LEISURE PATTERN AND CONSTRAINTS
OF FEMALE FOREIGN DOMESTIC HELPERS
IN HONG KONG

BY

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We hereby recommend that the Honours Project by Miss Lau Miu Ching entitled “Leisure Pattern and Constraints of Female Foreign Domestic Helpers in Hong Kong” be accepted in partial fulfillment of the requirements for the Bachelor of Arts Honours Degree in Physical Education and Recreation Management.

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ABSTRACT

The purpose of this study was to determine the leisure pattern of female foreign domestic helpers in Hong Kong, investigated the constraints existed when they participate in leisure activities and the effect of acculturation level. In this study, 108 domestic helpers aged between 21 and 51 were interviewed. The result showed that the most popular activities were reading while the least frequent activity came to team sports. The helpers found resources constraints (mean=2.65) the most important in influencing their participation in LTPA and they have the highest acculturation level in language proficiency (mean=2.89). They were likely to participate more frequently when overall acculturation level was increased, however the better education level, the greater the language proficiency, the more resources constraint they perceived. The government and recreation professionals can increase the helpers’ use of Chinese and help them adapt to cultural differences so as to promote leisure time physical activities among them.
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Chapter 1

INTRODUCTION

It is not difficult to find a numbers of foreign domestic helpers in Central and some public areas on Sunday. In everyday life, foreign domestic helpers are always around us, we can see that they are taking children to school or taking them home or buying things in the market or traveling with families. Hewison (2003) stated that migration for work had become a central element of the current phase of globalization and migration was generally from relatively poorer regions and countries. In Hong Kong, there were 216,863 foreign domestic helpers in 2003 (Census and Statistics Department, 2004). They worked six days a week, their work include childcare, care of the elderly, cooking and house-keeping (Hewison, 2003). On the rest day, most of them would gather to share news and their working experience. Most of them were just sitting there and spent the whole day without doing any physical activities. Some of them experienced unfairness and their rights were exploited.
(Caritas Hong Kong, 2001). They had to face problems of long working hours, payment exploited, communication with their employers, abuses and discriminations. These may be the factors leading to not participating in leisure time physical activities (LTPA).

Godbey (1994) pointed out that all of us are subjected to constraints and limitations, there is no exceptions for the foreign domestic helpers. They also experience different kinds of constraints before and during participation, constraints include antecedent constraints and intervening constraints, they may include intrapersonal, interpersonal and structural constraints.

Carroll and Alexandris (1997), also concluded that there was a negative relationship between constraints and leisure participation. That would lead to nonparticipation or reduction of leisure participation. Some constraints may be more frequently faced by foreign domestic helpers in Hong Kong, such as race and their culture. Some researches (Floyd, 1998,
Philipp, 1995, Stodolska, 1998, & Tsai, 2000) had shown that participants’ race and acculturation level will also affect their perception of constraints. For example, Stodolska (1998) had showed that the perceived importance of certain constraints among immigrants diminished with increasing acculturation level, Philipp (1995) also reported that race would be a factor affecting individual participating leisure activities for African Americans in the America. So looking at the effect of race and acculturation level would help to understand the leisure pattern of domestic helpers.

Statement of the Problem

The purpose of the study was to determine the leisure pattern of female foreign domestic helpers in Hong Kong and at the same time, investigate the constraints existed when they participate in leisure activities.

Research Questions

1. What is the leisure pattern of foreign domestic helpers in Hong Kong, i.e. what do they do to spend leisure time (free
time that you do not sell for economic gain)?

2. What proportion of domestic helpers would participate frequently (participate in activities in at least once a week) in physical activities?

3. Among different kinds of leisure constraints (social-cultural constraint, interpersonal constraint, access constraint, affective constraint, physiological constraint and resources constraint), what are the most important constraints they faced when participating in leisure time physical activities (LTPA)?

4. Did the acculturation level of foreign domestic helpers affect their level of participation in LTPA?

5. Did the acculturation level of foreign domestic helpers affect their perceived constraint?

6. Did their social demographic background such as age, education level and year of staying in Hong Kong affect their perceived constraint and participation level in LTPA?

Definition of Terms
The following terms were operationally defined specifically for this study:

Leisure

According to Godbey (1994) leisure could be defined as time, activities and state of mind. Leisure is time which the individual doesn’t sell for economic gain. In this free time, people can have a number of activities in which the individual may satisfy his/her own free will.

Leisure Time Physical Activity

LTPA are the activities that one participates in leisure time. The activities are physical in nature which result in expending energy, they can be competitive, non-competitive or for self-enjoyment (Tsai, 2005). They could be physical recreation activities, team sports, individual sports or exercises like jogging and gym.

Constraint

Godbey (1994) defined that constraint are barriers that prevents a person from participating when the person has a
desire to undertake some leisure experience. Jackson (1990) stated that constraints are barriers that inhibit one’s preference and interest for leisure activities and actual participation.

Foreign Domestic Helpers

Foreign domestic helpers are employed to work and stay in Hong Kong from other countries like the Philippines, Indonesia and Thailand. They are entitled to the same benefits and protection under the Employment Ordinance (Labour Department, 2005). Their daily work normally includes childcare, care of the elderly, cooking and house-keeping (Hewison, 2003).

Race

According to Floyd (1998), race was based on socially constructed definitions of physical appearances, such as skin color, hair color and texture by themselves.

Acculturation

Acculturation was the acquisition of a new culture as a result of prolonged contact with other ethnic groups (migrant
and host group) or two distinct cultures (Vega & Maro, 1994, cited in Crespo, Smit, Carter-Pokras, & Andersen, 2001, & Yu & Berryman, 1996). In this study, acculturation was measured by English proficiency, language use and cultural orientation.

Delimitations

The study was delimited by the following factors:

1. In order to understand and answer the questionnaire, subjects were limited to those who had a better proficiency in English.

2. The subjects were delimited to female foreign domestic helpers.

Limitations

The following limitations were established for this investigation:

1. The study population in this study were limited to those had rest days on Sundays.

2. The subjects were limited to those gathered in Tsim Sha Tsui, Central and Admiralty.
3. As subjects needed to recall their leisure pattern in the past six months, inaccurate data might be collected.

4. Sample size was small and this might affect the representative of the data. It is difficult for generalization.

5. Convenience sampling method was used and sample bias may occur.

Significance of the Study

Cronin, M., & Mayall, D. (1998) pointed out that all societies have played sport. Sport also has a major place in the everyday life of any nation. As well as leisure activities, Edginton, Jordan, DeGraaf and Edginton (2002) affirmed that leisure was an important social, cultural, and economic force that affected our happiness, well-being, and life satisfaction.

On the rest day, foreign domestic helpers like to gather in Central, Admiralty and Tsim Sha Tsui, they seem to sit here for the whole day. This research helps to understand what they do in the leisure time and why they do not participate in leisure
time physical activities.

Actually, there are a lot of chances to participate in leisure activities in Hong Kong. Leisure and Cultural Services Department (LCSD) as the Government department aims to provide quality leisure and cultural services (LCSD, 2005). It also organizes many leisure activities and competitions for people of all ages every year, for example, Healthy Exercise for All Campaign, Community Sports Club (CSC) Project, and Masters Games. For indoor activities, there are many sports centers in eighteen Districts giving opportunities for playing indoor games. For natural areas, Hong Kong has twenty-three Country Parks and fifteen Special Areas. Furthermore, some non-government organizations may organize sports and leisure programmes irregularly which can further increase the chance of participating in leisure activities. By understanding the leisure pattern of the helpers, policy makers, leisure service providers and professionals could better address the diverse leisure needs and constraints of them (Tsai & Coleman, 1999).
Also the recreation professionals can promote physical activities and the productivity of the helpers can be increase. However, foreign domestic helpers had to face, overcome or negotiate the constraints before and during the participation of leisure activities. Constraints might come from their identities as immigrants, race, and culture, these could affect their choice of leisure activities and even fear them out of participation. So knowing what they usually do in leisure time and what they have to face when participate in leisure activities can help leisure professionals to improve their services and attract the ethnic group in Hong Kong and help them.
Chapter 2

REVIEW OF LITERATURE

The target of this study was female foreign domestic helpers in Hong Kong. The number of foreign domestic helpers in Hong Kong was 216,863 in 2003 according to the Census and Statistics Department (2004). They live with and work for us, but what will they do in leisure time and are they experiencing different leisure constraints from us? In this review of literature, the situation of foreign domestic helpers in Hong Kong and some of the previous research and studies about leisure pattern and constraints are presented. It is divided into six sections, they are (a) life of foreign domestic helpers in Hong Kong, (b) leisure constraints experienced by general population, (c) leisure constraints, race and ethnicity, (d) leisure constraints and immigrant (e) leisure participation and acculturation and (f) summary.

Life of Foreign Domestic Helpers in Hong Kong

According to Census and Statistics Department (2004), the
number of foreign domestic helpers in Hong Kong had increased by about 96,000 in the past decade and up to 216,863 in 2003. There was a great increase by 80%. Over half of them (126,557), about 58%, came from Philippines and over one third of them, about 37%, came from Indonesia (81,030), while the remaining were mainly came from Thailand, India, Sri Lanka and Nepal. The three nation (Philippines, Indonesia and Thailand) combined 98% of the total foreign domestic helpers population (Asian Migrant Centre [AMC], 2001). Some studies showed that Chinese and European preferred female domestic helpers, especially for those who wanted a personal attendant or a helper to look after children (Constable, 1997 & Tsui & Chou, 2003). So, almost all foreign domestic helpers were women, made up of 98.6% of their population (AMC, 2001). Most of them were very young, with the greatest number around 30 years old, over half of them were single (French, 1986, & Tsui & Chou, 2003) and they average stayed in Hong Kong for 2-4 years (French, 1986, & Caritas Hong Kong, 2001). According to French (1986),
most of them were Catholic, this was not surprised as a great number of helpers came from Philippines, and 83% of the population in the Philippines was Roman Catholic (The World Factbook, 2005). Their minimum allowable wages is HK$3,320 per month if their employment contracts were made on or after 19 May 2005 (Labour Department, 2005), compare with the contracts signed on or after 1 April 2003, the minimum allowable wages was $3,270, it had been increased by $50. Under the Employment Ordinance (Immigration Department, 2005), helpers were entitled to not less than one rest day in every period of seven days which is appointed by the employer. The rest day was defined as a continuous period of not less than 24 hours. Besides, all foreign domestic helpers were entitled to 12 statutory holidays in a year and a paid annual leave after serving every period of 12 months, that was varied from 7-14 days according to their length of service (Labour Department, 2005). This is the main free time that the helpers can enjoy their leisure activities. Foreign domestic helpers need to
work and reside in their employer’s residence and the employers are required to provide free accommodation for them.

