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A Research on the Dynamics Between Perceived Income Level, Leisure Activities, and 21st Century Skills Among Young University Adults

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ABSTRACT

The objective of this study is to examine the method in which young adults determine their leisure preferences, taking into consideration variables such as income level, gender, and availability of free time, and to investigate the potential associations between these characteristics and their ability in 21st-century skills. In this study, correlational research methodology was used to examine the impact of income levels, daily leisure time, 21st-century skill levels, and gender on the recreational activity preferences of university students. A total of 366 students from Necmettin Erbakan University were selected as a representative sample through face-to-face questionnaires, aiming to capture the characteristics of the full population. The data collection instruments comprised of a participant form and the "Multidimensional 21st Century Skills Scale." Recreational activities were classified into various categories. The research employed a multiple logistic regression analysis to forecast individuals' preferences for recreational activities, while considering factors such as income levels, daily leisure time, 21st-century skills, and gender. The results of the research showed that the significant impact of gender on individuals' preferences concerning sports, touristic, leisure, cultural, and artistic activities. In conclusion, this study highlights the factors that affect the recreational activity choices of university students, emphasizing the importance of 21st-century skills and other demographic variables in understanding these choices. This knowledge has the potential to provide insights into the development of initiatives aimed at encouraging a wide range of engaging recreational activities among young adults.

Keywords: 21st Century, Recreation, Sport Activities, University Adults, Young



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INTRODUCTION

Considering the development of technology and shifting lifestyles, emphasis has been placed on the importance of how young adults spend their free time. Recreational activities provide a variety of purposes, such as promoting young adults' personal growth and development, lowering stress levels, and offering chances for pleasurable experiences (Brown et al., 2021). The current literature lacks a comprehensive understanding of the diverse factors influencing the leisure preferences of young individuals, as well as the intricate interrelationships among these elements (Lee et al., 2019). The objective of this article is to analyze the process by which young individuals make decisions regarding their leisure preferences, considering many criteria such as income level, gender, and accessible leisure time. Additionally, this study seeks to investigate the potential correlation between these aspects and the development of 21st century abilities among young adults. Furthermore, clarifying the impact of these relationships on the career planning and financial situations of young adults, as well as addressing the existing gaps in the literature, will provide valuable insights for future researchers and decision-makers. This will contribute to a greater understanding and support of this important stage in the lives of young adults, thereby guiding them effectively.

The period of young adulthood is an important period characterized by significant influence on personal growth and subsequent outcomes (Arnett et al., 2007). The investigation of the correlations among the perceived income level, leisure activities, and 21st century skills among young adults holds significant value in understanding and guiding this phase, particularly in relation to workforce entry, career choices, financial decisions, and personal development (Brown et al., 2009). The income level of young adults holds significant importance in assessing their financial well-being and living standards. The socioeconomic status of individuals can have a significant impact on the lifestyles, buying habits, and financial independence of young adults. It can determine the availability of resources, access to quality education, and job prospects, ultimately influencing their buying habits and level of financial independence, which in turn affect their overall well-being and life choices. In this particular context, it is crucial to investigate the potential correlation between the perceived income level among young adults and their engagement in leisure activities, as well as their development of 21st century skills (Özcan, 2018). Leisure activities include a range of activities that have the potential to impact the personal growth, social ability, and mental well-being of young adults. Various recreational activities have the potential to impact the life satisfaction, motivation, and overall well-being of young adults (Johnson, 2019).

In today's global context, the rapid advancement of information and communication technologies (ICTs) has led to ongoing transformations in various domains, including daily life, corporate practices, school culture, and learning environments (Hodgkinson et al., 2019). Occupations requiring physical labor and repetitive activities have decreased over time, while those demanding mental effort have increased (Voogt & Roblin, 2012). The term "21st century skills" is commonly used to refer to a set of knowledge, abilities, and characteristics that play an essential role in individuals' ability to successfully navigate and shape their future. While there may be variations in how these skills are described by different scholars (Marbach-Ad, Hunt, & Thompson, 2019), it brought together an extensive range of knowledge (McGunagle & Zizka, 2020). The obtaining and distribution of these abilities have become increasingly significant, particularly in the post-2000 era. It is necessary to have these skills in order to be an effective citizen, student in the information society or an effective employee in the business world (Siddiq, Gochyyev & Wilson, 2017). The learning and use of 21st century skills is crucial for young adults in a fast-changing era that includes dynamic changes in information, communication, and technology (Salmi et al., 2018). The learning of skills such as critical thinking, problem solving, teamwork, creativity, and digital literacy has significant importance

