ORGANISED BY ASIA RESEARCH INSTITUTE,
NATIONAL UNIVERSITY OF SINGAPORE

LEISURE FOR OLDER ADULTS IN ASIA

19-20 JANUARY 2021

Online via Zoom

For more information, please visit ari.nus.edu.sg

The goal of this international conference is to holistically examine leisure engagements by older participants in Asia (from 55 years old and above), the socio-economic and cultural factors that influence their leisure lifestyles (eg. family structures and relationships, class, ethnicity, region, etc.), and the implications and effects leisure participation has on both participants and their socio-economic and cultural environments. Leisure activities that are being looked at in this conference include, but are not limited to: sports, physical and mental games, music, arts and crafts, language learning, and others.

In increasingly ageing Asian urban societies, the question of how older people can find sources of well-being and meaning, and create fulfilling lifestyles and identities, is increasingly crucial. As sharp advancements in medical technology, nutrition and living standards have led to increased life expectancies now averaging over 80 years, today's older population are the first to experience old age in extremely large numbers, and are poised to enjoy life post-retirement for up to thirty years, much longer than their predecessors. The demographic context in which they will live their later years is thus vastly different from that in which they had previously lived through.

Furthermore, their experience of old age now occurs in vastly different family relations from before. For example, more older adults are experiencing "empty nest syndrome" earlier with the increasing norm in regional and transnational mobility among their children, who move out to study, work and/or marry. There are many who have to take on a role as the primary caregiver for their spouses and/or aging parents, constituting part of what has been termed the "sandwich generation". More older adults are also living alone, with increasing trends of singlehood, divorce and widowhood. In fact, many older adults experience multiple changes simultaneously, as social disparities in age, gender, class and region intersect.

This international conference explores the leisure participation of older Asians within these changing contexts, and sees how family, demographic, health factors affect leisure activities (and vice versa). Although popular and academic discourse on older populations in many Asian societies largely focus on them as frail, passive and dependent recipients of care and support, more recent discourse is beginning to recognize the diversity in health and identity negotiation in later life. These studies incorporate varied approaches that foreground the viewpoint of the people undergoing the process of growing old, and investigate their concerns over meaning, direction, engagement, commitment and well-being in old age.

This international conference tackles such questions of meaning and well-being in old age from the perspective of leisure, which is taken as both the experience of satisfaction and fulfilment, and the activities that bring about this experience. This is because many aged urban residents in Asia engage in leisure activities regularly to construct senses of meaning, direction and well-being in old age. Such regular participation in leisure activities can be understood as a kind of "serious leisure", an unpaid, yet "systematic pursuit of an amateur, hobbyist, or volunteer core activity sufficiently substantial, interesting and fulfilling in nature for the participant to find a career there acquiring and expressing a combination of its special skills, knowledge, and experience" (Stebbins 2015: xx). Some leisure activities that are regularly enjoyed by older participants include: karaoke, golf, dancing, craftwork, mahjong, gardening, and others.

In contributing to the nascent literature on the intersection between leisure and ageing, this international conference seeks to bring together research from across Asia on older leisure activities in rapidly ageing urban areas, including but not limited to Singapore, China, Taiwan, Hong Kong, South Korea, Japan, Thailand and others. We welcome empirical and conceptual papers dealing with both comparative and in-situ studies of older leisure. The following are some potential themes that can be addressed, although it is not an exhaustive list and the conference is open to innovative approaches:

1. Life course, family relations and leisure practices of mature adults
   – How and why do some leisure activities increasingly involve older participants?
   – What are the family circumstances and life course contexts in which older Asians take part in leisure activities?
   – Why do some leisure activities appear more attractive to older participants?
   – How does the increasing number of older participants change practices in certain leisure activities?
   – How do leisure activities "grow old together" with ageing participants?

2. Leisure and health in old age
   – How does the advanced stage of life enable or inhibit older Asians' motivations and physical/mental ability to participate in particular leisure activities?
   – How do leisure engagements provide opportunities and means for participants to mould and reshape their physical and cognitive faculties and comport?
   – How do leisure engagements influence attitudes towards mortality and death?

3. Social images of participating in leisure in old age
   – How do older Asians conceptualise leisure participation, particularly in relation to their earlier life experiences and current life stage?
   – How do normative socio-cultural understandings of life in old age enable or inhibit older Asians' motivations and ability to participate in leisure activities?
   – What kinds of leisure activities are considered more desirable than others, and why?

4. Social networks and communities of leisure in old age
   – What kinds of social networks and structures do participants construct through their leisure engagements?
   – How are social networks and organisations constructed through leisure engagements, and how do they relate to the older participants' existing relationships?
   – What are the effects of leisure communities on the older participants' lifestyles?

5. Leisure and well-being in old age
   – What meanings do participants attribute to the leisure activities that they engage in?
   – Why do the participants choose their preferred leisure activity/activities to attain well-being and meaning?
   – What is the relationship between changing family structures/relationships and leisure participation?
   – How do leisure engagements figure in the construction of older identities and lifestyles in the various socio-economic and cultural environments, and provide senses of well-being and meaning?