Every Sunday, we can see crowds of foreign domestic helpers in Central District, they are here to escape the confines of their employers’ homes and their weekly routines of domestic work (Constable, 1997). They liked to gather in places like Statue Square and Chater Garden on Sundays and public holidays, they also lined the sidewalks and elevated walkways that connect the Central Post Office to the Star Ferry and Blake’s Pier, as well as under the shape of the Hong Kong and Shanghai Bank, in the Kowloon Park and the Victoria Park. They gathered and information about home was rapidly exchanged, many brought home-cooked Filipino food to share with their friends (French, 1986). Some of them move from one group to another, selling goods they had imported from the Philippines.

However the life of foreign domestic helpers in Hong Kong is not that easy. Some of them were paid less than the minimum allowable wages, they were mainly Indonesian helpers and
nearly half of them did not receive a pay after working on the rest days, and for those who received a pay, they did not receive a deserved payment (Caritas Hong Kong, 2001). This showed that their right of getting the reward back was exploited. At the workplace, they might also have a communication problem with their employers and the family. The report also revealed that though most foreign domestic helpers spoke English, 21.6% of Indonesian workers and 17.9% of Thai workers experienced a communication barrier with their employers respectively. The report also revealed that about 10% of the helpers complained about the long working hours and 25% dissatisfied with the heavy workload. Living with employers probably led to a result of long working hours and was complained by many helpers (Constable, 1997). Besides, they might even have to face violations and abuses. According to a survey conducted by Asian Migrant Centre (AMC, 2001), 23% of helpers were reported to be verbally abused, 25% were physically abused at least once and more severely more than 4% claimed that they had been
sexually abused.

Besides facing the problems with their employers, they also had to face discrimination and prejudice in Hong Kong. The above survey also showed that discrimination in daily life experienced by foreign domestic helpers was prevalent. Violations and abuses paid a severe role on certain nationalities and women in particular, and because they were foreigners, women, and domestic helpers, they always experience unequal treatments. French (1986) reported that helpers developed very little identity with Hong Kong and with the values of the host population. They had only a few Chinese friends and never considered employers to be a friend (Constable, 1997). Sometimes, they were not welcomed by Hong Kong people neither, they complained that foreign domestic helpers “takeover” Central District and created a loud public (French, 1986).

Though they had to face a lot of problems, they seldom shared with or sought for help through government or non-government
organizations (NGO), they talked with their friends and relatives (Caritas Hong Kong, 2001). Actually, in Hong Kong, there were quite a lot of NGOs providing different services and activities for the helpers, for example, Asia Pacific Mission for Migrant Filipinos, Asian Domestic Workers Union, Asian Migrant Centre and Workers Union, could help them solve the problems and adapt to the society (Sim, 2002).

**Leisure Constraints Experienced by General Population**

Freedom was usually considered as a necessary part of the leisure experience, while constraints could prevent people from engaging in satisfying leisure, they included obstacles, limitations, impediments, restrictions, and other factors induced by the culture, society, or environment (Edginton, Jordan, DeGraaf, & Edginton, 2002). Alexandris and Carroll (1997), as well as the other research, Carroll and Alexandris (1997), also concluded that there was a negative relationship between constraints and leisure participation. That would lead to nonparticipation or reduction of leisure participation. As
for sports, minimal skill is needed to control time, space and movement is required (Shogan, 2002), the one who has lower skill level might feel constraints when participated in LTPA. Among different factors affecting participation in leisure activities, Edginton et al. (2002) listed out some of them including age, gender, race, income, and length of residence in America and Canada leisure industry. Here, the constraints experienced by general population are first discussed, those constraints may also experienced by foreign domestic helpers.

Jackson (1990) suggested that there were two categories of constraints that could influence one’s leisure participation: antecedent constraints and intervening constraints. Henderson and Bialeschki (1993) drew a similar conclusion as Jackson that constraints inhibit or prohibit participation and enjoyment in physical activity which could be divided into two broad categories: antecedent and intervening constraints. Antecedent constraints are factors that inhibit one’s preference and interest for leisure
activities while intervening constraints related more to immediate structural constraints and came between a preference for an activity and actual participation in it (Henderson, Stalnaker, & Taylor, 1988), and it is addressed only for individuals who already had a preference and they could transform that preference into actual participation (Auster, 2001). Wade (1985) listed two kinds of constraints: psychological constraints and socio-economic constraints.

Psychological constraints, which arose primarily from individual human behavior, such intrapersonal constraints included personality traits, skill level, and some developmental disabilities. Socio-economic constraints include the constraints from work, environment, economic and family.

Furthermore, constraints could also be conceptualized into three different types: intrapersonal, interpersonal and structural constraints (Godbey, 1994, & Crawford & Godbey, 1987). Intrapersonal constraints involved individual
psychological states and attributes which interact with leisure preferences. They were individual psychological barriers like skill, stress, anxiety and religious beliefs. Interpersonal constraints involved interaction with other people or relations between individuals. For example, no friends accompany with, insufficient skill of friends and friends were lack of interests. Finally, structural constraints were intervening factors between leisure preference and participation, such as lack of time, no transportation, no money and no facilities.

In Alexandris and Carroll’s study (1997) aimed to determined the constraints experienced by Greek population on recreational sport participation, they found that the most intensively perceived constraints were time and facilities or services-related problems, which were structural constraints. However, other researchers (Alexandris, Tsorbatzoudis, & Grouios, 2002) indicated that structural constraints might not actually had been the real reasons for their nonparticipation,
as time related constraints can also be experienced intrapersonally since they involved self-design priorities of what they had to do. Individual who perceived high levels of intrapersonal constraints were less likely to participate in sports and intrapersonal constraints, this might be the most powerful in influencing individual’s decision to start participating in recreational activities (Carroll & Alexandris, 1997).

For the situation in Hong Kong, as people’s income and education levels increased, they became increasingly active in sports (Hong Kong Sports Development Board [HKSDB], 2003). However, for the non-participants, 61% and 22% of them cited lack of time and need to work for the perceived constraints respectively, the two constraints had been cited by them for eight years. Other common constraints were no interest in sport (12%) and poor health (8%). From Cheung’s (2005) study which aimed to study the relationship of constraints, occupation status, education level, marital status and level of
participation in physical activities of Hong Kong females. She found that lack of time due to household work was a common constraint among female participants. However, she also found that constraints were not necessarily negatively related to participation frequency, the higher education respondents did not experience lesser constraints, so as Kay and Jackson (cited in Cheung, 2005) that they rejected the negative relationship between constraints and participation.

Those were the constraints that general population might have to face before or during the participation of leisure activities.

**Leisure Constraints, Race and Ethnicity**

Most of the foreign domestic helpers came from South-East Asia with the greatest number of Philippines and Indonesians, they had a different race from us. According to Floyd (1998), race was based on socially constructed definitions of physical appearances, such as skin color, hair color and texture by themselves. Certain perceived physical features, like skin
color, eye color and texture, function as the signal for negative social attitude and thus affect leisure choices (Kleg & Yamamoto, cited in Floyd, 1998). Philipp (1995) reported that race was an important leisure constraint for numerous leisure activities. Hall (1998) found that females and Blacks were less active than men and Whites in his study about perceived barriers of physical activities among Black and White women in the US. As Philipp (1998) pointed out later that race and gender differences had been shown to affect adult leisure behavior and experience, he even pointed out that race appeared to be a more important factor than gender for most leisure activities. For example, many African Americans might select leisure activities on the basis of the "blackness" or "whiteness" associated with leisure activities and places (West, cited in Philipp, 1998). He also found that the major leisure constraint for Black adolescents were fewer friends for accompanying, limited choices of leisure activities and less access to leisure opportunities.
There was a difference between race and ethnicity. Hutchison (cited in Floyd, 1998) defined ethnicity as “membership in a subcultural group on the basis of country or origin, language, religion, or cultural traditions” (p.18). Race is fixed while ethnicity can change over time, that is the process of acculturation (Tsai, 2000), which would be discussed later.

Another constraint that faced by them was perceived discrimination. Philipp (1995) suggested that perceived discrimination was another important inhibitor of leisure participation which affected the formation of travel preferences and overall selection of travel destination, and thus affected the number of choice of leisure activities of African Americans and European Americans. Especially for African Americans with lower appeal perception and comfort, they were more likely to perceive discrimination and feeling unwelcome in leisure areas. This was also supported by Feagin (1994, cited in Floyd, 1998) that discrimination increases as
one moves from the most private settings to the most public settings, i.e. from friendship to street, which might lead to recreational displacement and substitution behaviors, they would participate in their friends' activities rather than join something they were interested.

**Leisure Constraints and Immigrant**

Foreign domestic workers came from other countries and stayed with their employers in Hong Kong. The time they stayed in Hong Kong depended on the length of their contracts and whether their employers were willing to extend the contract. They worked, accommodated and stayed in Hong Kong, they lived here varied from one to seven years and some even lived here for more than ten years (Tsui & Chou, 2003). So they could also be considered as immigrants. Similar to the one with racial difference, immigrants also experienced constraints not commonly found in the general population (Stodolska, 1998). He had listed out some of them: lack sufficient friendship networks, knowledge of leisure opportunities and language
difficulties. All would affect their leisure experience. This might relate to their minority status, problems with adaptation to the new cultural and economic environment and they might even experience with discrimination. After they had arrived in other countries, they might feel stress, depression, anxiety, social isolation and sense of loss, all these led to leisure constraints encountered by the immigrants (Stodolska, 1998).