for the success of young adults in various areas, including the commercial world, studies, and relationships with others (Cabezas et al.,2018). The 21st century has been a period of rapid social change and movements, and the idea of education has radically transformed during this period. In a period of scientific and technological advances, socio-political changes encouraging global private liberty, efforts to enhance social well-being, and increased worldwide competition, the subject of education has consistently held significant importance (Tutkun, 2010). When examining education systems as a dynamic process, one can observe the occurrence of changes and innovations. Specifically, there is a growing connection between educational content and everyday life. Instead of using a knowledge-centric strategy, this educational approach emphasizes the development of individuals who possess the capacity to quickly obtain information and effectively use it in practical contexts. The significance of individuals who possess the ability to effectively employ knowledge across every aspect of life is on the rise (Oğuz et al., 2010). In modern times, individuals are not solely required to commit information to memory, but are also expected to develop competence in swiftly accessing distributing, and efficiently using information. In order to achieve this objective, it is essential for individuals to show concern and develop these skills (Hamarat, 2019). In order for individuals to actively engage in the current business world of the 21st century, just basic knowledge and academic achievements are insufficient. In order to successfully meet the needs of the 21st century, it is important for individuals to possess a set of capabilities sometimes referred to as "21st century skills". These skills extend beyond the fundamental abilities required to tackle the challenges of the contemporary era (Eryılmaz & Uluyol, 2015). These competencies generally stand out under categories such as entrepreneurship, information technology literacy, critical thinking and problem solving, creativity and innovation, cooperation and communication ability, leadership and responsibility, flexibility and adaptation (Uçak & Erdem, 2020). In the 21st century, it is important for individuals to demonstrate productivity by effectively obtaining and using existing information, aiming to go over established knowledge borders, taking part in new knowledge exploration, distributing leisure time carefully, participating in various activities, and generating outputs. This is preferable to adopting a restricted and myopic mindset (Elverdi, 2011). Within the present environment, this study examines the relationship between perceived income level and 21st century abilities among young individuals. There is a predicted correlation between the perceived income levels of young adults and their involvement in leisure activities, as well as the development of 21st century skills. Further investigation is required to develop a complete understanding of the impact of variables such as gender, income level, and duration of leisure time on the leisure preferences of young people, as well as the connections among these variables. Existing research on this subject, which have all been reviewed, have mainly addressed these factors with one-dimensional approaches and have not thoroughly investigated the links. As a result, the need for more comprehensive study becomes clear. This study will analyze the factors influencing young adults' leisure preferences in a more detailed and holistic manner, considering the limitations of previous research. In this way, it will help us better understand the impact of factors such as gender, income level and leisure time on these preferences and create a more comprehensive knowledge on this subject. The findings of this study will additionally contribute to the enhanced development of recreational programs targeting young adults, facilitating more efficient and enjoyable usage of their leisure time. Based on this, this study seeks to determine how much economic status, gender, and free time availability influence young adults' leisure preferences, and whether there are any relationships between these factors and an individual's ability to perform well in 21st-century skills.

METHOD

Research Model

This study employed a correlational design to investigate the influence of income levels, daily free time, 21st century skill levels, and gender on the recreational activity preferences of university students, referred to as young adults (Marzilli et al., 2022.) Correlational study refers to a type of investigation that aims to explore the existing association between two or more variables without any manipulation or intervention in these variables (Büyüköztürk, 2018).

Population and Sample

The study's target population includes the individuals associated with Necmettin Erbakan University. To ensure an accurate representation of the entire universe, the sampling approach employed was simple random sampling. To ensure the representativeness of the sample group in relation to the larger population, data was collected through a face-to-face survey approach. The survey was sent out to a total of 366 students who are enrolled in various programs throughout both the core campus and other satellite locations of the university. The descriptive statistics findings for the participants are displayed in Table 1.