CONFERENCE CONVENORS

Dr Benny TONG
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Prof Wei-Jun Jean YEUNG
Department of Sociology, Asia Research Institute, and Centre for Family and Population Research,
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Assoc Prof Leng Leng THANG
Department of Japanese Studies, National University of Singapore

19 JANUARY 2021 • TUESDAY

09:20 – 09:40	WELCOME REMARKS	
09:20	**WEI-JUN JEAN YEUNG**, National University of Singapore **LENG LENG THANG**, National University of Singapore **BENNY TONG**, National University of Singapore	
09:40 – 10:40	**KEYNOTE ADDRESS**	
Chairperson	**LENG LENG THANG**, National University of Singapore	
09:40	**GORDON MATHEWS** The Chinese University of Hong Kong	Against "Productive Aging"
10:10	Questions & Answers	
10:40	**END OF PANEL**	

11:10 – 12:00	PANEL 1 • SOCIAL CLASS ISSUES IN SENIOR LEISURE	
Chairperson	**BUSSARAWAN TEERAWICHITCHAINAN**, National University of Singapore	
11:10	**PEI-CHUN KO** **SHU HU** Singapore University of Social Sciences	Determinants of Leisure Activities among Older Adults with and without Multimorbidity in China
11:25	**JIGISHA GALA** **MILI SANGHAVI** **EKTA JUSWANI** The Maharaja Sayajirao University of Baroda	Leisure Meanings and Practices of Elderly in Gujarat, India: Implications on Well Being
11:40	Questions & Answers	
12:00	**END OF PANEL**	

14:00 – 15:15	PANEL 2 • GENDER ISSUES IN SENIOR LEISURE	
Chairperson	**WEI-YUN CHUNG**, National University of Singapore	
14:00	**SHU HU** Singapore University of Social Sciences **DHIMAN DAS** University of Maryland	Gender, Work, and Leisure in Old Ages in China and India
14:15	**ASHWIN TRIPATHI** **TANNISTHA SAMANTA** Indian Institute of Technology	Leisure and its Discontents: Sociological Insights on Gender, Family and Aging
14:30	**HUU MINH NGUYEN** **THI MAI HUONG PHAN** Vietnam Academy of Social Sciences	Leisure Activities of Elderly Married Couples in Vietnam and Determinants
14:45	Questions & Answers	
15:15	**END OF PANEL**	

15:45 – 16:35	PANEL 3 • LEISURE AND HEALTH IN OLD AGE	
Chairperson	**WEI-JUN JEAN YEUNG**, National University of Singapore	
15:45	**YA-MEI CHEN** National Taiwan University	Leisure-time Activities and Health Trajectories among Older Adults in Taiwan
16:00	**EVI NURVIDYA ARIFIN** Universiti Brunei Darussalam	Free Time in Old Age: Does Health Status Determine the Choice of Leisure Activities among Older Persons in Indonesia?
16:15	Questions & Answers	
16:35	**END OF PANEL**	

17:00 – 17:50	PANEL 4 • DIGITAL LEISURE AMONG OLDER ASIANS	
Chairperson	**PEI-CHUN KO**, Singapore University of Social Sciences	
17:00	**FLORENCE MWAGWABI** **TANIA LIM** Murdoch University (Based in Singapore)	The Role of ICT and New Media in Improving Older Adults' Quality of Life: Mixed Methods
17:15	**JAGRITI GANGOPADHYAY** Manipal Academy of Higher Education	"Being Smart at 60": Aging, Smart Phones and Leisure Activities in Urban India
17:30	Questions & Answers	
17:50	**END OF DAY 1**	

20 JANUARY 2021 • WEDNESDAY

10:00 – 10:50	PANEL 5 • IDEAS OF WELL-BEING THROUGH LEISURE IN OLD AGE I	
Chairperson	**QIUSHI FENG**, National University of Singapore	
10:00	**JEOFREY B. ABALOS** National University of Singapore	Leisure Activity Limitations and Well-Being among Older People in the Philippines
10:15	**W. INDRALAL DE SILVA** University of Colombo **W.S.M. GOONATILAKA** Sri Lanka Social Security Board	Impact of Leisure Activities on the Well-Being of Elderly in Sri Lanka
10:30	Questions & Answers	
10:50	**END OF PANEL**	

11:10 – 12:00	PANEL 6 • IDEAS OF WELL-BEING THROUGH LEISURE IN OLD AGE II	
Chairperson	**GORDON MATHEWS**, The Chinese University of Hong Kong	
11:10	**J.J. ZHANG** Nanyang Technological University	Understanding Well-Being through Older Adults' Leisure Travel Narratives
11:25	**DAISUKE WATANABE** Seikei University	Taming Gambling: Wellness Mahjong in Later Life
11:40	Questions & Answers	
12:00	**END OF PANEL**	

14:00 – 15:15	PANEL 7 • SENIOR LEISURE COMMUNITIES	
Chairperson	**VINCENT CHUA**, National University of Singapore	
14:00	**KYOKO KOIZUMI** Otsuma Women's University	Older People and Music in Local Community: A Case of Record Concert in Japan
14:15	**KA YI FUNG** **GINA LAI** Hong Kong Baptist University	Mobile Video Game and Well-being: Older Pokemon Players in Hong Kong as a Case Study
14:30	**BENNY TONG** National University of Singapore	The Role of Memories in Community Building: Senior Landscapers in a Singaporean Residential Town
14:45	Questions & Answers	
15:15	**END OF PANEL**	

15:45 – 16:35	PANEL 8 • IMAGES, IDENTITIES AND SUBJECTIVITIES OF SENIOR LEISURE	
Chairperson	**BENNY TONG**, National University of Singapore	
15:45	**HOANG ANH THU LE** Ritsumeikan Asia Pacific University	Journey in the Impure Land: Pilgrimage and Transcendence of Old-Age Self of Vietnamese Women
16:00	**LENG LENG THANG** National University of Singapore	Reading Leisure in Later Life: Portrayals in a Senior Lifestyle Magazine from Hong Kong
16:15	Questions & Answers	
16:35 – 16:50	**CLOSING REMARKS**	
16:35	**WEI-JUN JEAN YEUNG**, National University of Singapore **LENG LENG THANG**, National University of Singapore **BENNY TONG**, National University of Singapore	
16:50	**END OF CONFERENCE**	

