

Study on the Relationship between Residents' Leisure and Sense of Happiness

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Abstract: This paper investigates the relationship between residents' leisure and happiness, with a particular focus on the impact of leisure involvement and leisure experience on happiness, and explores the mediating role of leisure experience between leisure involvement and happiness. Through questionnaire surveys and data analysis, it is found that leisure involvement significantly positively affects leisure experience and happiness, while leisure experience also plays a significant mediating role between leisure involvement and happiness. The study also verifies the dimensional composition of leisure involvement and leisure experience. Leisure involvement includes dimensions such as attractiveness, centrality, and self-expression, while leisure experience includes dimensions such as physical comfort, psychological satisfaction, and social interaction. Happiness includes two dimensions: emotional satisfaction and life satisfaction. This paper emphasizes the importance of leisure experience in modern life and suggests that by promoting diverse and high-quality leisure experiences, the overall happiness of residents can be effectively enhanced.

Keywords: Leisure Involvement, Leisure Experience, Well-being.

1. Introduction

With the rapid development of the socio-economy and the improvement of work methods and efficiency, residents' leisure time has gradually increased. This change not only alters people's daily life patterns but also helps them relieve work stress, promote physical and mental health, and enhance life satisfaction. Therefore, various sectors of society are paying more and more attention to the quality of life of residents. Leisure life, as an important component of quality of life, has received widespread attention. The report of the 20th National Congress of the Communist Party of China clearly pointed out: "High-quality development is the primary task of comprehensive construction. We must insist on ensuring and improving people's livelihood in development, encourage joint efforts to create a better life, and continuously realize the people's aspirations for a better life." The notice issued by the General Office of the Ministry of Culture and Tourism and the General Office of the National Development and Reform Commission on April 26, 2021, emphasized adhering to a people-centered approach. It stressed the principle of developing for the people, relying on the people, and sharing the fruits of development with the people. It focused on enhancing the service facilities and quality of neighborhoods, creating a shared environment for both hosts and guests, and providing high-quality tourism and leisure products and services for the public. This highlights the importance of tourism and leisure in improving the quality of life for residents.

Leisure, as an important part of people's daily lives, plays an increasingly prominent role in enhancing residents' happiness. High-quality development emphasizes comprehensiveness, coordination, and sustainability, and leisure, as a crucial aspect of people's lives, directly relates to the quality of life and happiness of residents. With the increasing abundance of material life, residents' demand for spiritual and cultural life is also constantly rising. Leisure activities can not only provide a space for physical and mental relaxation but also serve as important venues for cultural

exchange and social interaction, holding significant meaning for promoting holistic human development.

The primary purpose of this study is to gain a deeper understanding of the intrinsic connection between residents' leisure and their sense of happiness. We aim to reveal through empirical research the impact of leisure activities on residents' happiness, and to explore the mechanisms and pathways of this impact. Through this research, we will provide theoretical support and practical guidance for planners and policymakers to promote the improvement of residents' quality of leisure life and enhance their sense of happiness. Leisure, as an important component of modern social life, plays a positive role in building a harmonious society and enhancing the overall happiness of society [1]. The development of the leisure industry and economy can provide residents with more leisure options and improve their happiness. By studying the relationship between residents' leisure and happiness, we can explore how to utilize this relationship to promote the development of the leisure industry and economy, and provide higher-quality leisure services for residents. At the same time, economic development will also drive employment, taxation, and other aspects, further promoting social stability and prosperity. Through this study, we can enhance society's understanding of the value of leisure, promote healthy and civilized leisure methods, and contribute to improving the overall happiness of society.

2. Literature Review

2.1. Leisure

Leisure has various definitions in the academic world, and it is an important topic in social science research. Generally, leisure time refers to the personal time available after work, life, sleep, and other basic needs are met [2]. The subject of leisure utilizes time, income, physical conditions, etc., with the purpose of achieving rest, changing mood, and realizing self-worth, consciously participating in activities and obtaining results [3]. It is not just simple rest or entertainment, but also covers aspects such as personal development, social

interaction, and cultural experience. The purpose of leisure is to allow individuals to escape from their busy daily lives and work, achieving psychological balance and spiritual satisfaction. Important variables of leisure activities include leisure involvement and leisure experience. Dividing leisure involvement into attractiveness, centrality, and self-expression can to some extent reflect an individual's leisure concept, subjective tendency, and actual objective behavior input, while leisure experience reflects changes and evaluations in an individual's inner emotions and feelings [4].