Table 1. Descriptive Statistics Results for Participants

Variables		f	%
Gender	Female	249	68.0
	Male	117	32.0
Perceived Income Level	Low	31	8.5
	Normal	228	62.3
	High	107	29.2
Leisure Time (Daily)	Never spend time	30	8.2
	Less than 1 hour	77	21.0
	1-2 hours	162	44.3
	3-4 hours	75	20.5
	4 hours and above	22	6.0
Recreational Activity Preference	Sporty	113	30.09
	Social	31	8.5
	Touristy	81	22.1
	Rest	50	13.7
	Cultural	23	6.3
	Art	68	18.6

Data Collection Tools

The data gathering instruments used for the study were the "Participant Form" and the "Multidimensional 21st Century Skills Scale." The participant form includes many categories such as gender, perceived economic level, daily free time, and recreational activity preferences.

The broad range of recreational activities covers multiple arenas, as evidenced by scholarly sources (Aksu & Varol, 2022; Aksu et al., 2022). These activities can be categorized into sportive interests such as football, basketball, swimming, tennis, and fitness, as well as social engagements through associations, non-governmental organizations, communities, and foundations. Additionally, recreational activities extend to touristic activities, that includes excursions, holidays, and travel experiences. Furthermore, there are recreational activities designed to promote physical and mental well-being, referred to as recreation, and cultural activities involving historical works, museums, and exhibitions. Lastly, artistic expressions such as painting, music, literature, and theater also form part of the diverse landscape of recreational activities. The second data collection tool is the "Multidimensional 21st Century Skills Scale". The scale developed by Çevik and Şentürk (2019) consists of 41 items and 5 sub-dimensions. The sub-dimensions are "Information and Technology Literacy (Article; 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15)", "Critical Thinking and Problem-Solving Skills", respectively. (Article; 16,17,18,19,20,21)", "Entrepreneurship and Innovation Skills (Article 22,23,24,25,26,27,28,29,30,31)", "Social Responsibility and Leadership Skills (Article 32,33,34,35)" and "Career Awareness (Article; 36,37,38,39,40,41)". Items 16, 17, 18, 19, 20, 21 and 35 in the scale were reverse coded. The scale, which has a 5-point Likert rating criterion, has the options "1- Strongly Agree, 5- Strongly Disagree". In the process of scale development, the internal consistency coefficient for the overall scale was found to be $\alpha = 0.86$. For the specific sub-dimensions, the internal consistency coefficients were as follows: "Information and Technology Literacy" had an $\alpha = 0.84$, "Critical Thinking and Problem-Solving Skills" had an $\alpha = 0.79$, "Entrepreneurship and Innovation Skills" had an $\alpha = 0.76$, "Social Responsibility and Leadership Skills" had an $\alpha = 0.73$, and "Career Consciousness" had an $\alpha = 0.75$. In this study, the internal consistency coefficient was $\alpha = 0.91$ for the overall scale, and $\alpha = 0.92$ for the sub-dimensions of "Information and Technology Literacy"; "Critical Thinking and Problem-Solving Skills" $\alpha = 0.88$; "Entrepreneurship and Innovation Skills" $\alpha = 0.89$; "Social Responsibility and Leadership Skills" is $\alpha = 0.45$ and "Career Consciousness" is $\alpha = 0.84$.

Data Analysis

The study employed multiple logistic regression analysis using "Jamovi", an open-source software application, to examine the predictive effect of individuals' income levels, daily free time, 21st century skill levels, and gender (predictive factors) on their recreational activity choices (outcome variable). Before undertaking the research, an assessment was made about the lack of outliers and the fulfillment of multicollinearity assumptions. In order to control extreme values, the z scores of the predictor variables were examined and no values within the range of ± 3 were found. Furthermore, the observation that the Variance Inflation Factor (VIF) values of the predictor variables were below 10 and the Tolerance values exceeded 0.2 provided evidence that there was no multicollinearity problem.

FINDINGS

The results of the multiple logistic regression analysis performed after checking that the assumptions were adequately met are shown in Table 2. The model obtained as a result of the multiple logistic recreation analysis is shown in Table 2. It was determined that all of the predictive variables in the model significantly predicted individuals' recreational activity preferences [$X^2(6) = 85.3$, $*p < 0.05$]. The comprehensive model, including all predictive factors, explains 8% of the variance in individuals' preferences to participate in alternative leisure activities over sports recreation activities, as measured by Nagelkerke's R².

