

# Satisfaction and Well-Being of Leisure Activities among Screen Golf Participants.

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- **Abstract:** The aim of this research was to examine the relationship of leisure satisfaction and psychological well-being among screen golf participants and identified the differences between participants' gender, age, and leisure satisfaction and psychological well-being. There were 333 screen golfers who participated in the study survey. The female adults had a significantly higher score on leisure satisfaction, while male adults had a higher score on psychological well-being. The leisure satisfaction and psychological well-being was different by age groups and it was higher in age 60s than the younger group. The leisure satisfaction on screen golf participation has a significant positive impact on psychological well-being. This implies that participation in screen golf using virtual reality technology can lead to leisure satisfaction that can increase individual psychological well-being. Furthermore, the screen golf offers improved accessibility or skills for low-skilled or novice golfers.
- **Keywords:** Screen golf, leisure satisfaction, psychological well-being, virtual reality, leisure participation