Leisure involvement is a psychological state, that is, a series of motivations, interests, and inspired feelings generated by individuals when facing leisure activities, leisure service institutions, and related products, which are manifested in certain forms such as importance and pleasure value at certain points [5]. Leisure involvement describes the degree of individual participation in leisure activities and the amount of time and energy invested. It is influenced by various factors such as personal interests, hobbies, economic conditions, and social background. The level of leisure involvement directly affects an individual's leisure experience and satisfaction [6]. Leisure experience is the feeling and experience gained by individuals when participating in leisure activities. It covers multiple aspects such as emotion, cognition, and body. The quality of leisure experience is influenced by various factors such as the choice of leisure activities, environment, and companions [7]. High-quality leisure experiences can enhance an individual's sense of happiness and quality of life. Residents with high involvement can gain deeper experiences and higher satisfaction when participating in leisure activities, thereby enhancing their sense of happiness [8]. This finding is consistent with the research results on urban residents' sports leisure involvement, both emphasizing the important role of leisure involvement in enhancing happiness.

2.2. Happiness

Happiness is an individual's overall evaluation and feeling towards the quality of life. In psychology, research on happiness can be divided into psychological well-being and subjective well-being [8]. It involves multiple dimensions such as emotions, cognition, and society. People believe that happiness is a sensory stimulation and experience, and it is considered correct and satisfying behavior by most people, which is referred to as the "happiness theory" [9]. The satisfaction people get from different needs varies greatly; only by meeting the most basic needs can one achieve synchrony with happiness and realize the need for self-worth. Happiness is a subjective evaluation, and different individuals may have different definitions and feelings about it. But generally speaking, happiness reflects people's satisfaction with life.

The measurement of happiness typically includes both subjective well-being and psychological well-being [10]. Subjective well-being is mainly assessed through self-reports, evaluating an individual's satisfaction with life and the frequency of positive emotions. Among these, participation in leisure activities is the most direct reflection of a person's lifestyle and is also an important indicator affecting subjective well-being; psychological well-being focuses on assessing aspects such as an individual's mental health, meaning in life, and purpose. Common measurement tools include the Satisfaction with Life Scale, Affect Balance Scale, etc. [11].

In human society, the study of happiness is an important

way for humans to understand and examine themselves. Therefore, scholars from various disciplines such as philosophy, sociology, psychology, and economics often focus their research on happiness [8]. Previous studies have shown that there is a positive correlation between leisure and happiness [2], a positive correlation between residents' leisure involvement and leisure experience [6], and a positive correlation between leisure experience and happiness [12]. This means that when residents participate more deeply in leisure activities, they are more likely to feel satisfied, thereby enhancing their happiness. Appropriate leisure activities can help individuals relieve stress, improve life satisfaction and positive emotions. At the same time, leisure activities also provide opportunities for social interaction and personal development, which contribute to the enhancement of individual happiness. However, the relationship between leisure and happiness is also influenced by various factors, such as the type, frequency, and quality of leisure activities. Therefore, it is of great significance to explore the relationship between leisure and happiness and its influencing factors in order to improve people's quality of life and happiness. Based on the above discussion, this paper makes the following assumptions:

H1: There is a significant regression relationship between leisure involvement and leisure experience.

H2: There is a significant regression relationship between leisure involvement and happiness.

H3: There is a significant regression relationship between leisure experience and happiness.

3. Research Methods

This study uses preliminary information obtained through interviews to design questionnaires, conduct information collection, and finally analyze and organize the collected data, striving to form objective and effective conclusions, thereby providing an empirical basis for the research of this paper.

When preparing the questionnaire, the first step is to clarify the research topic, subjects, objectives, and methods of this study. These four parts are determined by reviewing relevant literature. Subsequently, an analysis of related materials is conducted to design the questions for the survey. After adjustments based on the content of this paper, the questionnaire is distributed online.