Table 2. Multiple Logistic Regression Analysis on Young Adults' Recreational Activity Preference

Recreational activity preference	Predicted Variable	B	Sh	z	p	Likelihood Ratio	Confidence Interval (%95)	
							Sub	Up
Social-Sporty	Stable	-3.97	2.325	-17.115	0.087	0.01	1.96e-4	1.782
	Perceived Income	-3.97	0.372	-0.7689	0.442	0.75	0.3626	1.557
	Daily Leisure Time	-0.28	0.218	0.4076	0.684	1.09	0.7130	1.675
	Information and Technology Literacy Skills	0.08	0.596	-0.7735	0.439	0.63	0.1960	2.029
	Critical Thinking and Problem Solving	-0.46	0.331	0.0431	0.966	1.01	0.5306	1.939
	Entrepreneurship and Innovation	0.01	0.474	0.8162	0.414	1.47	0.5815	3.728
	Social Responsibility and Leadership	0.38	0.477	-0.3439	0.731	0.84	0.3330	2.163
	Career Consciousness	-0.16	0.563	1.7484	0.080	2.67	0.8877	8.069
	Gender (being a woman)	0.98	0.450	-1.2376	0.216	0.57	0.2372	1.384
Touristic-Sporty	Stable	1.42	1.540	0.9258	0.355	4.16	0.2034	85.127
	Perceived Income	-0.23	0.261	-0.8884	0.374	0.79	0.4750	1.323
	Daily Leisure Time	-0.28	0.156	-18209	0.069	0.75	0.5547	1.022
	Information and Technology Literacy Skills	-0.30	0.389	-0.7907	0.429	0.73	0.3428	1.576
	Critical Thinking and Problem Solving	0.18	0.251	0.7434	0.457	1.20	0.7368	1.972
	Entrepreneurship and Innovation	-0.05	0.322	-0.1565	0.876	0.95	0.5064	1.786
	Social Responsibility and Leadership	0.02	0.344	0.0797	0.936	1.02	0.5241	2.016
	Career Consciousness	0.15	0.360	0.4292	0.668	1.16	0.5766	2.362
	Gender (being a woman)	-0.89	0.324	-2.7611	0.006	0.40	0.2168	0.772
Recreational - Sporty	Stable	2.45	1.915	1.2842	0.199	11.69	0.2742	498.808
	Perceived Income	-0.58	0.312	-1.8797	0.060	0.55	0.3013	1.025
	Daily Leisure Time	-0.25	0.185	-1.4003	0.161	0.77	0.5377	1.109
	Information and Technology Literacy Skills	-1.05	0.483	-2.1903	0.029	0.34	0.1347	0.895
	Critical Thinking and Problem Solving	0.11	0.316	0.3721	0.710	1.12	0.6059	2.087
	Entrepreneurship and Innovation	-0.12	0.384	-0.3318	0.740	0.88	0.4148	1.868
	Social Responsibility and Leadership	-0.31	0.398	-0.7920	0.428	0.72	0.3344	1.592
	Career Consciousness	1.11	0.441	2.5168	0.012	3.03	12.785	7.210
	Gender (being a woman)	-1.70	0.457	-3.7330	<.001	0.18	0.0742	0.445
Cultural-Sporty	Stable	1.08	2.346	0.4627	0.644	2.96	0.0298	293.960
	Perceived Income	-0.55	0.410	-1.3641	0.173	0.57	0.2557	1.277
	Daily Leisure Time	0.15	0.246	0.6333	0.527	1.16	0.7213	1.894
	Information and Technology Literacy Skills	-0.24	0.608	-0.3954	0.693	0.78	0.2388	2.589
	Critical Thinking and Problem Solving	0.35	0.389	0.9023	0.367	1.42	0.6624	3.049
	Entrepreneurship and Innovation	0.23	0.517	0.4597	0.646	1.26	0.4607	3.490
	Social Responsibility and Leadership	-0.83	0.505	-1.6556	0.098	0.43	0.1610	1.166
	Career Consciousness	0.13	0.550	0.2532	0.800	1.14	0.3911	3.379
	Gender (being a woman)	-1.40	0.575	-2.4416	0.015	0.24	0.0797	0.758
Art- Sporty	Stable	0.56	1.750	0.3207	0.748	1.75	0.0567	54.170
	Perceived Income	-0.56	0.290	-1.9382	0.053	0.56	0.3225	1.006
	Daily Leisure Time	-0.06	0.171	-0.3779	0.706	0.93	0.6709	1.310
	Information and Technology Literacy Skills	-0.05	0.438	-0.1304	0.896	0.94	0.4002	2.229
	Critical Thinking and Problem Solving	-0.54	0.288	1.8851	0.059	1.72	0.9787	3.023
	Entrepreneurship and Innovation	-0.03	0.353	-0.1069	0.915	0.96	0.4817	1.925
	Social Responsibility and Leadership	-0.76	0.360	-2.1127	0.035	0.46	0.2307	0.947
	Career Consciousness	0.52	0.400	1.3185	0.187	1.69	0.7737	3.711
	Gender (being a woman)	-2.00	0.442	-4.5465	<.001	0.13	0.0565	0.319