KEYNOTE ADDRESS

Against "Productive Aging"

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Decades ago, Japanese men were famous for finding their sense of life purpose only in work; after they retired, some became *sodai gomi*, "oversize garbage," watching TV and drinking from morning to night because they had no idea what else to do with themselves. Today, in a different Japanese world, retiring Japanese men and women are much more suited for leisure, having hobbies and interests that they intend to pursue once they retire; but still, many feel unease. In this paper, based on my ongoing interviews with 22 Japanese retirees, people whom I've known for the past thirty years, as well as my readings of Japanese advice books, I ask about the meaning of leisure in their lives today. Some I've interviewed are still working into their seventies, for example driving taxis, because they can't afford to retire. Others, financially better off, play golf or study Japanese arts, saying, "I worked really hard for decades, and now I can relax!" Still others, the central focus of this paper, desire to be useful to society, and seek to volunteer for the disabled, or to publish newsletters, or to teach classes, but sometimes find that they are rebuffed in their efforts. This leads to large questions. To what extent are old people in today's Japan seen as wise and to what extent are they seen as obsolete, to be shunted aside? And in a world defined by "usefulness" and in "contributing to society," can a life felt as truly worth living be found in enjoying one's leisure?

Gordon Mathews teaches anthropology at the Chinese University of Hong Kong, and has been researching for the past thirty years Japanese senses of purpose in life and happiness. He has written the book *What Makes Life Worth Living? How Japanese and Americans Make Sense of Their Worlds* (1996) and two chapters in recent edited books "Happiness in Neoliberal Japan," in Wolfram Manzenreiter and Barbara Holthus eds., *Happiness and the Good Life in Japan* (2017) and "Happiness Pursued, Abandoned, Dreamed of, and Stumbled Upon: An Analysis of Twenty Japanese Lives Over Twenty Years," in Holthus and Manzenreiter, eds. *Life Course, Happiness and Well-being in Japan* (2017). He has also researched an array of other topics, writing or editing books on Hong Kong's Chungking Mansions, on Africans and Arabs in Guangzhou, on "globalization from below," on the global cultural supermarket, on Hong Kong identity, and on cross-cultural senses of happiness and well-being.

Determinants of Leisure Activities among Older Adults with and without Multimorbidity in China

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Engaging in leisure activities is an important social element to enhance and maintain the wellbeing of older adults. The high prevalence of multimorbidity – two or more chronic conditions – among older adults in China implies that more older adults need a high level of medical resources and constant support to manage their health and participate in leisure activities. Incorporated with continuity theory that illustrated older individuals' utilization of resources to maintain their social activities, we derived hypotheses and examined whether there were differences in the factors related to socioeconomic resources, opportunity structures and multi-engagement for older adults with and without multimorbidity based on the 2011 wave of China Health and Retirement Longitudinal Studies (55+; n= 10,175). Multilevel logistical regression models were employed to estimate the likelihood of participation in leisure activities. The preliminary results showed that older adults with multimorbidity were more likely to participate in leisure activities than were those without multimorbidity. Further analyses that compare factors between older adults with and without multimorbidity demonstrated that the likelihood of participation for the former required more socioeconomic resources and more neighborhood-based medical facilities. Multi-engagement in volunteering and family care were associated with a higher likelihood of participating in leisure activities. Overall, the findings supported the explanations that older adults with multimorbidity need more individual resources and a supportive environment to enhance their participation. They also showed that multi-engagement in different activities stimulates leisure participation. To conclude, the study provides policy implications on promoting leisure activities in China.

Pei-Chun Ko is Lecturer at Centre for University Core at Singapore University of Social Sciences. She obtained her PhD from University of Cologne, Germany. Her research interests include productive engagement (employment, caregiving, volunteering, and learning), place and health, intergenerational relationships, life course, and social networks. Her publications can be seen in *Journal of Gerontology: Social Sciences, Social Sciences and Medicine, Journal of Aging and Health and Educational Gerontology*.

Shu Hu is Lecturer and Head of the Sociology Programme at School of Humanities and Behavioural Sciences at Singapore University of Social Sciences. She received her PhD in sociology from National University of Singapore. Her research interests center on how family origin, gender, and the state shape the lives and wellbeing of individuals at different stages of the life course. Her research on parental labor migration and children's educational outcome, transition to adulthood, marriage values and behaviours, parenting, quality of life among older adults have appeared in peer-reviewed journals.

Leisure Meanings and Practices of Elderly in Gujarat, India: Implications on Well Being

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The main aim of this study is to identify the meaning and importance of leisure according to the elderly. In addition, the study also aims to understand how these conceptualizations and subjective their well-being are linked. This qualitative study used an in-depth interview schedule to collect information from 60 elderly participants (60 years and above) divided equally across gender and socioeconomic classes (SES; lower and upper). It was found that participants in both socioeconomic classes defined leisure as time spent with family and friends. The participants in the upper socioeconomic class defined leisure as time spent on their internal growth in self-understanding through spiritual activities. More participants in the lower socioeconomic class reported that they did not recognize leisure as a different period of a day, but something that happens naturally without contemplating. This was more natural for women across both classes as they used their role responsibilities and daily chores as opportunities for relaxation, fulfillment and leisure. Men in the lower SES were also forced to participate in household chores and later learnt to appreciate the hard work women did. In upper SES, men tried to contribute by finding some projects to engage with and women tried to engage in social relationships and activities that they liked. Overall, the concept of leisure was linked to fulfilling role responsibilities and finding fulfillment in everyday living. Taking care of family members and came naturally and with acceptance and hence majority of the participants were satisfied in their life. Although in general, all participants were satisfied, it was seen that greater acceptance of circumstances lead to increased contentment among low income groups.