The questionnaire is divided into two parts, including the basic information of the respondents and a total of 38 items measuring the three variables of leisure involvement, leisure experience, and happiness. This study adopts the Likert 7-point scale method. Among them, leisure experience has three dimensions with a total of 17 items. Leisure involvement includes three dimensions with a total of 12 questions. The happiness variable includes two dimensions with 9 questions.

The method of this survey was to distribute questionnaires online, designing the questions into a formal questionnaire using the Questionnaire Star software, and then distributing and collecting them among ordinary citizens through platforms such as WeChat Moments and Douyin, before exporting the data with Questionnaire Star. The survey was conducted from February 25th to March 15th, 2024, lasting for 20 days. A total of 500 questionnaires were distributed in this survey, and 412 valid questionnaires were received, with an effective recovery rate of 82.4%. This paper uses SPSS analysis method to conduct reliability and validity tests, describe the basic situation of the sample and analyze each descriptive variable, and verify the hypotheses of leisure

involvement, leisure experience, and happiness through regression analysis.

4. Questionnaire Data Analysis

4.1. Reliability and Validity Test

The SPSS25.0 statistical analysis tool was used to test the reliability and validity of the leisure experience scale, leisure involvement scale, and happiness scale.

The Cronbach's Alpha coefficient ranges from 0 to 1, with a higher value indicating greater internal consistency of the scale, meaning the reliability of the measurement results is better. In this study, a total of 412 subjects participated, involving 38 items. By calculating the Cronbach's Alpha coefficient, the result obtained was $0.990 > 0.9$, indicating that the questionnaire has high reliability and internal consistency. Therefore, the questionnaire used in this study has high reliability and stability, which can provide strong data support for subsequent analysis. The alpha coefficients of the three scales are 0.977, 0.973, and 0.965, all of which are > 0.9 , indicating that the consistency of these three scales is very high.

Validity analysis is the evaluation of the extent to which a

measurement tool or scale truly measures the concept or trait it intends to measure. The KMO value is used to assess the degree of partial correlation between variables, with values ranging from 0 to 1. When the KMO value is close to 1, it indicates that there is a strong partial correlation between the variables, and the data is very suitable for factor analysis. If the significance level is below a certain predetermined significance level (such as 0.05), the null hypothesis is rejected, suggesting that there is a correlation between the variables, making them suitable for factor analysis. The KMO value of this scale is $0.994 > 0.6$, indicating a strong partial correlation between the variables. The approximate chi-square value of Bartlett's sphericity test is 18504.897, with 703 degrees of freedom and a significance of $0.000 < 0.05$. This suggests that the questionnaire data has a high structural validity.

4.2. Descriptive Statistical Analysis

The valid questionnaires for this survey totaled 412. The demographic characteristics of the sample mainly involve aspects such as gender, age, educational level, marital status, and income level. The descriptive statistics of the sample population are shown in Table 1:

Table 1. Demographic characteristics of respondents

Category	Option	Frequency	Percentage
Gender	Male	204	49.51
	Female	208	50.49
Age	Under 18	28	6.8
	18-25	46	11.17
	26-30	63	15.29
	31-35	56	13.59
	36-40	52	12.62
	41-45	42	10.19
	46-50	39	9.47
	51-55	35	8.5
	56-60	29	7.04
	Above 60	22	5.34
Education	Junior high or below	57	13.83
	High school or technical secondary school	136	33.01
	College	166	40.29
	Bachelor's degree or above	53	12.86
Marital Status	Single	63	15.29
	Married	200	48.54
	Divorced	95	23.06
	Widowed	38	9.22
	Separated	16	3.88
Monthly Income	3000 or below	120	59.13
	3000-5000	78	18.93
	5000-8000	125	30.34
	Above 8000	89	21.6
Total		412	100

4.3. Regression Analysis

The study conducts regression analysis on three variables: leisure experience, leisure involvement, and happiness.

Firstly, the regression relationship between leisure involvement and leisure experience is analyzed. In the Anova analysis of this model, the F value is 7042.35 and the significance P is $0.000 < 0.01$ (Table 2), indicating a significant linear impact relationship between the leisure involvement variable and the leisure experience variable, reaching a significant level.