Deviance= 1133; R²(Nagelkerke's) = 0.089; X²(6) = 85.3, *p<0.05

The objective of this study was to examine the association between recreational activity choices among young adults and a range of characteristics using multiple logistic regression analysis. The results of this study offer valuable insights into the statistical importance of many variables that influence preferences for recreational activities. Analysing the significance of

regression coefficients pertaining to predictive variables influencing individuals' preference for tourist recreation activities over sporting recreational activities, it was determined that only the gender variable ($z=-2.7611$, $p<0.05$) exhibited statistical significance. Thus, it can be concluded that gender (specifically, females) significantly influences individuals' choice of opting for tourist activities over sports-related pursuits.

Upon analyzing the importance of regression coefficients in relation to individuals' preferences towards relaxation and sporting recreational activities, it was determined that career consciousness ($z=2.5168$), information and technology literacy skills ($z=-2.1903$), and gender ($z=-3.7330$) arose as statistically significant predictors, as indicated by their respective levels of prediction. Regarding career consciousness, it was found that individuals' likelihood of preferring relaxation activities is significantly influenced by their level of career consciousness. In other words, a one-unit increase in individuals' average career consciousness scores. Their odds (odds ratio) of engaging in relaxation activities instead of sporting recreational activities. Furthermore, as individuals' information and technology literacy skill scores increase, their likelihood of opting for relaxation activities decreases. Within this particular setting, it becomes evident that a positive and significant correlation exists between engagement in sporting activities and a level of information and technology literacy based on results. In relation to leisure and physical activities, it may be inferred that females have a greater inclination towards engaging in relaxation-oriented activities as opposed to sporting activities. Hence, it is noteworthy that the gender variable, specifically females, has a substantial influence on individuals' preference for leisure activities as compared to participating in sports.

When examining the significance of regression coefficients regarding individuals' preferences for cultural and sporting activities, it was determined that only the gender variable ($z=-2.4416$, $p<0.05$) exhibited statistical significance. Thus, it can be concluded that the gender variable (specifically, females) significantly influences individuals' choice of opting for tourist recreation activities over sporting recreational activities. Upon analyzing the importance of regression coefficients pertaining to individuals' preferences towards artistic and sporting recreational activities, it was ascertained that social responsibility and leadership skills ($z=-2.1127$, $p<0.05$) as well as gender ($z=-4.5465$, $p<0.05$) emerged as significant indicators based on their predictive capacity. In this context, it can be inferred that as individuals' social responsibility and leadership scores increase, their likelihood of opting for artistic activities over sporting ones decreases. Concerning the gender variable, it was found that females are more likely to prefer artistic activities over sporting ones.

DISCUSSION

The examination of the impact of income levels, leisure activities, 21st-century skills, and gender on the recreational activity preferences of young adults is a subject that gets considerable scholarly attention. Understanding the interplay of these aspects, individuals can gain an understanding of how they manage their leisure time and make decisions regarding recreational activities. Moreover, these interactions possess the potential to have an impact on a wide range of concerns relevant to individuals in the young adult demographic, including personal growth, well-being, and professional goal-setting. In this academic discussion, we will look at the research findings relating to the correlation between income levels, leisure activities, 21st-century skills, and gender in connection to recreational activity preferences among young adults.

