effective.

In terms of cognitive quality of life, participating in indoor recreational activities is highly effective for the performance of their basic memory function and participating in outdoor recreational activities is highly effective in maintaining their memory function. According to Nagourney (2002), the more socially involved people are, the better off they are cognitively. In terms of Physical quality of life, both indoor and outdoor activities are highly effective to the physical function of respondents. Their engagement with recreational activities effectively prevents them from developing a disease and effectively enhances their immune system, increases their strength and balance and it effectively increases their life expectancy. This is proven true by Hwang and Braun (2015), the negative consequences of physical inactivity and the good consequences of physical activity suggest that further efforts to promote physical activity are needed. In terms of Emotional quality of life, participating in indoor

recreational activities are highly effective in giving them a positive emotional health and participating in outdoor recreational activities are highly effective in maintaining their positive emotional health. In terms of social quality of life, the respondents perceived that participating in indoor activities are effective in maintaining their positive social life and participating in outdoor activities are effective in giving them a positive social life, participating in community events and picnics make respondents feel a sense of belonging despite their age. This gives them an opportunity to have a wonderful time in retirement.

**Table 3**

*Perceived level of effectiveness of recreational activities of retirees to QOL when grouped according to profile.*

Indicators	F	Sig	Interpretation
Age			
Cognitive	1.75	0.12	Not Significant
Physical	4.47	0.00	Significant
Emotional	3.03	0.01	Significant
Social	4.41	0.00	Significant
Overall	4.59	0.03	Significant
Gender			
Cognitive	0.30	0.82	Not Significant
Physical	1.20	0.30	Not Significant
Emotional	0.35	0.78	Not Significant
Social	0.44	0.72	Not Significant
Overall	0.65	0.65	Not Significant
Monthly Pension			
Cognitive	0.60	0.61	Not Significant
Physical	2.90	0.03	Significant
Emotional	0.03	0.02	Significant
Social	3.18	0.02	Significant
Overall	1.08	0.17	Not Significant
Type of Pension			
Cognitive	2.31	0.07	Not Significant
Physical	0.63	0.59	Not Significant
Emotional	0.19	0.90	Not Significant
Social	2.98	0.40	Not Significant
Overall	2.78	0.49	Not Significant

*Legend:* 1-1.75 = Not Effective. 1.76-2.50 = Slightly Effective, 2.51-3.25 = Moderately Effective, 3.26-4.00 = Highly Effective

Table 3 Shows the Overall Differences in the Perceived Level of Effectiveness of Recreational Activities of Retirees to Quality of Life When Group According to Profile in terms of: Age, Gender, and Pension Benefits (Type of Pension and Monthly Pension). The result revealed that there is an overall significant difference in terms of Age. As for the overall result of the Gender, Monthly Pension and Type of pension, there is no significant difference.

In terms of Age, it shows that there is significant difference due to the overall result, retirees see recreational activities as their form of “essence of retirement”. Agahi and Parker (2005) stated that gender, age and education are all associated among the participation of the retirees in terms of recreational activities. In terms of Gender, there is no significant difference in the reported degree of effectiveness of recreational activities in terms of their quality of life. Retiree engagement habits, particularly as people get older, gender and socioeconomic position tend to have less impact on whether they continue to participate (Bennett, 1998; Bukov, et al., 2002; Strain, et al., 2002). As a result, it is also supported that when it comes to gender, there is no difference or relevance. When retirees are categorized according to their Monthly pension, there is no significant difference in the effectiveness of recreational activities to retirees' quality of life in terms of cognitive, physical, emotional, and social. And lastly, in terms of Type of pension, there is no significant difference. Retirees receive pension benefits every month therefore, they are able to participate in recreational activities.

**Table 4**

*Correlation between the level of effectiveness of recreational activities among the dimensions of QOL*

Perceived Level of Effectiveness	Pearson Coefficient	Sig	Interpretation
Cognitive			
Cognitive	1.00	0.00	Not Significant
Physical	0.47	0.00	Significant
Emotional	0.47	0.00	Significant
Social	0.48	0.00	Significant
Overall	0.72	0.00	Significant
Physical			
Cognitive	0.47	0.00	Not Significant
Physical	1.00	0.00	Not Significant
Emotional	0.43	0.00	Not Significant
Social	0.43	0.00	Not Significant
Overall	0.83	0.00	Not Significant
Emotional			
Cognitive	0.47	0.00	Not Significant
Physical	0.43	0.00	Significant
Emotional	1.00	0.00	Significant
Social	0.53	0.00	Significant
Overall	0.82	0.00	Not Significant
Social			
Cognitive	0.48	0.00	Not Significant
Physical	0.43	0.00	Not Significant
Emotional	0.53	0.00	Not Significant
Social	1.00	0.00	Not Significant
Overall	0.82	0.00	Not Significant

*Legend:* 1-1.75 = Not Effective. 1.76-2.50 = Slightly Effective, 2.51-3.25 = Moderately Effective, 3.26-4.00 = Highly Effective

Table 4 shows the overall relationship between the Perceived Level of Effectiveness of Recreational Activities of Retirees and the Cognitive, Physical, Emotional & Social Dimension of Quality of Life are shown to be Significant with each other based on the result.

