



## Comparison of leisure satisfaction with pickleball for adult players

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### ABSTRACT

Pickleball are interesting sport because there is no age limit to play this sport. However, it is necessary to further explore whether players, especially seniors, get satisfaction from the physical, psychological, and social benefits of the sport. The purpose of this study is to analyze the leisure satisfaction arising from pickleball for the elderly. And analyzing differences in leisure satisfaction based on gender of the elderly. The research method is survey research, descriptive research type with a quantitative approach using purposive sampling the sample used was 30 active players in South Kalimantan with ages over 50 years. The research instrument is Leisure Satisfaction Scale (LSS) with psychological, educational, social, relaxation, physiological, and aesthetic indicators. Data collection by distributing questionnaires online then data analysis techniques using average testing each component and using independent sample Ttest. The results showed that the social and relaxation aspects had the highest value followed by other aspects. And there are significant differences in leisure satisfaction based on gender with a P-value of psychological indicators (0.001), education (0.000), social (0.009), relaxation (0.003), physiological (0.015) and aesthetics (0.025). This study concludes that playing pickleball provides leisure satisfaction for elderly individuals, with differences in satisfaction levels based on gender.

**Key words:** pickleball; leisure satisfaction; elderly.

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## INTRODUCTION

In this digitized age, exercise has become an integral part of people's lives, offering both physical and mental fulfillment, as well as physical and performance enhancement. This is particularly relevant for older individuals, who often have plenty of free time but underutilize physical activity. Unfortunately, competitive sports that require excellent physical condition dominate the world of sports, discouraging many seniors from engaging in physical activity due to their physical limitations. Therefore, there is a need to create more inclusive and accessible sporting options that cater to the needs and abilities of the elderly, allowing them to improve their health and fitness while enjoying the benefits of physical exercise. Among the many new sports, Pickleball is considered one of the fastest growing sports in the United States today, and is favored by all ages, especially by seniors (Ryu et al., 2018). This sport was born to answer and become a solution to the limitations of seniors to do physical activities. Wray et

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al. (2021) argues that "Pickleball is very accessible due to its economical and portable equipment, and can be played on hard and flat surfaces of any size."

According to [USA Pickleball \(2019\)](#) "Pickleball is a game invented by Joel Pritchard (Washington State Senator) with Bell and McCallum in 1965 on Bainbridge Island." Pickleball is a sport played with a paddle and a special ball on a court of 20 feet wide and 44 feet long. It is often described as a sport that combines techniques from badminton, tennis and table tennis. The combination of the three sports makes Pickleball more interesting, fun and easy to play because it can be played by all levels of society and all ages from children to the elderly both among students and communities in society ([Primanata et al., 2021](#)). Pickleball is a sport that uses rubber and plastic balls that is slow, easy to play, and provides long-lasting fun. It is a combination of badminton, tennis, and table tennis, and can be enjoyed by people of all ages and backgrounds ([Susilo & Boyke, 2021](#)).

Pickleball is an interesting sport because there is no age limit to play this sport. Pickleball offers various opportunities for all ages, there are no gender or age categories, and people of all ages can play with teams and opponents of different ages and genders. [USA Pickleball \(2020\)](#) estimates that more than 2.8 million people play Pickleball in the United States. This is because the growth of the sport of pickleball is due to its universal appeal as the rules are simple and the game is easy to play for beginners and all ages and can develop quickly competitively for players who are already experienced in the invasion sport that uses racquets ([Vitale & Liu, 2020](#)). Pickleball is also an interesting and viable option for older adults who used to play racquet sports because it is played on a court that is usually smaller than the required tennis court ([Ryu et al., 2018](#)). Reports from [USA Pickleball \(2020\)](#) In 2018, there were 3.1 million pickleball players across the United States, a 12% increase from 2017.

In Indonesia, pickleball first entered on April 14, 2019 in Jakarta. Jeff Van Der Hulst was the first person to introduce pickleball at Jakarta State University. After that the pickleball sport was socialized in Yogyakarta by Jeff Van Der Hulst at that time beginning with the presence of the pickleball brand ambassador from the IFP organization (International Federastion of *Pickleball*) Jeff Van Der Hulst himself is a Level 2 Instructor of the International Pickleball Teaching Professional Association ([Hulfian et al., 2023](#)). The development of pickleball in Indonesia can be said to be very quickly accepted in the community. This is shown, within a period of 2 (two) years 20 provincial administrators have been formed and have conducted the first national deliberation to form the Indonesia Pickleball Federation. A new history has been carved Indonesia Pickleball Federation has officially become a member of the Asia Federation Pickleball (AFP) and a member of the International Federation Pickleball (IFP) ([Susilo & Boyke, 2021](#)). Then on March 13, 2023 Pickleball officially became a member of

KONI based on the National Meeting in Jakarta. Pickleball in Indonesia has produced both national and international athletes and has hosted the World Pickleball Championship Series in 2022 and 2023 which is held in Bali.