In Tsai’s (2000) study, perceived leisure constraints by Chinese immigrants in Australia were measured by six constraint factors, they were social-cultural, interpersonal, access, affective, physiological and resources constraints. In Tsai and Coleman’s (1999) pervious study, Chinese immigrants perceived resources constraints and interpersonal constraints as the most important leisure constraints, followed by affective constraints, access constraints and social-cultural constraints, and psychological constraints were seen as the least important. Yu and Berryman (1996) found
the similar results that the most often perceived constraints by Chinese immigrant adolescents in New York City youth were lack of English proficiency, lack of opportunity, lack of partner and money, and lack of knowledge about sites or information about activities, which were mostly resources constraints and interpersonal constraints. Tsai (2000) also suggested that immigrants experienced cultural differences such as having different languages and cultural orientation, thus perceived sociocultural constraints that feeling uncomfortable and insecure in public and social settings and feeling difficulties in communicating with other leisure participants. So immigrants tended to avoid cultural and racial pressures by recreating with people of similar culture and thus limit the choice of leisure companions and increase interpersonal constraints. This was supported by Tirone and Pedlar (2000) that they found South Asian teens and young adults in Canada liked to participate leisure activities with parents, siblings, extended family and within the friendship
networks they knew in the South Asian and family leisure activities occurred most frequently. Besides, from the study, immigrants also perceived access constraints, like difficulty in accessing leisure information and opportunities. Crespo, et al. (2001) agreed that although knowledge itself could not change one’s behavior, it could increase awareness and enable people to access to health promotion and sports programs. In addition, Yu and Berryman (1996) reported that the Chinese immigrant students perceived lack of English proficiency, lack of opportunity, lack of partner and money and lack of knowledge about site or information about activities as the barriers affect their participation in leisure activities.

**Leisure Constraints and Acculturation**

Acculturation was the acquisition of a new cultures as a result of prolonged contact with other ethnic groups (migrant and host group) or two distinct cultures (Vega & Maro, cited in Crespo, Smit, Carter-Pokras, & Andersen, 2001, & Yu & Berryman, 1996). According to Padilla (cited in Yu & Berryman,
1996), there were two essential elements in acculturation: cultural awareness and ethnic loyalty. Cultural awareness was individual’s knowledge of specific cultural material, for example, language, history, art and foods of the host group. Ethnic loyalty was individual’s preference of cultural orientation.

A few studies (Crespo, et al., 2001, Tsai, 2000, & Yu & Berryman, 1996) were done on the relationship between leisure activities, leisure constraints and acculturation. In Crespo, et al.’s (2001) study, acculturation had a positive relationship with participation in leisure-time physical activity of Spanish. They found that the one who were less acculturated, i.e. Spanish speakers, and Spanish and English speakers, were more likely to be inactive in leisure.

In Yu and Berryman’s (1996) study, they also found a significant positive relationship between acculturation and recreation participation of Chinese immigrant adolescents. The Chinese immigrant students in New York City were at a low
level of acculturation, they participated most frequently in home/indoor activities, the five most popular activities were watching Chinese programs on TV or video, listening to Chinese music or songs, talking on the telephone, reading Chinese newspapers, magazines, and reading Chinese books, comics. They often recreated with family members, Chinese friends or alone during leisure time. They also preferred ethnic-related activities to maintain a network with close friends with the same ethnicity. On the other hand, sports and other outdoor activities were reported to be the least frequently activities.

In Tsai’s (2000) study, acculturation was measured using three indices, which evaluated English proficiency, language use, and cultural orientation. She found that more acculturated immigrants have a lower level of sociocultural, interpersonal, and access constraints, independent of their level of education and financial status. On the other hand, the Chinese immigrants who were less marginal had a lower level
of access, and affective constraints, irrespective of their acculturation levels. Both acculturation and marginality contributed the effect of access constraints. For example, the one had higher language adaptation experienced lesser difficulties in understanding leisure information and easier accessing to mainstream leisure opportunities (Tsai, 2000). Marginality, especially education, affected affective constraints. For example, the more educated immigrants, the more receptive to a broader range of leisure opportunities. However, she also reported that a longer period of residence in host country did not reduce any leisure constraints, Tsai and Coleman (1999) also supported the point that length of residence was not related to their perception of leisure constraints, so the level of acculturation of immigrants is a more direct measure of immigrants’ socio-cultural adaptation.
Summary

From the report by the Census and Statistics Department (2004), total number of foreign domestic helpers kept increasing from 1998 to 2002, though there was a slight drop in 2003, the number was still over 200,000.

Alexandris and Carroll (1997) had concluded that there was a negative relationship between constraints and leisure participation. People usually experience different kinds of constraints, such as antecedent an intervening constraints. For example, Alexandris and Carroll’s (1997) found that Greek population perceived time, facilities and services-related problems as the most intensive constraints while Carroll and Alexandris (1997) found that intrapersonal constraints were the most powerful constraint in affecting their participation in leisure activities.

There were constraints especially related to the status of foreign domestic helpers as they were immigrants and had different race and culture from us. Philipp (1995) reported
that race was an important leisure constraint. They might also have to face the constraints like lack sufficient friendship networks, knowledge of leisure opportunities and language difficulties (Stodolska, 1998). Tsai (2000) also found that they might experience cultural differences and racial pressures.

As a result, many studies about the relationship between acculturation level and leisure pattern was done (Crespo, et al., 2001, Tsai, 2000, & Yu & Berryman, 1996). Similar results had been found out, that was the one who had a higher acculturation level experienced fewer leisure constraints and thus, participated leisure activities more frequently. By knowing the relationship between the contributing factors of leisure pattern, level of physical activities participation of foreign domestic helpers could be increased.
Chapter 3

METHOD

In this chapter, the method of the study was presented as follows: (a) The subjects, (b) The instrument, (c) Data Collection and (d) Method of analysis.

The Subjects

In this study, 108 female foreign domestic helpers aged between 21 and 51 were interviewed. 94.4% (n=102) of them were Philippines while 5.6% (n=6) of them were Indonesian and there were no subjects came from other countries. Their year of staying in Hong Kong varied from 6 months to 23 years with the greatest number (54.6%, n=59) of domestic helpers had stayed in Hong Kong for 6 months to 5 years. And their place of work were quite evenly distributed, 34 (31.5%), 41 (38%), and 33 (30.6%) of them worked in Hong Kong Island, Kowloon and New Territories respectively, but none of them worked on outlying island in New territories.
The Instrument

The instrument used in this study was a combination and modification of the questionnaires used in previous studies (Fung, Tsai, & Ng, 2003, Tsai & Coleman, 1999, Tsai, 2000). The modified questionnaire was designed in early August. It was divided into four parts: (A) Leisure pattern, (B) Constraint to LTPA, (C) Acculturation level and (D) General information. In part A, the instrument was translated and modified from the questionnaire used in Part B of the research conducted by Fung, Tsai and Ng (2003). It was about individual recreation patterns, some recreation activities were added or deleted for this study, for example, 'Church meeting' was added as most of the helpers were Catholic (French, 1986), while 'Just sitting' and 'Resting' were deleted. For part B and part C, they were modified from the questionnaire used in the studies of Tsai and Coleman (1999) and Tsai (2000), one item in part B (Lack of time because of family) was replaced by 'Lack of interest' as it was not suitable for the helpers. And part
D was the general information that helped in data analysis.

The instrument was reviewed by the advisor to ensure that it was comprehensible.

For this questionnaire (Appendix B), leisure time was defined as the free time that the subjects do not sell for economic gain. It was consisted of 15 types of leisure activities in part A with 2 blank items for specific activities and it was aimed at finding out the type and frequency of leisure activities of foreign domestic helpers that they did in leisure time in the past six months. 5-point Likert-type Scale was used to determine different level of activities involvement, from 1 (no participation in the past six months) to 5 (participate>3 / week on average) and thus frequency of participation was found out.

In part B, there were 26 statements describing the constraints that faced by the helpers, according to Tsai and Coleman (1999) and Tsai (2000), they could be classified into six kinds of constraints, they were social-cultural,
interpersonal, access, affective, physiological and resources constraints. Social-cultural constraints were about racial and cultural constraints that showed the feeling in social settings; interpersonal constraints were the problems happened among people; access constraints included lack of recreation provision, information, skill, transport, etc.; affective constraints reflected the attractiveness of leisure activities; physiological constraints comprised physical problems and age of the individual; and resources constraints determined the difficulties in allocating time and money. The researcher had reclassified the statements for this study: social-cultural (items f, j, l and o), interpersonal (items h, r, v, w, x and z), access (items b, g, m, s and t), affective (items i, n, p, q and y), physiological (items c and u) and resources constraints (items a, d, e and k). In this part, 5-point Likert-type Scale from 1 (not important at all) to 5 (extremely important) was used and the subjects had to rate the importance of the constraints that affect their
participation in leisure time physical activities.

In part C of the questionnaire, acculturation of the domestic helpers was measured using three aspects: English proficiency, language use, and cultural orientation. English proficiency indicated their abilities to speak and read Chinese and English; language use referred to their preference of language using in daily life; and cultural orientation was about the culture that they were familiar with. There were total thirteen statements that helped in measuring the three aspects, rating scales were specified and clearly defined for each aspect. 5-point Likert-type Scale was again used in this part and for each aspect, there were 4-5 questions.

For the last part of the questionnaire, it collected the demographic data of the subjects, such as gender, age, country, education level, etc. There were six questions and options were provided for them to choose, except for question b and e for asking their age and year of staying in Hong Kong respectively, this helped the researcher know more about the social economic
background of the subjects.