Table 2. Anova analysis

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	697.175	1	697.175	7042.358	0.000b
Residual	40.589	410	0.099		
Total	737.763	411			
a. Dependent Variable: Well-being Dimension					
b. Predictors: (Constant), Leisure Involvement					

Source of data: SPSS analysis

Table 3 shows that the regression coefficient of the model is $0.012 > 0$, and it is significant at a level of < 0.05 , indicating

that the independent variable leisure involvement can significantly affect the dependent variable leisure experience.

For every unit increase in leisure involvement, the leisure experience increases by 0.012 units.

Table 3. Regression Coefficients and Significance Levels for Leisure Involvement and Leisure Experience

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
	B	Standard error	Beta			Tolerances	
1	Constant	0.197	0.063		3.103	0.002	
	Leisure Involvementx	0.968	0.012	0.972	83.919	0	1

Source of data: SPSS analysis

The data in Table 4 indicates that the R-squared value is 0.945, suggesting that 94.5% of the variance in the dependent variable, leisure experience dimension, comes from the independent variable, leisure involvement dimension. The

regression model can explain 94.5% of the variance, indicating that this regression model is effective. The results of this regression model validate the hypothesis H1, that there is a significant regression relationship between leisure involvement and leisure experience.

Table 4. Model summary between leisure involvement and leisure experience

Model	R	R Square	Adjusted R Square	Error in standard estimation	Change Statistics		
					R-square variation	F Variation	Degrees of freedom
1	0.972 ^a	0.945	0.945	0.31464	0.945	7042.358	1

Source of data: SPSS analysis

Table 5. Anova analysis

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	726.453	1	726.453	5289.814	0.000b
Residual	56.305	410	0.137		
Total	782.758	411			
a. Dependent Variable: Well-being Dimension					
b. Predictors: (Constant), Leisure Involvement Dimension.					

Source of data: SPSS analysis

Secondly, the regression relationship between leisure

involvement and happiness was analyzed. The analysis showed that the F value in the Anova analysis of this model was 374.349 and the significance P was 0.000 (Table 5), which is less than 0.05, indicating a significant regression relationship between leisure involvement and happiness.

According to Table 6, the regression coefficient 0.988 > 0, and it is significant at the level of significance < 0.05, which means that for each unit increase in leisure involvement, the happiness dimension increases by an average of 0.988 units (controlling for other variables). Leisure involvement has a significant positive impact on the happiness dimension, and this impact is very strong. This implies that when people engage more in leisure activities, they may feel happier and more satisfied.

Table 6. Regression coefficients and significance coefficients a test table of leisure involvement and happiness

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Standard error	Beta		
1	Constant	0.78	0.075	1.041	0.298
	Leisure Involvementx	0.988	0.014	0.963	72.731

Source of data: SPSS analysis

The data in Table 7 indicates that the R-squared value is 0.928, suggesting that 92.8% of the variance in the dependent variable overall happiness comes from the independent variable leisure experience. The regression model can explain

92.8% of the variance, indicating that this regression model is valid. The results of this regression model confirm the validity of H2, that is, there is a significant regression relationship between leisure involvement and happiness.

Table 7. Model summary of leisure involvement and well-being

Model	R	R Square	Adjusted R Square	Error in standard estimation	Change Statistics		
					R-square variation	F Variation	Degrees of freedom
1	0.963a	0.928	0.928	0.37058	0.928	5289.814	1

Source of data: SPSS analysis

Finally, the regression relationship between leisure experience and happiness was analyzed. In the Anova analysis of this model, the F value is 5834.298 and the significance P is 0.000 < 0.01 (Table 8), indicating a significant regression relationship between leisure experience variables and happiness.

Table 8. Anova analysis

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	731.362	1	731.362	5834.298	0.000b
Residual	51.396	410	0.125		
Total	782.758	411			
a. Dependent Variable: Well-being Dimension					
b. Predictors: (Constant), Leisure experience					

Source of data: SPSS analysis

According to Table 9, the regression coefficient is 0.013>0, and it is significant at a level of <0.05, indicating that the independent variable leisure experience can significantly affect the dependent variable happiness. This means that

leisure experience is a causal variable of happiness. The higher the leisure experience, the higher the happiness will be. For every unit increase in leisure experience, happiness increases by 0.013 units.