So far, the majority of pickleball players in Indonesia come from adults with an age range of 40-65 years, in other words, pickleball sports provide a significant influence both from physical and psychological conditions for enthusiasts. Pickleball does not emphasize speed, and has few restrictions on the court. Players take a "low squat" posture to attack and defend, children can exercise joint flexibility, adults and the elderly can prevent knee degeneration, and improve cardiovascular function. Therefore, this sport can be widely practiced by people of all ages (Chen et al., 2022). Although pickleball has a motto of "Easy and Fun" characterized by ease of play and simple rules, it is necessary to further explore whether players, especially seniors, get satisfaction from the physical, psychological, and social benefits of the sport. Because someone who does sports activities will increase the body's workload greater than usual (Amar et al., 2023). Therefore, this study focuses on the psychological state of pickleball sport activists, especially in the elderly, both from the level of leisure satisfaction

Beard and Ragheb (1980) defines leisure activity as "an activity outside of work where oneself is free to choose to participate or not that takes place in leisure time and there is no obligation for what is chosen or to what extent to participate." Then leisure satisfaction is defined as a positive perception or feeling formed, or obtained by individuals as a result of engaging in leisure activities and choices. Then leisure satisfaction is defined as the perception or positive feelings formed, or obtained by individuals as a result of engaging in leisure activities and choices (Siregar & Grasiawaty, 2021). For elderly people, participating in leisure activities has psychosocial benefits, enhances social interactions, and improves well-being. Among various leisure activities, Pickleball is an activity that fosters positive social interactions and health benefits in seniors (Cerezuela et al., 2023).

Its ease of play and low-impact nature can be a fun way for people of all ages to stay active and fit and help promote healthy lifestyles (Changstrom et al., 2021). And the results of this study are in accordance with the theory of (Nimrod, 2015) which mentions "doing leisure activities greatly contributes to retirees' life satisfaction and helps them adapt better to retirement." Furthermore, from a meta-analysis conducted by (Mannell, 2007), mentioned that "it was found that leisure activity involvement contributes positively to health and psychological well-being that affects the domains of work life, family, and interpersonal relationships." By actively participating in a physical activity, the body will become fitter. When in a healthy and fit condition, work productivity will increase along with improving well-being (Mashud, 2019).

Further research results from [Ryu et al. \(2018\)](#) showed that "playing Pickleball can be an influential leisure activity for retirees, and may also be effective as a strategy for coping with changes resulting from retirement life, and found that the oldest pickleball players (70+ years) are more likely to be satisfied with life than younger players." The results of this study are in accordance with the theory developed by [Mcauley et al. \(2000\)](#) "exercise has also been shown to contribute to increased life satisfaction in older adults." From several problems and supported by theory and previous research, the purpose of this study is to analyze the leisure satisfaction arising from playing pickleball for adult players. And analyze differences in leisure satisfaction from pickleball based on gender.

## **METHODS**

The research used is descriptive with a quantitative approach the population in this study were all pickleball players in South Kalimantan. Descriptive research is defined as a research method that describes the characteristics of the population or phenomenon under study. Descriptive research is research that aims to collect information about current events ([Fraenkel et al., 2012](#)). The method used is a survey method, the sampling technique used is purposive sampling of the category of adults over 50 years of age who play pickleball actively both competitively and for fun. The sample of participants in this study were 30 active adult pickleball players in South Kalimantan with an age of over 50 years. This sample selection is based on the theory of ([Beard & Ragheb, 1980](#); [Ryu et al., 2018](#)) "to measure the level of leisure satisfaction, participants need to actively participate in leisure activities." An elderly person is said to be an elderly person if the age of the individual ranges from 50-60 years or more ([Hita et al., 2022](#)).