Data Collection

The targeted population was female foreign domestic helpers in Hong Kong, and a sample was selected by convenience sampling. Since a lot of them liked to gather in Statue Square, Central Post Office and Chater Garden on Sundays and public holidays (French, 1986), the survey was conducted on three Sundays in September at Tsim Sha Tsui, Causeway Bay and Admiralty respectively. The researcher took the initiative to approach to the female foreign domestic helpers and before the interview, a question was asked prior to the interview, that was: Are you a foreign domestic helper? The one response positively was invited to complete the questionnaire and the rejection rate was not high, only 1 per 5 rejected the invitation.

Method of Analysis

Collected data were analyzed using Statistical Package for the Social Science (SPSS) software version 11.5 and Microsoft
Excel. The significant (alpha) level was set at .05 for this study. Descriptive statistics, such as mean, percentage, frequencies and standard deviation were used to analyze the social demographic information of the domestic helpers. In advance, the helpers were classified into three groups according to their frequency of participation. The helpers answered 4 or 5 (participated more than 1-2 or 3 times per week on average) for any one of those questions was considered as frequent participants in LTPA. The one who answered 1 (no participation in the past months) for all items was classified into non participants while the rest of them (not choosing 4 or 5 for any item of physical activities and choosing at least one physical activities item to be participated at least once in the past six months) was considered as non-frequent participants. Then correlation and one-way ANOVA were utilized in analyzing the data. Correlation was used to find out the relationship between constraint, acculturation level, and social demographic background, while one-way ANOVA was used
to find out the significant difference in constraints and acculturation level on LTPA.
Chapter 4

ANALYSIS OF DATA

The objective of this study was to determine the leisure pattern of female foreign domestic helpers in Hong Kong. It also investigated the constraints and acculturation level that influenced their participation in leisure time physical activities and the influences of acculturation level and social demographic background in leisure constraints. In this chapter, analysis of data was divided into two parts: (a) results and (b) discussions.

Results

In this part, results were presented in following manner:

1. Description of social demographic background like age, country of origin, education level, year of staying in Hong Kong.

2. A descriptive analysis of the leisure pattern and the most frequent leisure activity that female foreign domestic helpers participated including the description of the
leisure time physical activity (LTPA) in which they most frequently participated.

3. Description of the important constraints that influenced their participation in LTPA.

4. Description of the level of acculturation of the domestic helpers.

5. A result of One-way ANOVA about the differences in the importance of perceived constraints between non participants, non-frequent and frequent participants in LTPA.

6. A result of One-way ANOVA about the difference in the acculturation level of the helpers with non participants, non-frequent and frequent participants in LTPA.

7. The correlation between various kinds of constraints to LTPA and acculturation level.

8. The correlation between the helpers’ age, country of origin, education level, length of resident and their perceived constraints.
9. The correlation between their age, country of origin, education level, length of resident and acculturation level.

Description of Social Demographic Background of Respondents

In this study, 108 interviews were conducted and all of them were female foreign domestic helpers. Their ages ranged from 21 to 51 and their age mean was 33.24 ($SD=7.16$). About 94.4% of domestic helpers came from the Philippines ($n=102$) and only 6 of them came from Indonesia (5.6%). For their education level, most of them completed high school, university or college ($n=96$, 88.9%), only one of them (0.9%) reported that she had not completed high school while the others were post-graduated or higher than university ($n=11$, 10.2%) (see Table 1a). The number of year that they stayed in Hong Kong ranged from 6 months to 23 years, the mean year was 5.38 ($SD=4.6$). The distribution of year of stay in Hong Kong of the foreign domestic helpers were shown in Table 1b, the two greatest percentage of helpers were stayed in Hong Kong
for 5-10 years (28.70%) and 1-3 years (27.78%). And 50% of them (54.63%) had been in Hong Kong for less than 5 years and 83% of them had stayed in Hong Kong for less than 10 years. They worked in different places in Hong Kong, 34 (31.5%), 41 (38%), and 33 (30.6%) of them worked in Hong Kong Island, Kowloon and New Territories respectively, but none of them worked on outlying islands in New territories.

Table 1a
Education Level of Female Foreign Domestic Helpers

<table>
<thead>
<tr>
<th>Education level</th>
<th>No.</th>
<th>Percent</th>
<th>Cumulative Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than high school</td>
<td>1</td>
<td>0.9</td>
<td>0.9</td>
</tr>
<tr>
<td>Completed high school</td>
<td>25</td>
<td>23.1</td>
<td>24.1</td>
</tr>
<tr>
<td>Some university/college</td>
<td>38</td>
<td>35.2</td>
<td>59.3</td>
</tr>
<tr>
<td>Completed university/college</td>
<td>33</td>
<td>30.6</td>
<td>89.8</td>
</tr>
<tr>
<td>Higher university/post-graduated</td>
<td>11</td>
<td>10.2</td>
<td>100.0</td>
</tr>
<tr>
<td>Total</td>
<td>108</td>
<td>100</td>
<td></td>
</tr>
</tbody>
</table>

Table 1b
Distribution of Year of Stay in Hong Kong of the Helpers

<table>
<thead>
<tr>
<th>Year of stay</th>
<th>No.</th>
<th>%</th>
<th>Cumulative %</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months-1 year</td>
<td>9</td>
<td>8.33</td>
<td>8.33</td>
</tr>
<tr>
<td>1-3 years</td>
<td>30</td>
<td>27.78</td>
<td>36.11</td>
</tr>
<tr>
<td>3-5 years</td>
<td>20</td>
<td>18.52</td>
<td>54.63</td>
</tr>
<tr>
<td>5-10 years</td>
<td>31</td>
<td>28.70</td>
<td>83.33</td>
</tr>
<tr>
<td>10-15 years</td>
<td>13</td>
<td>12.04</td>
<td>95.37</td>
</tr>
<tr>
<td>15-20 years</td>
<td>3</td>
<td>2.78</td>
<td>98.15</td>
</tr>
<tr>
<td>over 20 years</td>
<td>2</td>
<td>1.85</td>
<td>100</td>
</tr>
<tr>
<td>Total</td>
<td>108</td>
<td>100</td>
<td></td>
</tr>
</tbody>
</table>
Description of Leisure Pattern of Respondents

In the questionnaire, 15 activities were listed for the helpers to identify which activities they participated most frequently in the past six months. The result indicated that they were always participated in non-physical activities in leisure time, the most popular activities were reading, 75% of the domestic helpers reported that they read at least one time per week (see Table 2). Second and third were church meeting and chatting with friends over phone, 66.7% and 60.2% were reported to do these activities at least once per week. For reading, almost half of them (n=53, 49.1%) reported that they read more than three times a week. For the three least participated activities, all of them were physical activities with the least frequent activity came to team sports like basketball and football (90% of them had no participation in the past six months), followed by the second least frequent activity, water activities, and the third one, racquet sports (85.2% and 79.6% of them did not participate in the above
activities respectively). Only one of helpers (0.90%) said they participated in team sport more than three times a week. Similar result occurred in water activities and racquet sports, there were 79.6% (n=86) and 85.2% (n=92) respondents had no participation in these sports respectively. Among the physical activities, the helpers participated most in individual activities such as jogging and fitness, only 13.0% (n=14) of them participated in more than three times a week. Besides these 15 activities, other addition leisure activities reported by respondents obtained by open-ended question included BBQ (n=3), studying (n=2), drawing (n=1), bible studying (n=1), selling phone cards (n=1), and letter cutting (n=1). The others were church meetings, none of them reported physical activities as other activities that they participated in leisure time. Drawing, selling phone cards and letter cutting were the activities that they participate more than 3 times a week.
Table 2 Description of Leisure Pattern of the Helpers

<table>
<thead>
<tr>
<th>Leisure Pattern</th>
<th>No participation in the past six months</th>
<th>Participate less than once a month</th>
<th>Participate 1-2 / month on average</th>
<th>Participate 1-2 / week on average</th>
<th>Participate &gt;3 / week on average</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N (%)</td>
<td>N (%)</td>
<td>N (%)</td>
<td>N (%)</td>
<td>N (%)</td>
<td></td>
</tr>
<tr>
<td>Reading</td>
<td>8(7.4%)</td>
<td>9(8.3%)</td>
<td>10(9.3%)</td>
<td>28(25.9%)</td>
<td>53(49.1%)</td>
<td>4.01</td>
</tr>
<tr>
<td>Church meeting</td>
<td>12(11.1%)</td>
<td>9(8.3%)</td>
<td>15(13.9%)</td>
<td>27(25.0%)</td>
<td>45(41.7%)</td>
<td>3.78</td>
</tr>
<tr>
<td>Chatting with friends over the phone</td>
<td>12(11.1%)</td>
<td>11(10.2%)</td>
<td>20(18.5%)</td>
<td>31(28.7%)</td>
<td>34(31.5%)</td>
<td>3.59</td>
</tr>
<tr>
<td>Watching TV, listen to radio</td>
<td>14(13.0%)</td>
<td>19(17.6%)</td>
<td>15(13.9%)</td>
<td>24(22.2%)</td>
<td>36(33.3%)</td>
<td>3.45</td>
</tr>
<tr>
<td>Socializing with friends (Out of home, e.g. parks)</td>
<td>18(16.7%)</td>
<td>17(15.7%)</td>
<td>22(20.4%)</td>
<td>26(24.1%)</td>
<td>25(23.1%)</td>
<td>3.21</td>
</tr>
<tr>
<td>Shopping</td>
<td>14(13.0%)</td>
<td>32(29.6%)</td>
<td>26(24.1%)</td>
<td>17(15.7%)</td>
<td>19(17.6%)</td>
<td>2.95</td>
</tr>
<tr>
<td>Singing karaoke, singing, playing music</td>
<td>45(41.7%)</td>
<td>13(12.0%)</td>
<td>17(15.7%)</td>
<td>20(18.5%)</td>
<td>13(12.0%)</td>
<td>2.47</td>
</tr>
<tr>
<td>Watching films, dramas, etc.</td>
<td>43(39.8%)</td>
<td>26(24.1%)</td>
<td>11(10.2%)</td>
<td>9(8.3%)</td>
<td>19(17.6%)</td>
<td>2.40</td>
</tr>
<tr>
<td>Individual physical activities</td>
<td>62(57.4%)</td>
<td>20(18.5%)</td>
<td>7(6.5%)</td>
<td>5(4.6%)</td>
<td>14(13.0%)</td>
<td>1.97</td>
</tr>
<tr>
<td>Outdoor physical activities</td>
<td>73(67.6%)</td>
<td>16(14.8%)</td>
<td>12(11.1%)</td>
<td>3(2.8%)</td>
<td>4(3.7%)</td>
<td>1.60</td>
</tr>
<tr>
<td>Dance activities</td>
<td>79(73.1%)</td>
<td>11(10.2%)</td>
<td>9(8.3%)</td>
<td>4(3.7%)</td>
<td>5(4.6%)</td>
<td>1.56</td>
</tr>
<tr>
<td>Playing electronic games</td>
<td>79(73.1%)</td>
<td>16(14.8%)</td>
<td>5(4.6%)</td>
<td>4(3.7%)</td>
<td>4(3.7%)</td>
<td>1.50</td>
</tr>
<tr>
<td>Racquets sports</td>
<td>86(79.6%)</td>
<td>13(12.0%)</td>
<td>5(4.6%)</td>
<td>4(3.7%)</td>
<td>0(0%)</td>
<td>1.32</td>
</tr>
<tr>
<td>Water activities</td>
<td>92(85.2%)</td>
<td>7(6.5%)</td>
<td>4(3.7%)</td>
<td>1(0.9%)</td>
<td>4(3.7%)</td>
<td>1.31</td>
</tr>
<tr>
<td>Team sports</td>
<td>97(89.8%)</td>
<td>5(4.6%)</td>
<td>3(2.8%)</td>
<td>2(1.9%)</td>
<td>1(0.9%)</td>
<td>1.19</td>
</tr>
</tbody>
</table>
Descriptions of Perceived Constraints and Acculturation Level of Respondents

