

Relationship between Self-efficacy, Leisure Satisfaction, and Flow among Baby Boomer Leisure Activity Participants.

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- **Abstract:** The purpose of this study was to verify the relationship between self-efficacy, leisure satisfaction, and flow among active seniors who participate in leisure activities. For this purpose, this study used a survey involving a convenience sampling method. In total, 313 individuals who lived in Seoul, Incheon, and Gyeonggi-do were surveyed. The subjects of the study were senior adult men and women who had continuously participated in one or more leisure activities for more than six months. The SPSS 18.0 and AMOS 18.0 programs were used for frequency and reliability analyses, confirmatory factor analysis, correlation analysis, and structural equation modeling. The results showed that the self-efficacy of leisure activity participation for seniors had a positive influence on leisure satisfaction. Second, the self-efficacy of leisure activity participation for active seniors had a positive influence on leisure flow. Third, the leisure satisfaction of leisure activity participation for active seniors had a positive influence on leisure flow.
- **Keywords:** relationship, leisure, convenience, Seoul, SPSS, modeling, influence,