Jigisha Gala is Assistant Professor of Human Development and Family Studies, working in the area of romantic relationships since a decade. Her current research projects are in the areas of romantic relationships, meditation, old age and decision making processes. She is also presently working towards development of parenting modules for rural, tribal and urban poor, with the UNICEF. She has shared her research work in international forums such as International Society for the Study of Emerging Adulthood (SSEA) and International Society for the Study of Behavioral Development (ISSBD). Her published works include works in romantic relationships, sex, gender and socialization and stress and coping among adolescents, in journals of repute and international publishing houses such as the Oxford University Press (OUP) and the International Science Reference, New York. She is also interested in Indian philosophical ideologies and has shared her work in conferences related to Indic knowledge systems.

Mili Sanghavi received her masters in Human Development and Family Studies from Maharaja Sayajirao University, Vadodara, Gujarat. She is currently working as a preschool teacher at an international school. She has completed her dissertation work in the area of perceptions of people towards aging and elderly in India.

Ekta Juswani received her masters in Human Development and Family Studies from Maharaja Sayajirao University, Vadodara, Gujarat. She is interested in indigenous and qualitative research especially in the field of gerontology. She has been a child counselor in the past and currently she is working as a child development trainer.

Gender, Work, and Leisure in Old Ages in China and India

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Studies in western countries show that gendered work and family roles reduce women's access to leisure and fragment and contaminate the leisure they experience. In countries like China and India, individuals are often involved in work till late in life due to low lifetime savings and limited social welfare. Our comparative study exploits the differences in economic development, public welfare, and gender equality in China and India to examine what role these factors play in gender differences in leisure in old ages.

We use data from the World Health Organization's Study on Global Aging and Health. We measure the quantity of leisure using the number of hours and the percent of time spent on leisure during the recall period. In measuring the quality of leisure, we use whether leisure activities were adult-only as a measure of contamination and the maximum length of leisure episode as a measure of fragmentation. In addition, we also explore whether the respondent felt calm and relaxed during leisure as a measure of self-reported quality.

We find that older men enjoy longer leisure hours, less fragmented, less contaminated, and better self-reported quality of leisure than older women, with Indian and rural Chinese women most disadvantaged. Blinder-Oaxaca decomposition results further show that the gendered disparities are mostly due to differences in amount of work in India, but how work affects leisure in China. In conclusion we discuss how family support and welfare differ by gender in determining the quantity and quality of leisure in these two countries.

Shu Hu is a lecturer and the head of the Sociology Programme at School of Humanities and Behavioural Sciences at Singapore University of Social Sciences (SUSS). She received her PhD in sociology from National University of Singapore. Her research interests center on how family origin, gender, and the state shape the lives and wellbeing of individuals at different stages of the life course. Her research on parental labor migration and children's educational outcome, transition to adulthood, marriage values and behaviours, parenting, quality of life among older adults have appeared in peer-reviewed journals.

Dhiman Das is a consultant at the University of Maryland and an affiliate with the Maryland Population Research Center. His main research interests are in health, aging, poverty and public policy. He was previously employed in different research positions at the Asia Research Institute in the National University of Singapore, the Robert Wood Johnson Medical School, New Jersey and at the Research Foundation of the City University of New York. He holds a PhD in Economics from the City University of New York.

Leisure and its Discontents: Sociological Insights on Gender, Family and Aging

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We contend that the concept of "leisure" in non-western settings offers a conflation of the productive with the "unproductive" (care and housework) throwing into sharp relief the limitations of traditional measurement indicators. As such, we set out to offer a conceptual framework to understand change and continuity in post-retirement/later life domesticities of middle-class households by focusing on time allocation among older persons. Based on a Time-Use study design that included 24-hour time diary for one-day in urban cities of India (Ahmedabad, Gandhinagar, Lucknow and Delhi), we show how the household becomes a site of reproduction on inequality in the burden of care and domesticity from a gender and life-course perspective. We contend that the importance of feminist scholarship and family research in addressing these gendered social expectations notwithstanding, there remains a systematic overlooking of the intersection of age with family and care-work in India. Results from our study highlight gendered conceptual incongruence in the meanings of leisure (free time) where older women interpreted free time very differently than men. Specifically, older women's understanding of leisure remained firmly lodged within the patriarchal demands of care and intimate sociality whereas men's were reflective of self-expression, freedom and individual choice. Since leisure is known to have crucial links with empowerment, identity and resistance, our conceptual reframing of leisure through the interlocking angles of access, rights and freedom (to pursue "unproductive" pursuits) offer a rethinking of leisure as a political practice in the global south.

Ashwin Tripathi is a doctoral student with Humanities and Social Sciences, Indian Institute of Technology, Gandhinagar. Her doctoral work lies at the intersection of social gerontology, leisure studies and anthropology, where she is examining the often blurring of the productive and unproductive labor in everyday practices of care work. She intends to carry forward this work, perhaps from a cross-cultural perspective, to understand the social process of growing old and its link with intimate economies of care. Ashwin has received her Bachelor's degree in Anthropology from the University of Delhi, and Master's degree in Social Anthropology from Queen's University of Belfast.