The 26 statements of constraints were grouped into 6 kinds of constraints, and the average mean scores of the constraints were shown in Table 3a. The result showed that the helpers found resources constraints (mean=2.65) the most important in influencing their participation in leisure time physical activities. The second and the third important constraints were physiological (mean=2.52) and social-cultural (mean=2.47) constraints respectively. Within resources constraints, financial cost was reported as the most important constraints (mean=3.18), followed by lack of time because of work commitment (mean=2.61) (see Table 3b). On the other hand, affective constraints, such as lack of interest, did not enjoy the activities and had lost interest, had the lowest mean score (mean=2.31) (see Table 3a).
Table 3a

Description of Six Kinds of Constraints Perceived by the Helpers

<table>
<thead>
<tr>
<th>Constraints</th>
<th>N</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resources</td>
<td>108</td>
<td>2.65</td>
</tr>
<tr>
<td>Physiological</td>
<td>108</td>
<td>2.52</td>
</tr>
<tr>
<td>Social-cultural</td>
<td>108</td>
<td>2.47</td>
</tr>
<tr>
<td>Access</td>
<td>108</td>
<td>2.46</td>
</tr>
<tr>
<td>Interpersonal</td>
<td>108</td>
<td>2.33</td>
</tr>
<tr>
<td>Affective</td>
<td>108</td>
<td>2.31</td>
</tr>
</tbody>
</table>

Table 3b

Description of Resources Constraint

<table>
<thead>
<tr>
<th>Resources constraints</th>
<th>N</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Financial cost</td>
<td>108</td>
<td>3.18</td>
</tr>
<tr>
<td>Lack of time because of work commitment</td>
<td>108</td>
<td>2.61</td>
</tr>
<tr>
<td>Lack of provision (e.g. facilities, services, programs, etc.)</td>
<td>108</td>
<td>2.43</td>
</tr>
<tr>
<td>Lack of time because of other leisure commitments</td>
<td>108</td>
<td>2.38</td>
</tr>
</tbody>
</table>

For acculturation, the helpers were reported to have the highest acculturation level in language proficiency (mean=2.89) (see Table 4), that was their abilities to read and speak English and Chinese, while cultural orientation (their preference of culture, food, etc.) came to the second high level (mean=1.67) and they were least acculturated in language use (mean=1.63) which the language they used in
watching TV, listening to the radio, etc.

Table 4

Description of Three Kinds of Acculturation of the Helpers

<table>
<thead>
<tr>
<th>Acculturation</th>
<th>N</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Language proficiency</td>
<td>108</td>
<td>2.89</td>
</tr>
<tr>
<td>Language use</td>
<td>108</td>
<td>1.63</td>
</tr>
<tr>
<td>Cultural orientation</td>
<td>108</td>
<td>1.67</td>
</tr>
</tbody>
</table>

One-way ANOVA on Participation in LTPA and Constraints

In part A of the questionnaire, questions a-f asked the frequency of LTPA in the past six months. The helpers were classified into three group with different frequency in LTPA. They were frequent participants, non-frequent participants and non participants.

In this part, one-way ANOVA was used to compare these three types of helpers with each other in the six kinds of constraints and overall constraint. And it found that there was no significant mean difference among these three groups of helpers in all kinds of constraints (see Table 5).
Table 5
One-way ANOVA for Comparing Different Kinds of Constraints of Three Groups of LTPA Frequency (Non-participant, Non-frequent Participant and Frequent Participant)

<table>
<thead>
<tr>
<th>Constraints</th>
<th>SS</th>
<th>df</th>
<th>MS</th>
<th>F</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>social-cultural</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Between Groups</td>
<td>.27</td>
<td>2</td>
<td>.13</td>
<td>.17</td>
<td>.84</td>
</tr>
<tr>
<td>Within Groups</td>
<td>81.79</td>
<td>105</td>
<td>.78</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>82.06</td>
<td>107</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>interpersonal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Between Groups</td>
<td>.09</td>
<td>2</td>
<td>.05</td>
<td>.07</td>
<td>.93</td>
</tr>
<tr>
<td>Within Groups</td>
<td>67.02</td>
<td>105</td>
<td>.64</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>67.11</td>
<td>107</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>access</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Between Groups</td>
<td>2.06</td>
<td>2</td>
<td>1.03</td>
<td>1.87</td>
<td>.16</td>
</tr>
<tr>
<td>Within Groups</td>
<td>57.74</td>
<td>105</td>
<td>.55</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>59.80</td>
<td>107</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>affective</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Between Groups</td>
<td>2.52</td>
<td>2</td>
<td>1.26</td>
<td>2.06</td>
<td>.13</td>
</tr>
<tr>
<td>Within Groups</td>
<td>64.31</td>
<td>105</td>
<td>.61</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>66.84</td>
<td>107</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>physiological</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Between Groups</td>
<td>.98</td>
<td>2</td>
<td>.49</td>
<td>.40</td>
<td>.67</td>
</tr>
<tr>
<td>Within Groups</td>
<td>129.21</td>
<td>105</td>
<td>1.23</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>130.19</td>
<td>107</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>resources</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Between Groups</td>
<td>2.58</td>
<td>2</td>
<td>1.29</td>
<td>1.94</td>
<td>.15</td>
</tr>
<tr>
<td>Within Groups</td>
<td>70.05</td>
<td>105</td>
<td>.67</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>72.63</td>
<td>107</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>overall constraint</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Between Groups</td>
<td>.76</td>
<td>2</td>
<td>.38</td>
<td>.98</td>
<td>.38</td>
</tr>
<tr>
<td>Within Groups</td>
<td>40.96</td>
<td>105</td>
<td>.39</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>41.72</td>
<td>107</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

One-way ANOVA on Participation in LTPA and Acculturation Level

The relationship between the three types of LTPA and acculturation level was analyzed using one-way ANOVA.

Acculturation level included language proficiency, language
use, cultural orientation and overall acculturation. LSD was used as the Post Hoc test, significant \( \alpha \) level was set at .05 and the result showed that there was no significant mean difference in the levels of acculturation of individual acculturation characteristics between frequent participants, non-frequent participants and non-participants (see Table 6a).

Table 6a
One-way ANOVA for Comparing Participation in Different Level of LTPA (Non-participant, Non-frequent Participant and Frequent Participant) and Acculturation Level

<table>
<thead>
<tr>
<th>Acculturation</th>
<th>Between Groups</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>SS</td>
<td>MS</td>
<td>F</td>
<td>Sig.</td>
<td></td>
</tr>
<tr>
<td>Language proficiency</td>
<td>.69</td>
<td>.35</td>
<td>1.12</td>
<td>.33</td>
<td></td>
</tr>
<tr>
<td></td>
<td>32.60</td>
<td>.31</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>33.30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Language use</td>
<td>2.44</td>
<td>1.22</td>
<td>2.01</td>
<td>.14</td>
<td></td>
</tr>
<tr>
<td></td>
<td>63.60</td>
<td>.61</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>66.04</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cultural orientation</td>
<td>.62</td>
<td>.31</td>
<td>1.01</td>
<td>.37</td>
<td></td>
</tr>
<tr>
<td></td>
<td>32.48</td>
<td>.31</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>33.10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overall acculturation</td>
<td>.97</td>
<td>.49</td>
<td>3.25</td>
<td>.04*</td>
<td></td>
</tr>
<tr>
<td></td>
<td>15.71</td>
<td>.15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>16.68</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*p<.05
However, there was a significant mean difference in overall acculturation \( (F=3.247, \ p=0.043) \). In these three types of people, there was mean difference between frequent and non-frequent participants (mean difference=.2320) as well as between frequent participants and non-participants (mean difference=.2118) and there was no significant mean difference among non participants and not-frequent participants (see Table 6b).

