

ROLE OF LEISURE SATISFACTION AND QUALITY OF LIFE OF BESTLINK COLLEGE OF THE PHILIPPINES INSTRUCTORS: A BASIS FOR SUPPORT PROGRAM

ABSTRACT

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This research explores how leisure satisfaction contributes to the overall quality of life of instructors at Bestlink College of the Philippines. It aims to assess how different dimensions of leisure—psychological, social, and physiological—impact key aspects of well-being, including physical health, emotional balance, and job satisfaction. The study also intends to generate evidence-based findings that could guide the creation of targeted support programs to enhance the well-being of faculty members. A quantitative correlational research design was adopted for this study to explore the link between leisure satisfaction and quality of life. Using the Leisure Satisfaction Scale and the Quality of Life Scale, data were gathered from 150 instructors. Purposive sampling was applied to ensure that all instructors had an equal opportunity to participate in the study, allowing for a more focused and relevant respondent group. The results indicate that leisure activities play a role in enhancing instructors' personal development, fostering social connections, reducing stress, and supporting physical well-being. Despite these perceived benefits, the statistical findings—specifically a p-value of 0.74 and a correlation coefficient (r) of 0.03—reveal a weak and statistically insignificant relationship between leisure satisfaction and quality of life. While a slight positive association was observed, the data do not provide sufficient evidence to establish a significant link between the two variables in this study. The study concludes that although instructors recognize the value of leisure in enhancing their quality of life, its full impact remains an area for further research. It is recommended that educational institutions develop initiatives that promote work-life balance and offer support for instructors' well-being through stress management programs and access to leisure activities.

RECOMMENDED CITATION

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