Tannistha Samanta is Assistant Professor in the discipline of Humanities and Social Sciences, Indian Institute of Technology, Gandhinagar (IITGN). Trained as a social demographer, she locates her research at the interdisciplinary crossroads of family sociology and gerontology by blending quantitative and interpretive approaches. In particular, she examines gerontological questions relating to intergenerational relationships, family, health, social capital and culture. Her funded projects include studying intergenerational social contract in joint households of urban Ahmedabad (Indian Council of Social Science Research), human development status of the district of Ahmedabad (UNDP and Government of Gujarat) and the complex role of social capital in older adult well-being (United Nations Population Fund, India). She teaches a range of courses at IITGN including "Demography: Theories and Social Processes", "Introduction to Sociology, Global Poverty and Developmental Aid" and graduate-level courses on "Disease, Health and Inequality and Sociological Perspectives".

Leisure Activities of Elderly Married Couples in Vietnam and Determinants

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The paper analyzes the level of leisure activities performed together by married couples aged 55 years and older in Vietnam and its impact factors. This is a new topic research in Vietnam. Sample included 414 elderly people aged 55 or older, drawing from a national sample of 1819 married respondents, in 7 provinces/cities of Vietnam (the Project leading by the first author "Basic Characteristics of Marriage in Vietnam Today and Influencing Factors"). The leisure activities joining by couples analyzed in the paper include: Vacation/travel; watching movies, music, karaoke singing outside the house; walking around near the house; attending cultural events and festivals; watching TV, drinking tea; doing exercise. Bivariate and multivariate analyses showed that the elderly couples have quite a lot of leisure activities together, but the level of performance varies by social groups. The level of performing leisure activities together in near home, with less cost is higher than activities performed elsewhere. For far from home activities, couples with better living standards, higher education, better health, and living in urban areas are more active participation in leisure activities together. Couples who engage in higher-frequency leisure activities together have a higher level of overall satisfaction with their marriage and higher satisfaction with their affection relationship, mutual understanding, and behavior towards partner. This suggests that the increase in leisure activities will be a positive impact on the happiness of marriage among elderly couples in Vietnam.

Huu Minh Nguyen is High Senior Researcher of the Institute for Family and Gender Studies (IFGS), Vietnam Academy of Social Sciences and the President of Vietnam Sociological Association. He is also Professor of Sociology and Chair of Scientific Committee of Department of Social Work, Vietnam Graduate Academy of Social Sciences (GASS). He received his PhD in Sociology in 1998 from University of Washington, Seattle, USA. He is a former director of the IFGS (2005-2017), former vice-director of the Institute of Sociology (1999-2005). In addition to teach in GASS he has given lectures in sociology and social work in Hanoi National University, Journalism Academy, and some other universities. His publications include many books, articles in Vietnamese and some monographs, book chapters, articles in English on urban studies; family studies; gender equality and empowerment of women in Vietnam. He is interested in doing research on family, gender relation, and elderly people.

Thi Mai Huong Phan is High Senior Researcher of the Institute of Psychology, Vietnam Academy of Social Sciences and Associate Professor of Psychology in the Department of Psychology, Vietnam Graduate Academy of Social Sciences (GASS). She received her MA in Psychology in Seoul (South Korea) in 1997 and PhD in Psychology in 2002 from Vietnam Academy of Social Sciences. In addition to teaching in GASS she has given lectures in Vietnam National University at Hanoi and some Vietnam other universities. Her publications include many books, articles in Vietnamese and some monographs, articles in English on research method on psychology, collectivism – individualism and self-concept, emotion in working place, marriage satisfaction, students' happiness at school, children and pocket money, adolescence's apathy in family. She is interested in doing research in emotion, educational and social psychology.

Leisure-time Activities and Health Trajectories among Older Adults in Taiwan

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This study reviewed and summarized the current status of leisure-time activities (LTA) and related outcomes among older adults in Taiwan, as well as the relationships between LTA and health trajectories. The study asked three questions: How do (1) How do the LTAs of older adults predict the health benefits of older adults in Taiwan? (2) How do older adults' patterns of engaging in LTAs relate to their later health? (3) Does the relationship between LTAs and health benefits vary by gender?

A systematic literature search was performed in English databases, including PubMed, and Chinese databases, such as Airiti. Key words included (a) older adults, (b) leisure, and (c) Taiwan.

About 68.4% of Taiwanese older adults are in the inactive LTA trajectory. LTA, including leisure-time physically active activities (LTPA) and leisure-time recreational active activities (LTRA), was associated with slower progression toward poor health outcomes. LTA trajectories served as mediating factors between four sociodemographic factors and disability trajectories, with the proportion of effects mediated ranging from 0% to 194%. Greater engagement in LTA reduced baseline disability significantly more among women ($p < 0.05$). Meanwhile, both older men and older women benefited from both physically active and social leisure-time activities through lower baseline and slower progression of disability.

This study provides a complete picture of how LTPA and LTRA interplay with older adults' health outcomes longitudinally in an Asian context. LTPA shall be a fundamental activity for older adults to participate, and LTRA are strongly encouraged to be added to LTPA participation.

Ya-Mei Chen is Associate Professor at National Taiwan University in the College of Public Health's Institute of Health Policy and Management. Her research focuses on the development of long-term care policy and services for older adults in Asia. She devotes herself to preventing disabilities, supporting healthy aging and aging at home, and providing support to family members who care for loved ones with long-term care needs. Her current research projects include efforts to understand how time-varying factors such as leisure-time activities interact with development of functional disability, how to better integrate social and medical long-term care services in Asian contexts, and how to evaluate and improve policies and services that support family caregivers. At a time when aging has become a global challenge, Dr Chen dreams of finding win-win strategies for supporting older adults toward healthy aging at home with their loved ones. Dr Chen is currently an editor of *Journal of Long-Term Care* and *Journal of Population Science*.