Table 6b
*Post Hoc Test (LSD) of Overall Acculturation of Three Different Frequent Participants in LTPA*

<table>
<thead>
<tr>
<th></th>
<th>Std. Error</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-participants</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-frequent</td>
<td>.0858</td>
<td>.8145</td>
</tr>
<tr>
<td>frequent participants</td>
<td>.0953</td>
<td>.0284*</td>
</tr>
<tr>
<td>Non-frequent</td>
<td></td>
<td></td>
</tr>
<tr>
<td>participants</td>
<td>.0858</td>
<td>.8145</td>
</tr>
<tr>
<td>frequent participants</td>
<td>.0953</td>
<td>.0210*</td>
</tr>
<tr>
<td>frequent</td>
<td></td>
<td></td>
</tr>
<tr>
<td>participants</td>
<td>.0953</td>
<td>.0284*</td>
</tr>
<tr>
<td>Non-frequent</td>
<td></td>
<td></td>
</tr>
<tr>
<td>participants</td>
<td>.0990</td>
<td>.0210*</td>
</tr>
</tbody>
</table>

*The mean difference is significant at the .05 level.

Correlation between Constraint and Acculturation

Correlation between the six kinds of constraints, three kinds of acculturations and overall constraints and
acculturation levels were analyzed. The result showed that there was no significant correlation between overall constraint and overall acculturation and the three kinds of acculturation at .05 level (2-tailed) (see Table 7a).

Table 7a
Correlation between Overall Acculturation and Constraints

<table>
<thead>
<tr>
<th>Overall acculturation</th>
<th>Pearson Correlation</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall constraints</td>
<td>.040</td>
<td>.679</td>
</tr>
<tr>
<td>Social-cultural</td>
<td>.051</td>
<td>.600</td>
</tr>
<tr>
<td>Interpersonal</td>
<td>-.008</td>
<td>.933</td>
</tr>
<tr>
<td>Access</td>
<td>.049</td>
<td>.612</td>
</tr>
<tr>
<td>Affective</td>
<td>.014</td>
<td>.889</td>
</tr>
<tr>
<td>Physiological</td>
<td>-.042</td>
<td>.663</td>
</tr>
<tr>
<td>Resources</td>
<td>.112</td>
<td>.249</td>
</tr>
</tbody>
</table>

Correlation between constraints and acculturation

including language proficiency, language use and cultural orientation were compared (see Table 7b, 7c and 7d), there was only positive significant relationship showed between resources constraint and language proficiency ($r = .211, p = .028$) (see Table 7b).
Table 7b
Correlation between Language Proficiency and Constraints

<table>
<thead>
<tr>
<th>Language proficiency</th>
<th>Pearson Correlation</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall constraints</td>
<td>.111</td>
<td>.255</td>
</tr>
<tr>
<td>Social-cultural</td>
<td>.072</td>
<td>.459</td>
</tr>
<tr>
<td>Interpersonal</td>
<td>.041</td>
<td>.677</td>
</tr>
<tr>
<td>Access</td>
<td>.075</td>
<td>.440</td>
</tr>
<tr>
<td>Affective</td>
<td>.085</td>
<td>.384</td>
</tr>
<tr>
<td>Physiological</td>
<td>.018</td>
<td>.857</td>
</tr>
<tr>
<td>Resources</td>
<td>.211</td>
<td>.028*</td>
</tr>
</tbody>
</table>

*correlation is significant at the .05 level (2-tailed)

Table 7c
Correlation between Language Use and Constraints

<table>
<thead>
<tr>
<th>Language use</th>
<th>Pearson Correlation</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall constraints</td>
<td>-.059</td>
<td>.542</td>
</tr>
<tr>
<td>Social-cultural</td>
<td>-.021</td>
<td>.829</td>
</tr>
<tr>
<td>Interpersonal</td>
<td>.089</td>
<td>.362</td>
</tr>
<tr>
<td>Access</td>
<td>.009</td>
<td>.930</td>
</tr>
<tr>
<td>Affective</td>
<td>-.054</td>
<td>.582</td>
</tr>
<tr>
<td>Physiological</td>
<td>-.120</td>
<td>.214</td>
</tr>
<tr>
<td>Resources</td>
<td>-.007</td>
<td>.942</td>
</tr>
</tbody>
</table>

Table 7d
Correlation between Cultural Orientation and Constraints

<table>
<thead>
<tr>
<th>Cultural orientation</th>
<th>Pearson Correlation</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall constraints</td>
<td>.059</td>
<td>.547</td>
</tr>
<tr>
<td>Social-cultural</td>
<td>.066</td>
<td>.497</td>
</tr>
<tr>
<td>Interpersonal</td>
<td>.067</td>
<td>.490</td>
</tr>
<tr>
<td>Access</td>
<td>.018</td>
<td>.856</td>
</tr>
<tr>
<td>Affective</td>
<td>.020</td>
<td>.840</td>
</tr>
<tr>
<td>Physiological</td>
<td>.062</td>
<td>.523</td>
</tr>
<tr>
<td>Resources</td>
<td>.037</td>
<td>.707</td>
</tr>
</tbody>
</table>
Correlation between Demographic Background and Constraints

Demographic background like year of stay in Hong Kong, education level and age were correlated with constraints. For year of stay in Hong Kong, a significant difference was only showed with physiological constraint. There was a positive correlation ($r=.262$, $p=.006$) between year of stay in Hong Kong and physiological constraint (see Table 8a). For education level, a positive correlation of .223 ($p=.021$) appeared with resources constraints (see Table 8b). Finally, for age, there was no significant correlation with constraints (see Table 8c).
### Table 8a
*Correlation between Year of Stay in Hong Kong and Constraints*

<table>
<thead>
<tr>
<th>Year of stay in Hong Kong</th>
<th>Pearson Correlation</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall constraints</td>
<td>-0.083</td>
<td>0.391</td>
</tr>
<tr>
<td>Social-cultural</td>
<td>-0.174</td>
<td>0.072</td>
</tr>
<tr>
<td>Interpersonal</td>
<td>-0.022</td>
<td>0.822</td>
</tr>
<tr>
<td>Access</td>
<td>-0.130</td>
<td>0.180</td>
</tr>
<tr>
<td>Affective</td>
<td>-0.133</td>
<td>0.172</td>
</tr>
<tr>
<td>Physiological</td>
<td>0.262</td>
<td>0.006*</td>
</tr>
<tr>
<td>Resources</td>
<td>-0.064</td>
<td>0.512</td>
</tr>
</tbody>
</table>

*correlation is significant at the .05 level (2-tailed)*

### Table 8b
*Correlation between Education Level in Hong Kong and Constraints*

<table>
<thead>
<tr>
<th>Education level</th>
<th>Pearson Correlation</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall constraints</td>
<td>0.038</td>
<td>0.700</td>
</tr>
<tr>
<td>Social-cultural</td>
<td>-0.025</td>
<td>0.795</td>
</tr>
<tr>
<td>Interpersonal</td>
<td>-0.029</td>
<td>0.768</td>
</tr>
<tr>
<td>Access</td>
<td>0.043</td>
<td>0.660</td>
</tr>
<tr>
<td>Affective</td>
<td>0.003</td>
<td>0.975</td>
</tr>
<tr>
<td>Physiological</td>
<td>-0.032</td>
<td>0.741</td>
</tr>
<tr>
<td>Resources</td>
<td>0.223</td>
<td>0.021*</td>
</tr>
</tbody>
</table>

*correlation is significant at the .05 level (2-tailed)*

### Table 8c
*Correlation between Age and Constraints*

<table>
<thead>
<tr>
<th>Age</th>
<th>Pearson Correlation</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall constraints</td>
<td>-0.051</td>
<td>0.600</td>
</tr>
<tr>
<td>Social-cultural</td>
<td>-0.120</td>
<td>0.214</td>
</tr>
<tr>
<td>Interpersonal</td>
<td>0.041</td>
<td>0.674</td>
</tr>
<tr>
<td>Access</td>
<td>-0.067</td>
<td>0.491</td>
</tr>
<tr>
<td>Affective</td>
<td>-0.094</td>
<td>0.331</td>
</tr>
<tr>
<td>Physiological</td>
<td>0.170</td>
<td>0.079</td>
</tr>
<tr>
<td>Resources</td>
<td>-0.107</td>
<td>0.272</td>
</tr>
</tbody>
</table>
Correlation between Demographic Background and Acculturation

Amongst various kinds of demographic background (year stay in Hong Kong, education and age), only education level had shown a positive correlation ($r = .322$, $p = .001$) with overall acculturation (see Table 9b). In three kinds of acculturations, there was only a positive correlation with language proficiency ($r = .443$, $p = .000$), while year stay in Hong Kong and age did not have any significant correlation with acculturation (see Table 9a and 9c).
Table 9a

Correlation between Year of Stay in Hong Kong and Acculturation

<table>
<thead>
<tr>
<th>Year of stay in Hong Kong</th>
<th>Pearson Correlation</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall acculturation</td>
<td>.154</td>
<td>.113</td>
</tr>
<tr>
<td>Language proficiency</td>
<td>.145</td>
<td>.134</td>
</tr>
<tr>
<td>Language use</td>
<td>.020</td>
<td>.835</td>
</tr>
<tr>
<td>Cultural orientation</td>
<td>.153</td>
<td>.115</td>
</tr>
</tbody>
</table>

Table 9b

Correlation between Education Level and Acculturation

<table>
<thead>
<tr>
<th>Education level</th>
<th>Pearson Correlation</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall acculturation</td>
<td>.322</td>
<td>.001*</td>
</tr>
<tr>
<td>Language proficiency</td>
<td>.443</td>
<td>.000*</td>
</tr>
<tr>
<td>Language use</td>
<td>.171</td>
<td>.077</td>
</tr>
<tr>
<td>Cultural orientation</td>
<td>.000</td>
<td>.997</td>
</tr>
</tbody>
</table>

*correlation is significant at the .05 level (2-tailed)

Table 9c

Correlation between Age and Acculturation

<table>
<thead>
<tr>
<th>Age</th>
<th>Pearson Correlation</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall acculturation</td>
<td>.112</td>
<td>.112</td>
</tr>
<tr>
<td>Language proficiency</td>
<td>.147</td>
<td>.130</td>
</tr>
<tr>
<td>Language use</td>
<td>-.067</td>
<td>.493</td>
</tr>
<tr>
<td>Cultural orientation</td>
<td>.186</td>
<td>.054</td>
</tr>
</tbody>
</table>
Discussion

In this research, 108 female foreign domestic helpers were interviewed. The result was used to give a better understanding of the leisure pattern of the helpers and the constraints that affected their participation in leisure time physical activities (LTPA), as well as the effect of acculturation level on their leisure pattern.