The success of a study is determined by the measuring instruments and instruments used to produce data that will answer research questions so that research objectives can be achieved ([Fraenkel, 2012](#)). Then the research instrument used is the Leisure Satisfaction Scale (LSS) short version form developed by ([Beard & Ragheb, 1980](#)), and adapted into the Indonesian version by ([Siregar & Grasiawaty, 2021](#)). Designed to measure the extent to which individuals perceive that certain personal needs are met or satisfied through leisure activities ([Siregar & Grasiawaty, 2021](#)). It consists of 24 questions covering six basic dimensions: psychological, educational, social, relaxation, physiological, and aesthetic. Each basic dimension has four question items, an instrument that uses a Likert scale, and five available answer options. The LSS has a reliability value of 0.918 with a good reliability category in accordance with the instrument trial of the study ([Siregar & Grasiawaty, 2021](#)). With reliability values for each component are Psychological (0.704), Educational (0.822),

Social (0.862), Relaxation (0.792), Physiological (0.838), dan Aesthetic (0.921). The data collection technique is by distributing questionnaires online through the google form page. Data analysis by calculating the mean and standard deviation of each dimension and independent sample t test is used to determine differences in the level of life satisfaction in each sub-dimension based on gender of the elderly.

## FINDINGS AND DISCUSSIONS

### Findings

This study aims to analyze the leisure satisfaction arising from playing pickleball for the elderly. And analyze the leisure satisfaction of pickleball based on the gender of the elderly. With a survey research method, descriptive research type with a quantitative approach, the following results are obtained.

Table 1. Descriptive analysis results

	<b>Psychology</b>	<b>Education</b>	<b>Social</b>	<b>Relaxation</b>	<b>Physiology</b>	<b>Aesthetic</b>
<b>Mean</b>	4.183	4.308	4.325	4.325	4.225	4.259
<b>SD</b>	0.710	0.807	0.735	0.780	0.939	0.793

From table 1, it is known that of the 30 participants who answered the leisure satisfaction questionnaire, the psychological sub-dimension received a total score of 502 with an average of 4.183, the educational sub-dimension received a total score of 517, an average of 4.308, social and relaxation received a total score of 519 and an average of 4.325, physiological total score 507 average of 4.225, then aesthetics received a total score of 494 with an average of 4.259. It can be concluded that from each sub-dimension of leisure satisfaction, most participants answered agreeing that pickleball sports provide leisure satisfaction both from the psychological, educational, social, relaxation, physiological, and aesthetic aspects.

In table 1 it is also known that the social and relaxation sub dimensions get the highest average score of 4.325. It can be concluded that pickleball sports that they make as a leisure activity provide satisfaction to interact with others and provide satisfaction to relax and control the stress of the elderly. The lowest score is in the aesthetic sub-dimension with an average of 4.259, it can be concluded that the area where the elderly fill their leisure time by playing pickleball can be better organized so that the elderly can be more satisfied aesthetically. Furthermore, to test differences in the level of leisure satisfaction in each sub-dimension based on gender, independent sample Ttest testing is carried out, the results are as follows.

Table 2. Testing differences in leisure satisfaction based on gender

Independent Samples Test			t	df	Sig. (2-tailed)
Psychological	Equal variances assumed		-1.724	28	0.001
Education	Equal variances assumed		-1.567	28	0.000
Social	Equal variances assumed		-1.760	28	0.009
Relaxation	Equal variances assumed		-1.038	28	0.003
Physiology	Equal variances assumed		-1.478	28	0.015
Aesthetic	Equal variances assumed		-1.180	28	0.025

From the test results in table 2, it is known that the hypothesis "there are statistically significant differences in all sub-dimensions of leisure satisfaction based on gender" can be accepted and reject  $H_0$  as evidenced in the psychological sub-indicator score (P-value  $0.001 < 0.05$ ), education score (P-value  $0.00 < 0.05$ ), social (P-value  $0.009 < 0.05$ ), relaxation (P-value  $0.003 < 0.05$ ), physiological (P-value  $0.015 < 0.05$ ) and aesthetic (P-value  $0.025$ ).

## Discussion

From some of the above analysis, this study proves that pickleball can provide leisure satisfaction for the elderly. The results of this study are in line with research [Nimrod \(2015\)](#) engaging in leisure activities greatly contributes to retirees' life satisfaction and helps them adapt better to retirement. [Ryu et al. \(2018\)](#) "Our results suggest that playing Pickleball can be an influential leisure activity for retirees and may also be effective as a strategy for coping with the changes brought about by retirement life." Spending time playing pickleball and competing in events may be an ideal way for retirees to spend their increased leisure time productively ([Chen et al., 2022](#)). Then with pickleball sports, the elderly feel more relaxed and get more social integration with fellow pickleball activists ([Vitale & Liu, 2020](#)).