Wan-Yu Chiu is a PhD candidate at the College of Public Health`s Institute of Health Policy and Management in the National Taiwan University. Her research focuses on improving the practice and management of disability prevention in long-term care system. Her current research projects include investigating the impact of organizational factors on disability prevention program to promote the efficiency and precision of care in disability prevention for older adults, and to evaluate and improve policies and services that support healthy ageing.

Free Time in Old Age: Does Health Status Determine the Choice of Leisure Activities among Older Persons in Indonesia?

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This paper examines the relationship between health and leisure in old age. In particular, it examines which leisure activities appear more attractive to older Indonesians considering the health status, physical functioning and other variables such as marital relationship, age, gender, education, working status and place of residence. The analyses was conducted through the use of nationwide inter-censal population survey conducted in 2015 by national statistical office. The paper selected sample include 228,718 individuals aged between 60 and 95 years old, or 9.4 percent of the total sample. The types of leisure activities are differentiated between sedentary leisure activities (watching television, listening to the radio and reading) and active leisure activities (travelling, sports, gardening and participating in social activities). Health is measured with self-rated health and functional limitation derived from Washington Group measures. Our results from multinomial regression model show that older persons reported not in good health still participating in sedentary or active leisure activities. Meanwhile, older persons with functional difficulty choose different types of leisure. Older persons with few functional limitations are more likely to spend their time for sedentary leisure, but not active leisure. Multiple functional limitations prevent them for having both types of leisure activities. Being male, married and educated higher than primary school are more likely to have time for leisure than the reference groups. However, among others, having job has the highest magnitude of the relationship with leisure activity.

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The Role of ICT and New Media in Improving Older Adults' Quality of Life: Mixed Methods

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Our proposed study seeks to investigate how technology can improve quality of life in older people. In particular, we aim to advance our understanding of the role ICT and new media-related leisure activities such as social networking, mental games and language learning apps play as a source of meaning and well-being in older people. In doing so, we seek to identify key characteristics of the ICT and new media- related leisure activities that provide a source of well-being to older people, and the social norms and attitudes that motivate them to adopt and domesticate these technologies.

We address three key questions. First, what kinds of leisure activities older people consider more desirable than others, and what make these leisure activities desirable. Second, we explore how social norms, technology attitudes and dispositions encourage or discourage older Asians' to participate in the identified leisure activities. Third, we seek to identify individual characteristics beyond social norms, technology attitudes and dispositions, that differentiate elderly ICT and new media users and non-users, and how non-users can be motivated to adopt ICT and new media related leisure activities in their pursuit for well-being.

A mixed method, longitudinal approach is proposed: (a) a survey to determine attitudes, norms, and other salient variables, (b) focus groups and (c) interviews of older people over the age of 55, in Asia. This will allow us to investigate the long-term effects of ICT and new media leisure activities on well-being and the extent of their adoption in their domestic life.

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"Being Smart at 60": Aging, Smart Phones and Leisure Activities in Urban India

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India has the world's fastest growing 60 plus population after China. According to the Census of India (2011), at present, India is home to 104 million (8.6%). Within this 8.6% of the older population, 5% of older adults live alone in India. A burgeoning amount of gerontological scholarship has focused on the economic provisions, emotional sustenance and health needs of older adults living alone in India. However, a systematic study of the intersections between aging and leisure is missing from the gerontological literature of India. Against this backdrop, the study draws from the North American model of Successful Aging and aims to examine how the rise of smart phone technology has played a huge role in shaping the leisure activities of financially stable older adults living alone in urban India. Based on 100 semi-structured qualitative in-depth and narrative style interviews (50 older males and 50 older females), the study highlights how smart phones have encouraged these older adults to learn a new form of skill to have self-satisfying leisure activities. The study was conducted from April to August.

2019 in five metropolitan cities (Delhi, Mumbai, Chennai, Bengaluru and Kolkata) of India. The age range of the older adults in the study were 60-80 years. Findings from the study indicated that traditional forms of leisure activities such as gardening, reading, painting, and singing have been replaced by the smart phone technology. In particular, the study found that the most popular smart phone activities were the following: browsing or chatting through social media platforms, watching YouTube videos, playing games, listening to music through their playlists and surfing different shopping apps, such as Amazon, Flipkart and Myntra. The findings also found that older men and women opt for different forms of leisure activities through the smart phones and in the process continue to reproduce gender roles. However, the older women create their own space in the social media platforms and in the process steer a new form of empowerment in their later lives. Finally, the study reflects on how the smart phone technology enables these older adults to construct an independent and autonomous self in their later lives.

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Leisure Activity Limitations and Well-Being among Older People in the Philippines

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This study aims to examine the relationship between the experience of a problem in the performance of leisure activity and subjective well-being among older Filipinos. Data are drawn from the 2016 National Disability Prevalence Survey conducted by the Philippine Statistics Authority. The survey interviewed around 10, 240 Filipinos aged 15 years and over, but the analysis is restricted to respondents aged 55 years and over (about 2,350 cases). It collected a wealth of information, including disability, health status, and well-being. Subjective well-being is measured through a series of questions that capture a respondent's positive affect (feeling happy, content, and enthusiastic), negative affect (feeling angry, frustrated, sad, stressed, lonely, and worried), and discomfort (feeling tired, bored, and pain). An overall index of subjective well-being was created based on these indicators, with higher scores indicating higher well-being. The main independent variables are the experience of a problem in performing a leisure activity and joining community activities. Multivariate analyses show that experience of leisure activity limitation is associated with lower subjective well-being.

Jeofrey B. Abalos recently completed his PhD from the Australian National University. His research interests include population aging and health, marriage and cohabitation, and divorce and separation.