Based on the results obtained from our research, the regression analysis done to assess the preference for tourist and relaxation recreational activities compared to sporting recreational activities revealed that the gender variable (namely, female) exhibited statistical significance. It was observed that women prefer engaging in tourism and leisure activity as

opposed to participating in sports activities. The rationale for this argument is that women tend to have a greater burden of obligations in performing normal household duties compared to men. Consequently, they exhibit a preference for engaging in passive and inactive activities. It is also feasible to assume that the proposed sporting activity lacks appeal, or that the touristic and leisure activities are distinct and have greater interest. In an identical study producing similar results, Smith et al. (2018) discovered a correlation between gender and engagement in recreational activities among tourists. The researchers noted that women exhibited a higher level of interest in tourist activities and shown greater rates of participation in comparison to men. This result indicates the influence of social and cultural factors on tourist preferences. From another perspective, our study results may suggest that gender plays a contributing factor in recreational activity preferences. In a study conducted by Smith and Johnson (2019), it was found that young adult men and women prefer different leisure activities, and these preferences are related to gender roles. For instance, research suggests that there is a tendency for men to exhibit greater interest in activities such as athletics or competitive activities, whereas women tend to be more attracted towards socially engaging, artistic, or activities related to social issues. In contrast, Pekcan and Karahan (2016) discovered in their study that females have a greater inclination towards artistic activities and show a preference for engaging in such activities. The inclination of women towards creative activities is believed to be associated with societal norms, aesthetic satisfaction, and the pursuit of emotional fulfillment. When viewed from a different perspective, these findings show that gender roles and social expectations in society affect recreation preferences. The fact that women, in particular, show more interest in artistic and touristic activities may be related to expectations and social pressures arising from gender norms. In a study conducted by Günay and Bener, 2011; it has been stated that the gender roles that society assigns to women have changed positively due to the developments required by the age, factors such as globalization, urbanization, change in state policies, and the increase in women's education levels. This positive change has also contributed to women's greater participation in physical activity in their daily lives. This result contradicts our study findings and emphasizes that women are more inclined towards sports activities than listening and artistic activities.

It is well-known that technology plays a significant role in defining concepts such as critical thinking, problem-solving, communication, and collaboration, which are required skills for the 21st century (Christensen and Knezek, 2015). Among the highlighted skills for this century, digital literacy, creativity, collaboration, and communication hold great importance (Law et al., 2015). In our study findings, it is observed that there is a positive relationship between career consciousness and technological literacy, and an increase in participation in sporting activities compared to relaxation activities. 21st-century skills play a significant role in the business world, career development, social life, and preferences. Many studies have observed that these skills also influence individuals' choices of leisure activities. In a study conducted by Wang and Chen (2018), it was determined that individuals' prioritization of 21st-century skills can vary for different job sectors. It has been found that individuals directing their leisure time towards activities related to their profession can enhance their chances of success in the business world and career development, showing a positive correlation. Another study conducted by Johnson and Anderson (2018) has suggested that how young adults choose to spend their leisure time may be related to 21st-century skills such as communication, collaboration, and technology. For example, activities such as using social media, participating in online collaboration platforms, or showing interest in creative projects can assist young adults in enhancing these skills.

In a pragmatic approach, recreation is oriented toward the goal of enhancing the social productivity and responsibility of both recreationists and society at large (Lumpkin, 1990). Our study results indicate that as individuals' social responsibility and leadership scores increase, their likelihood of preferring artistic activities over sporting activities decreases. Furthermore,

our study findings reveal that as individuals' scores in social responsibility and leadership increase, the likelihood of their choosing artistic activities over sporting activities decreases. This suggests that individuals with a stronger sense of social responsibility and leadership tend to exhibit a preference for artistic recreational pursuits as opposed to sports-related activities. Regarding the gender variable, it was found that females are more likely to prefer artistic activities over sporting ones. Such findings align with the broader objectives of recreation, and the gender-specific differences may be attributed to the elevated sense of responsibility among women, influenced by their societal roles and patriarchal family structures. In a study conducted by Downward, Lumsdon, and Ralston (2005), it was concluded that women exhibit greater participation in volunteer and social responsibility activities compared to men. And also Aksu et al. (2022) identified significant variations in the choice of leisure activities and positive reciprocity attitudes based on demographic factors.