From the result, it that most of them were around 30 years old and their year of stay in Hong Kong was 5.4. Their high education levels, most of them completed high school, university or college (n=96, 88.9%), also helped them understand the questionnaire and responded appropriately.

For their leisure pattern, similar result showed in this study with the previous research done by French (1986) that they did non-physical activities and the most frequently reported leisure activities included reading books, going to church meetings and chatting with their friends over phone. So most of them (about 75% of them participated in these
activities at least once per week) always sat at a place and spent a whole day with sedentary activities, many of them seldom did physical activities and the least participated activities were team sports, only 0.9% (n=1) participated more than three times a week. The reasons for this might be very complicated, and the followings tried to discuss it from the results collected.

From the demographic background, 94.4% (n=102) of the respondents were Philippines. As 83% of the population in the Philippines was Roman Catholic (The World Factbook, 2005), it was not surprised that church meeting became one of the most frequent activities. Besides, their main responsibilities were doing house works and taking care of children, they always stand by for the work ordered by their employers, so reading and chatting with friends over phone became the most frequent activities because they could do these whenever they were free and they could easily control the time spend on the activities and ended the activities when they had to work.
For the constraints that affected their participation in physical activities, resources constraints was reported to be the most important constraint. The result was the same as Tsai & Coleman (1999) and Yu and Berryman (1996) that resources constraints such as lack of money and lack of time and facilities were the most important constraint perceived by the immigrants. Financial cost (mean=3.18) was also reported as the most important resources constraints. According to the report of Caritas Hong Kong (2001), some of the helpers were paid less than the minimum allowable wages, half of them did not receive a pay after working on the rest days, so their salary were exploited. This may be one of the reasons that affected their participation in LTPA. Besides, it also found that they were lack of time because of work commitment (mean=2.61), as Constable (1997) reported, many helpers complained that living with employers led to long working hours, and thus their time for physical activities was reduced. This showed that a similar result as Hong Kong people that they also found lack of time
and need to work, which were resources constraints, as the most important constraints (HKSDB, 2003).

However, for the least important constraint, the researcher found that it was affective constraints, which reflected the attractiveness of leisure activities, while Tsai and Coleman (1999) reported psychological constraints to be the least effect on participation in LTPA. In this research, psychological constraint, which represented the effect of physical problems and age of individuals, was the second important constraint perceived by the helpers. Physiological constraint included age and physical problems such as health, fitness and tired. As the mean age of the respondents was 33.24, so the age was not the main reason contributed to the physiological constraints. This was also support by analyzing the relationship between age and constraints and the researcher found that there was no important relationship between them, thus age was not important in discouraging them from participating in LTPA. Alternatively, for physical
problems, domestic helpers might get very tired after working for a whole day and they had little energy spent on physical activities, so this was the main constraint.

On the other hand, respondents rated affective constraints, such as lack of interest and did not enjoy the activities, as the least important perceived constraint. Lack of interest in physical activities was a personal factor, but this was not perceived as important as the other constraints on LTPA. One thing was still needed to be considered: Alexandris, Tsorbatzoudis, and Grouios (2002) had pointed out that the real reasons for their nonparticipation might due to intrapersonal reasons liked personal interest since they involved self-design priorities of what they had to do. If they did not interested in physical activities, they might found lack of time because they spent time on other leisure commitments. In this study, affective constraint was rated as the least important constraint and lack of time due to other leisure commitments was also showed the least contribution in
resources constraint, so the above concern was conditionally eliminated.

In order to encourage domestic helpers to participate in physical activities, the Government and organizations can organize some activities with a lower price especially for the helpers. They can also encourage the families to have physical activity time with their helpers when the families planned to had physical activities and thus build a closer relationship between them. Different kinds of activities can also be promoted to arouse their interest.

Since in Crespo, et al. (2001), and Yu and Berryman’s (1996) studies, acculturation had a positive relationship with participation in leisure time activities. Acculturation level of the helpers was analyzed and the result showed that language use, language used in daily activities, was the least acculturated aspect while language proficiency, which was the abilities to read and speak English and Chinese, was the highest. That meant although they had better acculturated in
language proficiency, they could read and speak fluent English and some of them could even speak Chinese, they preferred using their first language or English instead of Chinese. As the result showed that 55% the helpers stayed in Hong Kong for less than 5 years, over half of them might not eager to adapt to a new culture, thus they preferred to use their mother language in their daily lives.

The helpers were classified into three groups: frequent participants, non-frequent participants and non-participants in leisure time physical activities. And the six kinds and overall constraints showed no importance in affecting their frequency in participating LTPA. This revealed that constraints showed different groups had similar level of constraints to participated in physical activities. For acculturation, the result showed an important positive relationship between overall acculturation and different frequency of LTPA but there was little effect of three different kinds of acculturation (language proficiency,
language use and cultural orientation) on frequency of LTPA. Overall acculturations had an effect on influencing helpers’ frequency of participation. That meant the more the helpers acculturated, the more likely for them to participate in or even more frequently in LTPA. Take a closer look by examining the relationship between constraints and acculturation level and the result showed that the greater the language proficiency, the more resources constraint they perceived. The result also showed that education level of the helpers, language proficiency and resources constraint were positively related. For the helpers who had a higher education level, she would have better language proficiency in Chinese, more likely to speak and read Chinese, and had greater resources constraint. That was similar to Cheung’s (2005) findings that higher education respondents did not experience lesser constraints. However, this was quite different from the results found by Tsai (2000), more acculturated immigrants have a lower level of sociocultural, interpersonal, and access constraints,
independent with their level of education. On the other hand, she reported that one had higher language adaptation experienced lesser difficulties in understanding leisure information and easier accessing to mainstream leisure opportunities. Also education affected affective constraints, this would help to explain the situation of the helpers. As the helpers with higher education level and language proficiency could easily access to a broader range of leisure opportunities, they could choose a variety of leisure activities and thus their leisure time spent on nonphysical activities increased so that the time for physical activities was reduced, hence resources constraint increased. To facilitate helpers in participating physical activities, the activities organized by the Government and organizations should be more attractive and importance of health should also be promoted.

Finally, the researcher also found the same result as Tsai and Coleman (1999) and Tsai (2000) that year of the helpers
stayed in Hong Kong did not reduced constraints perceived by them and the researcher even found that the longer the year they stay in Hong Kong, the greater the physiological constraint they had. That could be easily explained that the longer they stayed in Hong Kong, they were more likely to become older and therefore physiological increased. Since the level of acculturation of immigrants was a more direct measure of immigrants’ socio-cultural adaptation then year of stay in Hong Kong (Tsai and Coleman, 1999), and more acculturated people participated more frequently LTPA, the Government can also increase the helpers’ use of Chinese and help them adapt to cultural differences so as to promote leisure time physical activities among them.
Chapter 5

SUMMARY AND CONCLUSIONS

This chapter consists of three parts. They are (a) summary of results, (b) conclusions and (c) recommendations for further studies.

Summary of Results

Interviews were done with female foreign domestic helpers on three Sundays in September and the results were summarized as follows.

Demographic Background of Foreign Domestic Helpers

1. Total number of respondents was 108, their ages ranged from 21 to 51 and their age mean was 33.24 (SD=7.16).

2. About 94.4% of domestic helpers came from the Philippines (n=102) and only 5.6% of them came from Indonesia (n=6).

3. For their education level, 96 of them completed high school, university or college (88.9%), 1 of them (0.9%) did not completed high school while 11 helpers were post-graduated or higher than university (10.2%)
4. The number of year that they stayed in Hong Kong ranged from 6 months to 23 years, the mean year was 5.38 (SD=4.6) with the greatest percentage of helpers stayed in Hong Kong for 5-10 years (n=31, 28.70%).

5. For the place of work, 34 (31.5%), 41 (38%), and 33 (30.6%) of them worked in Hong Kong Island, Kowloon and New Territories respectively, but none of them worked on outlying islands in New territories.

Leisure Pattern of Respondents

1. The three most popular leisure activities were reading, church meeting and chatting with friends over phone, 75%, 66.7% and 60.2% of them were reported to do these activities at least once per week respectively.

2. The three least participated activities were physical activities. They were team sports, water activities and racquet sports, 90% (n=97), 85.2% (n=92) and 79.6% (n=86) of them had no participation in these sports in the past six months.
3. Among the physical activities, the helpers participated most in individual activities such as jogging and fitness, 13.0% \((n=14)\) of them participated in more than three times a week.

4. Other addition leisure activities reported by respondents were BBQ \((n=3)\), studying \((n=2)\), drawing \((n=1)\), bible studying \((n=1)\), selling phone cards \((n=1)\), and letter cutting \((n=1)\). None of them reported physical activities as other activities that they participated in leisure time.

Perceived Importance of Constraints and Acculturation Level of Respondents

1. Resources constraints \((\text{mean}=2.65)\) was the most important constraint in influencing their participation in leisure time physical activities. The second and the third important constraints were physiological \((\text{mean}=2.52)\) and social-cultural \((\text{mean}=2.47)\) constraints respectively.