Impact of Leisure Activities on the Well-Being of Elderly in Sri Lanka

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Within the South Asian region, Sri Lanka reports the most alarming ageing process. As projected, the country's elderly population would double from 2.5 to 5 million between year 2012 and 2032 which would impose a major challenge on their well-being. The objective of this study is to investigate the engagement of leisure activities, and relationship between such activities and well-being of the elderly with special reference to the Kurunegala district of Sri Lanka, which represents the average socio-economic condition of the country. The survey was conducted in 2019 adopting a mixed method approach for the collection of data. Elderly respondents who were in the age category of 55-74 years were identified from the selected households in Kurunegala district. During the field survey, 150 employees of the informal sector and 150 pensioners in the same sector were interviewed by visiting their respective households. Information on their knowledge, attitudes and engagement on leisure activities and well-being were collected. Qualitative data was collected from a number of observations and interviewed ten key informants including Chairmen's of two elderly committees, an Ayurveda doctor, a Buddhist Monk, and a few NGOs and local Government officials.

The study found that the majority of elderly men participated in leisure activities with a greater frequency than women. The majority of men engage in leisure activities such as gardening participating in community organization and sports, games, walking. Although women in general engage in a few leisure activities, compared to men, a significant proportion of them provide very effective type of care to their grandchildren, which was highly appreciated by their own children. Women also involve in watching television, listening to radio and reading. Compared to elderly men, women frequently visit religious places and gain higher level of emotional well-being. The majority of the employed elderly persons are engaged in the service sector (48%), and in agriculture related work (22%). Most of them use the income they generate on their grandchildren as well as for other domestic purpose. Compared to the employed persons, a higher proportion of pensioners were observed as satisfied with their present-day life. Leisure activities were reported to be relatively low among employed elderly compared to the pensioners. Consequently, well-being is also lower among the employed elderly than the pensioners. These findings convey serious policy implications on the need of strengthening of pension programmes and leisure activities for the elderly as a mean to ensure their well-being.

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Understanding Well-Being through Older Adults' Leisure Travel Narratives

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It has been well-documented in academic literature that leisure travels, be it local excursions or overseas holidays, can have positive effects on one's subjective well-being. Studies have been conducted on the benefits of travels for young families and people with disabilities. However, there is a dearth of research that focuses specifically on the impacts of leisure travels on older adults, not to mention their implications for social policies pertaining to ageing. This paper draws on preliminary findings from an on-going pilot study that started in January 2020. It aims to address the lacuna by interrogating the relationships between leisure travels and later-life well-being in the context of Singapore. Semi-structured in-depth interviews were conducted with 30 older adult travellers and five leisure service providers recruited via purposive sampling. Due to the relatively small sample size, only Singaporean Chinese (both females and males) were interviewed. The age range of respondents interviewed is 60-82. More specifically, emotions and meanings attributed to leisure travel activities will be elicited through respondents' travel narratives. Discussion focuses on socio-cultural meanings and experiences of mobility for the individual, and reveals the themes of: 1) reminiscing the past; 2) bonding with family members; 3) rediscovering self; and 4) caring for others as potential starting points towards a much needed theorisation of the relationship between leisure travels and subjective well-being.

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Taming Gambling: Wellness Mahjong in Later Life

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This paper aims to examine how mahjong, defined as gambling in Japan, has transformed into practice for healthy and active aging in later life.

Mahjong is a popular leisure activity in Japan. Mahjong which is often all-night leisure that symbolized unhealthy activity has been a popular social tool for male workers since rapid economic growth. Since around 2000, the word "wellness mahjong" started to attract attention. Wellness mahjong that is characterized “3 no” (no smoking, no drinking, and no gambling) is a new style of mahjong, especially for older veterans.

As a result of interviewing and participant observation, I point out three points regarding the generalization of wellness mahjong. Firstly, mahjong groups at public facilities have created new places for male veterans to participate in activities. Secondly, while male veterans have served as instructors, mahjong groups have expanded to female veterans. Thirdly, mahjong groups emphasize a "healthy" aspect of the activity to prevent dementia and to prevent long-term care, which has no concrete evidence.

Wellness mahjong replaces mahjong as gambling and unhealthy activity with mahjong as a communication and health promotion tool in a local community, which is consistent with healthy and active aging policies. This change can be applied to leisure in general in later life. Leisure in later life is supported by the pretext of health maintenance, care prevention, and isolation prevention. Decadent or consumeristic leisure activities are excluded from leisure promotion in later life.

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Older People and Music in Local Community: A Case of Record Concert in Japan

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The aim of this paper is to investigate possibilities for older men's success in taking part in local activities with hobbies after retirement. Compared to middle-aged and older female adults, it is well-known in Japan that their male equivalents tend to be hesitant to participate in local communities such as neighborhood associations or parent-teacher associations. Even after retirement, the latter still find them difficult to get out of roles as hardworking office workers inside and outside home. It is crucial that male retirees look after their own places which could give them appropriate reasons to live after aged 65, the average retirement age in Japan. It is called '*chiiki* debyuu' (local debut) that male retirees start to engage themselves in local activities, after '*kouen* debyuu' (park debut) of small children in local playgrounds.

Over a decade, I have been exploring how baby-boomers (known as '*dankai* generation' in Japan, born 1947-1949) find their places in local towns after retirement. Some still work, and others find new selves in local activities. Then, what leads them to make success in debuting in local communities and constructing social capitals among local residents? I find hobbies as a key factor of their success. In this paper I focus the data from my fieldwork on regular local record concerts in Osaka Prefecture (2010-present). Local record concerts are sought-after by older male participants because of their audiophilia or attachment to old records. Through participant observations in record concerts, it is revealed that male retirees have gradually moved their position from sole participants to group members, or sometime one of the facilitators in social activities.