In terms of Cognitive, recreational cognitive related activities are perceived to be effective to their cognitive function and to retiree’s ability to sharpen their memory, getting higher self-esteem and to have stronger resilience. In terms of Physical, recreational physical related activities are perceived to be effective to physical function and to retirees’ ability to enhance their immune system, increase life expectancy and diminish risk of diseases. In terms of Emotional, recreational activities that involve cooking, baking and gardening are perceived to be effective to their emotional function and to retiree’s ability to reduce feelings of depression and stress, enhance their mood and to improve their sleep. In terms of Social, this is because recreational activities that involve socializing with friends and other people are perceived to be effective to their social function and to retiree’s ability to reduce feelings of loneliness, build connections and develop social skills.

#### 4. Conclusions

The following presents the specific conclusion of the study: As for the Profile of the Respondents (Age, Gender, Monthly Pension/Allowance, and Type of Pension). Most retirees who participate in recreational activities are aged 60-65 and 66-70; most belong to the Female demographic, receiving ₱5,000.00 - 10,000 per month and using SSS as their type of pension. As for the Perceived Level of Effectiveness of Recreational Activities to Quality of Life and Sub-Variables of Quality of Life. The respondents concluded that the perceived level of effectiveness of recreational activities to quality of life is highly effective to their Sub-variables of Quality of life which are The Cognitive Sub variables (Sharpen Memory, Higher Self – Esteem and Stronger Resilience), Physical Sub variables(Diminished Risk of Disease, Enhanced Immune System and Increased Life Expectancy), Emotional Sub variables(Reducing Feelings of Depression & Stress, Enhance Mood and Improve Sleep)and Social Sub variables (Reducing Loneliness, Building Connections and Develop Social skills). The sub-variables affect the retirees regarding their participation, and they can ease and improve their overall quality of life.

As for the Perceived Level of Effectiveness of Recreational Activities to Quality of Life According to Profile, there is no significant difference when grouped according to their profile, in terms of Age, Gender, and Type of pension; however, for Monthly Pension, there is a significant difference. Lastly, the Relationship between Perceived Level of Effectiveness of Recreational Activities of Retirees among Dimensions of Quality of Life (Cognitive, Physical, Emotional, and Social) shows a significant relationship with each other. The dimensions of quality of life related to recreational activities are perceived to be effective in their cognitive, physical, emotional, and social function.

## **5. Recommendation: Proposed Recreational Development Plan**

Ancestors Manor is a leading sustainable recreational facility provider of quality and affordable recreational services that empowers retirees. The Ancestors Manor's Mission is to improve retirees' quality of life by promoting a healthy lifestyle, personal development, and fun through memorable recreational activities. 'The Ancestors Manor' is a recreational facility that empowers the capabilities of retirees. The facility aims to create sustainable operations inside the facility that will give and meet the varied needs and wants of the retirees. Each facility area operates with integrity and performs to the highest professional, commercial, and ethical standards. The Ancestors Manor Recreational Facility is expected with physically and mentally active retirees in mind. Recreational activities can assist retirees in improving their physical, mental, and cognitive health. The institution places a premium on retirees' free time to meet new people.

Since the recreational facility aims to become the number one sustainable recreation and leisure facility in the country, the business operation of The Ancestors Manor will positively contribute to the three pillars of sustainability to fully attain its claim to become a sustainable recreational facility. Culture is one of the sensitive factors affected by tourism development. Each destination has its own culture, values, and beliefs that mold its lives as the area's local people. Ancestors Manor is excited to develop projects for the company's corporate social responsibility, intending to contribute to the UN's 17 sustainable development goals. Safety and security concerns significantly affect people's leisure activities and how open leisure spaces (sports fields, parks, and conservation areas) in neighborhoods are perceived and used. It will enhance the environmental growth of the facility by bringing sustainability to every innovation and development of the recreational facility.

### *5.1 Research Finding and Assumptions*

- **Demand of Recreational Plan for Retirees**

Environmental and sensory demand, social demand, cognitive demand, and health demand are all factors that influence recreational activity demand.

- **Supply of Recreational Plan for Retirees**

Supplies of the recreational plan are the following: accommodation/hospitality, transportation, destination, products, and services.

- **Operational Assumptions**

There are two operating strategies that The Ancestors Manor will try to execute, and these are the online operation and walk-in operation.

- **Risk Management Plan**

By training staff, buying and maintaining appropriate equipment, and assigning tasks, this plan is aimed to reduce harm, loss of human life, and company resources.

- **Location**

The location was near a subdivision, Alta Vista, with 10,912 sq.m.

- **Visitor Management**

Visitor Management can help The Ancestor's Manor as it will keep track of the people coming in and out.



- **Recreational Facility Carrying Capacity**

There is a need to regulate the rate of tourists visiting the recreational site that will help to maintain and improve the recreational site continuously.

## 5.2 Action plan

The researchers will conduct market research to gather data about the target market to be followed by performing stakeholder analysis to determine the stakeholders' perspectives, levels of influence, and interest levels. After acquiring the necessary data, product and service design and development formulation will be carried out. A SWOT analysis of probable destinations will follow the destination assessment. Next, the researchers will come up with a plan to establish the agenda and create a budget presented to the LGUs. The researchers will identify human and technical resource capability and devote resources to formulating intermediate inputs. Finally, the researchers will design marketing strategies and track the results.

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