Other components also show satisfaction and experience from psychological aspects such as stress reduction pickleball reduces stress through physical activity and game focus. Mood enhancement pickleball's fun can improve mood because it causes the release of endorphins, which can provide feelings of well-being and happiness, self-confidence playing pickleball and achieving goals in the game can increase one's confidence and increase a sense of achievement. The educational aspect is that the development of motor learning involves the development of motor skills, strategies, and problem solving, all of which are important aspects of learning and personal development. The physiological aspect provides experience in cardiovascular health, increased strength, agility, endurance and flexibility. And the aesthetic aspect provides the experience for

players to enjoy nature and the surrounding environment while playing (enjoyment of nature).

Furthermore, this study also proves that there are statistically significant differences in leisure satisfaction based on gender. The results of this study are in line with research from [Kaya \(2016\)](#) "The analysis reveals that there is a difference in the level of significance according to the level of leisure satisfaction of female and male participants." These results are in accordance with the theory of [Kabanoff \(1982\)](#) and [Kaya \(2016\)](#) which states that "from several studies, significant differences emerged in leisure satisfaction levels by gender." In this study, it was found that men were more satisfied relaxation-wise while women were more satisfied socially. In general, studies have shown that exercise can help reduce stress and improve psychological well-being in men. This may be due to the release of endorphins during physical exercise, which can provide a feeling of euphoria and relaxation afterwards ([Kang et al., 2016](#)). Meanwhile, research shows that women tend to find greater social satisfaction through physical activity than men. This may be due to differences in the way women build and maintain social relationships ([Kim et al., 2021](#)). The study concluded that shared physical activity can also strengthen social bonds between women, creating a strong sense of sisterhood and support among them.

So it can be concluded that elderly women enjoy pickleball more as a means for them to interact socially while elderly men enjoy pickleball more as a means of stress relief. This conclusion is in accordance with research [Wray et al. \(2021\)](#) "the social aspect (e.g. meeting up with friends) was the main reason they continued to participate in the intervention." In line with research [Kang et al. \(2016\)](#) "suggests that physical activity programs, with opportunities for social interaction, may reduce loneliness and improve quality of life among middle-aged and older adults." In addition, recent research has also highlighted the link between pickleball participation, general happiness, and sense of community among older adults ([Kim et al., 2021](#)). This is because older people experience lower levels of life satisfaction when their health deteriorates ([Gwozdz & Sousa-Poza, 2010](#)).

However, it should be underlined that pickleball is a fairly competitive sport so it is possible that players and activists will use several different skills to get points, so mental training is needed so that the satisfaction of leisure time by playing pickleball can be maintained. By having a strong mentality, seniors will get satisfaction both from self-confidence, enthusiasm and consistency in pursuing their targets and goals ([Fariz et al., 2023](#)). Then the area where they do leisure activities can still be arranged comfortably both from cleanliness, comfort and safety. The author's experience when visiting the area saw that there were still areas that were not safe for the elderly to play pickleball such as chipped courts, invisible lines, and inadequate facilities and infrastructure so that

in this study the aesthetic sub-dimension received the lowest score compared to other sub-dimensions of leisure satisfaction. Then the participants conveyed suggestions to researchers that there is a need for a suitable pickleball training program to improve their physical condition, because so far they only play for fun and fill their spare time, but if given a suitable training program for the elderly it is possible that pickleball will become a means for the elderly to compete and achieve achievements both at the beginner and professional levels.

## CONCLUSION

After analyzing the research data, results, discussion and previous research, the conclusion that can be drawn from this research is that pickleball provides leisure satisfaction for the elderly and there are significant differences in the leisure satisfaction of the elderly based on gender. By looking at the level of leisure satisfaction arising from playing pickleball sports, it will be a concern for several stakeholders and sports organizations in Indonesia that pickleball sports will quickly develop and become popular so that it is necessary to provide a structured coaching program so that this sport can produce athletes with brilliant achievements for all ages and as a tool for the welfare of the elderly. For further research, this research can be developed with a larger sample and wider variables.

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