2. Affective constraints was the least important constraint \((\text{mean}=2.31)\).
3. Helpers were reported to have the highest acculturation level in language proficiency (mean=2.89), cultural orientation was the second (mean=1.67) and they were least acculturated in language use (mean=1.63)

Relationship between Demographic Background, Constraints Acculturation Level and LTPA

1. There was no difference among these three groups of helpers (non participants, non-frequent and frequent participants) in all kinds of constraints.

2. There was no difference in acculturation level (language proficiency, language use and cultural orientation) between frequent participants, non-frequent participants and non-participants separately.

3. There was a difference in overall acculturation of the three types of participants. Differences occurred between frequent and non-frequent participants (md=.2320), as well as between frequent participants and non-participants (md=.2118).
4. There was no significant correlation between overall constraint and overall acculturation and the three kinds of acculturation.

5. Helpers with higher level of language proficiency tended to perceived higher level of resources constraint than the lower level one.

6. Helpers with longer year of stay in Hong Kong tended to perceived higher level of physiological constraint than the one with shorter residential year.

7. Helpers with higher education level tended to perceived higher level of resources constraints.

8. Helpers with higher education level tended to be more acculturated. In three kinds of acculturations, helpers with higher education level tended to have better language proficiency.

Conclusions

From the results above, following conclusions could be made:
1. Most female foreign domestic helpers liked to do non-physical sedentary activities and they seldom did physical activities.

2. They found resource constraints such as financial cost the most important in affecting their participation in physical activities.

3. The helpers were least acculturated in language use, though they were very acculturated in reading and speaking in English and Chinese, they did not familiar to use it.

4. The combination effect of acculturation positively affected their frequency in participation in LTPA. They were likely to participate more frequently when overall acculturation level had been improved.

5. The better education level, the greater the language proficiency, the more resources constraint they perceived. As they learnt more about different kinds of activities and thus reduce the money and time available for physical activities.
6. The number of years that the helpers stayed in Hong Kong did not reduced constraints perceived by them and did not helped them acculturated, in contrast, the longer the year they stay in Hong Kong, the greater the physiological constraint they had.

Recommendations for Further Studies

This study revealed that female domestic helpers seldom did physical activities. Though they found resource constraints the most important in affecting their participation in physical activities there was no critical effect of constraints in their frequency of participation. The one had vital effect was overall acculturation level. Following recommendations were made for the recreation professionals and the Government to promote physical activities among domestic helpers.

1. Provide concessionary for the domestic helpers to join the physical activity programmes.

2. More flexible time or shorter period of physical activities
could be provided.

3. Advertise the activities in English or in their first language.

4. Encourage the employers of the helpers to have physical activities with the helpers.

In order to obtain a whole picture about their formation leisure pattern and the effects underneath, some recommendations were made for further studies.

1. Larger sample size can be obtained with different nationalities and different genders so that the leisure pattern of different background of foreign domestic helpers can be compared.

2. Questionnaires of their first languages can be developed so that the helpers of lower language proficiency can be included in the study.

3. Qualitative studies can be conducted to acquire in-depth understanding of the importance leisure constraints perceived by the helpers.
4. Economic background and the time spent on each day of the helpers may also be obtained to determine the reasons of why they found resources constraint the most important to their participation in LTPA.

5. Intensity of physical activities can be asked in order to get a better understanding of their leisure pattern.

6. As suggested by Yu and Berryman (1996), a longitudinal study over a period of five or more years could be conducted to identify the changes that take place in the levels of acculturation and recreation participation patterns of young domestic helpers.

7. Research can also include leisure pattern and constraints of local domestic helpers, so that the particular constraints of foreign domestic helpers can be cited out and compared.
References


Caritas Hong Kong. (2001). 外籍傭工在港工作情況調查報告書 [Survey report of work situation of foreign domestic helpers in Hong Kong]. Hong Kong: Caritas Asian Migrant Social Service Project.


Fung, L., Tsai, E., & Ng, J. (2003). Leisure satisfaction and perceived wellness among matured adults engaged in sedentary leisure pursuit, organised group-based & non-organised individual-based forms of active leisure pursuits. Hong Kong: Hong Kong Baptist University.


APPENDIX A

Hong Kong Baptist University
Physical Education and Recreation Management Department

Leisure Pattern and Constraints of Foreign Domestic Helpers in Hong Kong

Dear all:

I am a final year student in the Hong Kong Baptist University majoring in Physical Education and Recreation Management. I am conducting a study on Leisure Pattern and Constraints of overseas Domestic Helpers in Hong Kong, this questionnaire was designed for data collection and this study is for academic purpose only, all data collected will be kept strictly confidential. Thank you for your cooperation and information given.

Direction: In this study, leisure time means free time that you do not sell for economic gain, for the followings, please circle the number that best describes your situation.

A. Leisure Pattern

In the past six months, did you participate in the following activities in leisure time?

1 = no participation in the past six months
2 = participate less than once a month
3 = participate 1-2 / month on average
4 = participate 1-2 / week on average
5 = participate >3 / week on average

a. Team sports (e.g. basketball, football, etc.) 1 2 3 4 5
b. Racquets sports (e.g. badminton, table tennis, etc.) 1 2 3 4 5
c. Water activities (e.g. swimming, canoeing, etc.) 1 2 3 4 5
d. Dance activities (e.g. aerobic dance, social dance, etc.) 1 2 3 4 5
e. Individual physical activities (e.g. jogging, fitness, etc.) 1 2 3 4 5
f. Outdoor physical activities (e.g. hiking, camping, etc.) 1 2 3 4 5
g. Church meeting 1 2 3 4 5
h. Chatting with friends over the phone 1 2 3 4 5
i. Reading 1 2 3 4 5
j. Shopping 1 2 3 4 5
k. Singing karaoke, singing, playing music 1 2 3 4 5
l. Watching films, dramas, etc. 1 2 3 4 5
m. Socializing with friends (Out of home, e.g. parks) 1 2 3 4 5
n. Watching TV, listen to radio 1 2 3 4 5
o. Playing electronic games 1 2 3 4 5
p. Others, please specify: Act. 1 1 2 3 4 5
q. Others, please specify: Act. 2 1 2 3 4 5
“Leisure time physical activities” (LTPA) in this study refers to activities participated in during your leisure time. They must be physical in nature, and require expending a reasonable amount of energy (could be competitive, non-competitive, or for self-enjoyment).

B. **Constraint to LTPA**

Please rate the extent of constraint for their influence to your participation in leisure time physical activities in the past six months.

1 = not important at all   4 = very important
2 = slightly important   5 = extremely important
3 = moderately important

a. Lack of time because of work commitment 1 2 3 4 5
b. Did not know what was available 1 2 3 4 5
c. Physical problems (e.g. health, fitness, injuries, tired) 1 2 3 4 5
d. Lack of time because of other leisure commitments 1 2 3 4 5
e. Financial cost 1 2 3 4 5
f. Feeling uncomfortable with the social environment 1 2 3 4 5
g. Transportation problems 1 2 3 4 5
h. Feeling insecure 1 2 3 4 5
i. Lack of interest 1 2 3 4 5
j. Language barrier 1 2 3 4 5
k. Lack of provision (e.g. facilities, services, programs, etc.) 1 2 3 4 5
l. Feeling uncomfortable because of race-related reasons 1 2 3 4 5
m. Lack of information that I could read 1 2 3 4 5
n. Activities available do not appeal to me 1 2 3 4 5
o. Feeling uncomfortable because of different cultures 1 2 3 4 5
p. Did not enjoy the activities 1 2 3 4 5
q. Activities available were not meaningful 1 2 3 4 5
r. Feeling unwelcome 1 2 3 4 5
s. Did not know how to get involved 1 2 3 4 5
t. Lacked of necessary skills 1 2 3 4 5
u. Age (e.g. being too old) 1 2 3 4 5
v. No one to participate with 1 2 3 4 5
w. Difficult to communicate with other participants 1 2 3 4 5
x. Not easy to mix with other participants 1 2 3 4 5
y. Had lost interest in the activities 1 2 3 4 5
z. Lack of sense of belonging 1 2 3 4 5
C. Acculturation level
Following questions are about your language proficiency, language use and cultural orientation.
For question a-d, please use following rating scale:

1 = cannot speak/read at all
2 = speak/ read a little
3 = fair
4 = good
5 = excellent

What is your ability to:

<table>
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<th></th>
<th>a. speak Chinese</th>
<th>b. read Chinese</th>
<th>c. speak English</th>
<th>d. read English</th>
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<tr>
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For question e-i, please use following rating scale:

1 = My first language or English only
2 = Mostly first language or English, some Chinese
3 = First language, English and Chinese equally
4 = Mostly Chinese, some first language or English
5 = Chinese only

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<tr>
<th></th>
<th>e. The kind of radio programs I prefer to listen to</th>
<th>f. The kind of TV/video programs I prefer to watch</th>
<th>g. The kind of newspaper/magazines I read</th>
<th>h. The language(s) I speak at home</th>
<th>i. The language(s) that I think in</th>
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<tbody>
<tr>
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<td>1 2 3 4 5</td>
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For question j-m, please use following rating scale:

1 = From home country only
2 = Mostly from home country, some Chinese
3 = Both home country and Chinese equally
4 = Most Chinese, some home country
5 = Chinese only

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<tr>
<th></th>
<th>j. The kind of people I spend my free time with</th>
<th>k. My preference of dating or marriage partner</th>
<th>l. My preference of food</th>
<th>m. The culture that I am familiar with</th>
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<tbody>
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<td></td>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>
D. General Information

a. Gender:
1. F 
2. M

b. Age: __________

c. Country:
1. Philippines 
2. Indonesia 
3. Thailand 
4. Others, please specify: _______

d. Education level:
1. Less than high school
2. Completed high school
3. Some university/college
4. Completed university/college
5. Higher university/post-graduated

e. Year of staying in Hong Kong: ____________ year/ years

f. Place of work:
1. Hong Kong Island
2. Kowloon
3. New Territories
4. Outlying Islands

--End--