The present discussion places emphasis on the correlation between the economic levels, leisure activities, 21st-century abilities, and genders of young adults. Nevertheless, it is essential to do further research in order to have a thorough understanding of the complex relationship between these components, in addition to understanding their individual effects. This research will contribute to the understanding of the impacts of these interactions on the decision-making process of young adults regarding their search of a healthy lifestyle, as well as their individual and Professional growth.

The analyses conducted in this study have demonstrated that gender has a substantial influence on individuals' preferences pertaining to sports, tourism, relaxing, cultural, and artistic activities. Specifically, it has been discovered that women exhibit a greater tendency for preferring tourist, relaxation, and artistic activities. Moreover, it was observed that many elements, including career awareness, proficiency in information and technology literacy, commitment to social responsibility, and ability for leadership, had a significant impact on individuals' decision-making processes. These findings underscore the multifaceted nature of the factors determining individuals' preferences and highlight the significant role of gender in activity selection.

These findings demonstrate that individuals' preferences for recreational activities can vary based on factors such as gender, career consciousness, information and technology literacy skills, and social responsibility. Therefore, professionals in the recreation industry can assist individuals in making activity choices by considering these factors. Furthermore, it was observed that women have a higher likelihood of preferring tourist, relaxation, and artistic activities. This finding can guide recreation industry professionals in planning activities that align with women's interests. The influence of factors like career consciousness, information and technology literacy skills, and social responsibility on individuals' activity choices underscores the need for awareness campaigns and educational initiatives in these areas. This way, individuals can make more informed and suitable choices for themselves.

Recommendations

Considering these findings, here are some recommendations that recreation industry professionals can consider to better understand and support individuals' preferences:

- Within the recreation sector, activities should be planned to align with individuals' genders and interests. Particularly, considering that women have a higher likelihood of preferring tourist, relaxation, and artistic activities, offering more options in these areas can be beneficial
- Factors such as career awareness, information technology literacy, and social responsibility influence individuals' activity choices. Therefore, organizing awareness

and education campaigns in these areas can help individuals make more informed choices by considering these factors.

- Individuals should also consider their genders, career awareness, information technology literacy, and social responsibilities when determining their preferences. By evaluating these factors, they can choose the activities that best suit their needs.
- Effective communication and information sharing between recreation industry professionals and individuals are essential. Professionals should remain open to continuous feedback to understand individuals' preferences and provide them with suitable activities.
- Recognizing that factors influencing preferences are multifaceted, the recreation sector should offer a variety of activity options. This way, every individual can find activities that align with their interests and needs.
- More publications and research studies can be conducted in the recreation sector. In-depth research is needed to understand how factors such as gender, career awareness, information technology literacy, and social responsibility impact activity preferences.

Limitations

The study's findings may not be fully representative of the entire population due to the sample size and demographics of the participants. The generalizability of the results to a larger population might be constrained if the sample was not sufficiently diverse or large. If the participants weren't chosen at random, there can be a sampling bias present. The results might not be applicable to a larger variety of people, for instance, if the study focused largely on university students or a certain age group. Furthermore, although the study may find associations between gender, job awareness, technology literacy, and preferences for leisure activities, it may not show a causal relationship. It's critical to recognize that these preferences might be influenced by other, as-yet-unidentified influences. The research may not have considered cultural or regional variations in preferences for recreational activities. These factors can significantly influence individuals' choices but may not have been adequately addressed. The study's conclusions and recommendations will be more credible and practical if these flaws are addressed, and their possible effects are acknowledged.

Conclusion

In summary, individuals have the ability to strategize their activities by considering several criteria, including gender, career awareness, proficiency in information and technology literacy, and commitment to social responsibility. Individuals can enhance their decision-making regarding activities by considering these elements. This study can provide valuable insights for improved activity planning and aims to assist especially recreation industry professionals in better understanding and supporting individuals' preferences, ultimately enhancing their experiences in the recreation sector. In future studies, it is important to investigate the diversity of recreational activities and programs and how these relate to gender differences in recreational participation. Furthermore, this research may help university students make more productive and active use of their spare time. In conclusion, this study highlights the significant influence of gender, career consciousness, information and technology literacy skills, and social responsibility and leadership skills on young adults' preferences for various recreational activities, bringing valuable light on the factors shaping their choices in leisure activities.

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