**Introduction**

The intent of this document is to provide general information about *A Study of Leisure During Adulthood (ASOLDA)* for researchers who have an interest in accessing this longitudinal data for their own research purposes. *ASOLDA* was initiated to enable researchers to examine change and continuity of leisure, life perceptions, and values in the lives of middle aged adults over time. Data collection for *ASOLDA* began in 1987 and continued through 1996. Key variables under investigation included leisure attitude, valuing leisure, perceived freedom in leisure, life experiences, individual life structure, values, and wants out of life. The quantitative data that was generated from this study is unique in that it offers researchers the potential to examine adult leisure perceptions within the context of their lives and personally held values.

This is the only leisure study of its kind to use frequent and consistent means in data collection from study participants year after year. In the majority of longitudinal studies, data are collected less frequently and consistently. Deemed useful when exploring human behavior, the methodology used in *ASOLDA* has been described as providing researchers with a photo album of human perceptions, rather than mere snapshots taken of individual's lives on occasion. As a result, researchers using *ASOLDA* data to examine change and continuity in leisure and life perceptions have the advantage of being able to examine mid-life perceptions without interruption for a ten year period of time.

**Study Participants**

**1987 profile.** In the initial data collection (1987), 84 middle aged adults, primarily of Euro-American descent, responded to the invitation to participate in the ten year longitudinal study. At that time, respondents were between the ages of 31 and 63. Forty-nine (58%) were women and 33 (39%) were men. Marital status, education, occupation, and income were first collected in 1988. At that time responses indicated that 18 (21%) were single, 44 (52%) were married, one was widowed, four were divorced, and three were cohabiting. Thirty-eight (45%) held university graduate degrees and 27 (32%) had college degrees or had done post-graduate studies. Most (63%) held professional positions. Thirty-nine (47%) earned mid-range salaries ($20,000-49,000), 14 (17%) earned less than $10,000, 10 (12%) earned $50,000 to $69,999, and 10 (12%) earned over $70,000 per year.

**1996 profile.** Drawing upon data obtained in the tenth year of the study provided the following descriptive profile of respondents still participating in the study. Sixty-nine (85%) responded in 1996. Of these, 23 were men (27%) and 46 were women (55%). The average age for all respondents was 52.6 years; 54 years for men and 51.9 years for women. Income ranged from less than $10,000 per year (n=2) to more than $100,000 (n=9). Three study participants earned between $10,000-19,000; 25 earned between $20,000-49,999; 23 earned between $50,000-79,000; and seven earned between $80,000-99,999. Of those who indicated marital status, 38 were married (45%) and three (4%) were cohabiting. Fifteen (18%) were single, five (6%) were divorced, and one person was widowed.

As a group, study participants were well educated. Sixty-one (73%) held college degrees, of which over half of these (n=36) had post-graduate degrees. Most study participants, 41 (49%) worked in jobs which they characterized as professional positions; three (4%) indicated they owned or co-owned a business; two (2%) indicated they were in sales positions; and 20
(24%) designated “other”. Position titles given by respondents were quite varied and included homemaker, secretary, childcare worker, student, custodial, and retired. The number of study participants who indicated “other” may suggest that many middle aged adults no longer identify with what has been considered traditional employment categories.

Attrition. One woman and one man died during data collection (1987-1996), and one man asked to be eliminated from continuing his participation in the study. Of the remaining 81 participants in the study, 55 (68%) completed their questionnaire every year. Fourteen percent (n=11) of the respondents completed the 13-page questionnaire for nine of the ten years of data collection. Another five participants responded five years or more and only thirteen responded four or fewer times over the ten years of data collection.

As a result of these participation patterns showing consistent and fairly consistent responses over time (55 participating for 10 years; 11 participating for 9 years), researchers have continuous data for over 80% of the adults who originally began the study in 1987. This enables researchers to examine variables longitudinally with few, if any interruptions.

Instruments Used in ASOLDA

Leisure Ethic Scale

Perceived Freedom in Leisure Scale

Life Experiences Survey

Life Structure Assessment

List of Values

Ranking Leisure

Valuing Leisure Scale
Selected ASOLDA Publications


Acknowledgements

Several researchers have collaborated with the Principal Investigator for ASOLDA in a variety of ways that have advanced the study and deserve acknowledgement. Dr. Jean Stockard, Co-Research Investigator, University of Oregon, for her collaborative-partnership since 2006. Dr. Bryan Smale, University of Waterloo, Canada for initially organizing data for statistical analyses and co-authors using ASOLDA data include Dr. Laura Payne, University of Illinois; Dr. Megan Janke, East Carolina University; Dr. Ian Patterson, University of Queensland, Australia; Dr. Lynn R. Kahle, University of Oregon; Dr. Susan Murray, University of Wisconsin-La Crosse; Dr. Brenda Robertson, Acadia University, Canada; and Dr. Barb Delansky, Lane Community College, Oregon.

For Information About Accessing ASOLDA Data

Researchers who have an interest in accessing ASOLDA data or the survey for their own research purposes should contact the Principal Investigator for the study, Dr. Gaylene Carpenter at the University of Oregon, School of Planning, Public Policy and Management, Eugene, Oregon 97403-5230 U.S.A. gcarpent@uoregon.edu