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Mobile Video Game and Well-being: Older Pokemon Players in Hong Kong as a Case Study

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Video-game playing has become a favorite leisure activity for young people, whose well-being associated with the activity has generated much research attention. Older people are usually portrayed as technologically illiterate and overlooked by researchers in the field. Limited studies on mature players largely focus on older adults living in institutionalized homes. To fill the research gap, this study examines the impacts of video-game playing on the well-being of mature adults living in the community. Data are collected from a group of mature players of a mobile video game (Pokémon Go or PKMG in short) in Hong Kong through participant observations and interviews. Findings show that PKMG enables these mature adults to develop new friendship ties in the community and contributes to the players' physical, psychological, and social well-being. The game requires players to accomplish various tasks in different places. Having companions to walk together helps sustain the players' interest in the game that playing together becomes a much anticipated daily activity for them. The daily walk in turn helps lower their blood pressure and cholesterol level. Moreover, through attaining good game performance, the mature players attract praises and admiration from other players, including even the young ones. This gives them a great sense of achievement and boosts their self-esteem. Playing the game as a daily routine also provides the players with a sense of purpose in life. In addition, the friendship network provides the mature players with informational, material, and emotional support that is not easily accessible in daily life.

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The Role of Memories in Community Building: Senior Landscapers in a Singaporean Residential Town

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Increasingly, the Singapore government recognises ageing as a key social issue. It has sought out policies to enable the growing population of seniors to lead better lives in old age, with social connectedness a crucial concern. While community-building in Singaporean seniors' has been studied through the perspective of leisure (e.g. Thang 2005, 2006), the role of identity and memory in such activities (see Kong, Yeoh and Teo 1996) has not been thoroughly discussed. This paper explores how some senior residents in Bukit Panjang, a residential town in northern Singapore, engage in community-building through their participation in a Town Gardener landscaping programme established in 2015. I situate their Town Gardener activities as a kind of "devotee work" stemming from a systematic and sustained "serious" pursuit of horticultural leisure interests, through which they developed relevant skills, knowledge, and experience (Stebbins 2014). Using data from ethnographic fieldwork conducted from February 2020 with two groups of Town Gardeners aged between 60 to 81, I analyse how they formed and maintained connections with each other, and the wider Bukit Panjang community, through their participation. Particularly, I examine how the shared identity marker of being former farmers before the 1980s drew them together, and informed their continued involvement as Town Gardeners. Their narratives for pursuing landscaping as serious leisure and devotee work suggest how, with suitable leeway allowed for them to claim ownership of and autonomy in the activities, place memories from their younger years fuelled the construction of a common ethos that encouraged and maintained connections among themselves, and to the wider Bukit Panjang community.

Benny Tong is currently Postdoctoral Fellow at the Asia Research Institute (ARI), National University of Singapore (NUS). His research interests include ageing lifestyles, the anthropology of leisure, and popular culture in East and Southeast Asia. He is currently ethnographically studying the role of leisure engagements in the construction of senior lifestyles and well-being in Singapore and Asia. His latest publication is "Better Singers Together: How Older Japanese Women Build and Social Relations in Karaoke Classrooms", in *Leisure and its Communities: Rethinking Mutuality, Collective Expression, and Belonging in the New Century*, edited by Troy Glover and Erin Sharpe (London and New York: Routledge, 2020), pp.100-110.

Journey in the Impure Land: Pilgrimage and Transcendence of Old-age Self of Vietnamese Women

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In this paper, I explore how religious pilgrimage contributes to the conceptualisation of the lifecourse in Vietnam, and shapes Vietnamese women's old-age self. The data presented in this paper was collected during my field research in 2013 among Buddhist senior-aged practitioners from Ho Chi Minh City (Vietnam). This paper reveals that Buddhist pilgrimage frames the experience of old age as a time to accumulate life wisdom, to extend life experience and to fulfil the self. In this paper, I discuss Turner and Turner's (1978) theory of pilgrimage as a "communitas" experience which escapes the structure of ordinary life, as well as more recent studies which challenge Turner and Turner by arguing that pilgrimage reflects everyday-life experience (e.g. Sangren 1993; Coleman 2000; Taylor 2004). Situated in this literature which highlights pilgrimage as a reflection of both anti-structure and structure of everyday experience, this paper asks how religious travel positions Vietnamese women's later life stage in the lifecourse. In so doing, this paper displays how pilgrimage complicates the commonly-held perception of old age as the last stage of life. It shows how through travel elderly women challenge the embodiment of aging, and as such revitalise their old-age self.

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Reading Leisure in Later Life: Portrayals in a Senior Lifestyle Magazine from Hong Kong

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In the recent decades, leisure in later life is beginning to receive more attention among older people and silver businesses as longevity affords people more time for activities in retirement. However, in the popular print magazine market, the trend remains youth-oriented, with hardly any magazines devoted to lifestyle in later life. Instead, the mention of magazines catering to the seniors usually evoke those that fall within the health-care related domain, with a focus on retirement financing, health and long term care issues. This paper introduces "Big Mag", a new lifestyle magazine published in Hong Kong that attempts to counter the current trend by providing a holistic lifestyle approach in later life. Besides the underlying framing of reading lifestyle magazine as an act of leisure, this paper focuses on how is leisure perceived in a magazine that promotes older adult lifestyle? How is aging identity constructed or (re)-shape from a leisure lens? How does leisure interact with health, gender and group participation? What is an idealized later life encompassing leisure? These questions will be examined through the study of textual and visual representations of later-life leisure as portrayed in the first 13 issues of the magazine (from Issue 00 in June 2017 to issue 12 in Sept 2018). The study will contribute to the engagements of leisure with theories on age and identity in social gerontology.

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