Table 9. Regression coefficients and significance coefficients a test table of leisure experience and happiness

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Standard error	Beta		
1	Constant	0.012	0.072		0.160	0.873
	Leisure Involvementx	0.996	0.013	0.967	76.383	0.000

Source of data: SPSS analysis

The data in Table 10 indicates that the R-squared value is 0.934, suggesting that 93.4% of the variance in the dependent variable, local attachment dimension, comes from the independent variable, leisure experience dimension. The

regression model can explain 93.4% of the variance, indicating that this regression model is effective. The results of this regression model validate the establishment of H3, that is, there is a significant regression relationship between leisure experience and happiness.

Table 10. Model summary of the relationship between leisure experience and well-being

Model	R	R Square	Adjusted R Square	Error in standard estimation	Change Statistics		
					R-square variation	F Variation	Degrees of freedom
1	0.967a	0.934	0.934	0.35406	0.934	5834.298	1

Source of data: SPSS analysis

4.4. Mediating Effect

This study employs a stepwise approach to examine whether leisure experience mediates the relationship between leisure involvement and subjective well-being.

According to Table 11, the adjusted R-squared is 0.928, which increases to 0.944 after adding the mediating variable, indicating an improvement in the model's fit and predictive accuracy. This suggests that leisure involvement and leisure experience are important factors affecting happiness.

Table 11. Summary of Leisure Involvement, Leisure Experience, and Well-being Model

Model	R	R Square	Adjusted R Square	Error in standard estimation	Change Statistics	
					R-square variation	F Variation
1	0.963a	0.928	0.928	0.37058	0.928	5289.814
2	0.972b	0.945	0.944	0.32572	0.016	121.7

Source of data: SPSS analysis

According to Table 12 above, when only the independent variable leisure involvement is included, the coefficient is 0.988. After adding the mediating variable leisure experience,

the coefficient of the independent variable leisure involvement becomes 0.442, dropping from 0.988 to 0.442, with significance <0.001, indicating that the mediating variable leisure experience plays a partial mediating role.

Table 12. Coefficient a Test Table for Leisure Involvement, Leisure Experience, and Happiness

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity statistics
		B	Standard error	Beta			Tolerances
1	Constant	0.078	0.075		1.041	0.298	
	Leisure Involvement (x)	0.988	0.014	0.963	72.731	0	1
2	Constant	-0.033	0.067		-0.5	0.617	
	Leisure Involvement (x)	0.442	0.051	0.431	8.685	0	0.055
	Leisure Experience (m)	0.564	0.051	0.548	11.032	0	0.055

Source of data: SPSS analysis

5. Research Conclusions

The first research conclusion of this study is that, based on the research results of previous scholars, this paper derives and summarizes the measurement methods of leisure involvement, leisure experience, and happiness. Leisure involvement includes three dimensions: attraction, centrality, and self-expression. The observation points of the attraction dimension include "flow state," "time flies," "makes me happy," and "pleasure." Centrality includes observation

points such as "forgetting trivial matters," "leisure communication," "integrating into the team," and "making friends." Self-expression includes observation points like "controlling pace and rhythm," "familiarity with activities," "improving skills," and "calming me down." Leisure experience comprises three dimensions: physical comfort, psychological satisfaction, and social interaction. Physical comfort includes observation points like "persisting in leisure," "long-term participation," "finding time amidst busyness," and "completing well." Psychological satisfaction includes "expressing oneself," "sense of achievement," "enjoying leisure," "enhancing quality of life," and "being

immersed." Social interaction includes observation points such as "life composition," "investing time," "putting in effort," "liking to communicate," "spending money," "buying equipment," and "integrating." Happiness encompasses two dimensions: emotional satisfaction and life satisfaction. Emotional satisfaction includes observation points like "cheerfulness," "confidence," "good health," and "ease of mind." Life satisfaction includes "having personal space," "life satisfaction," "enriching life," and "making friends."

The second research conclusion of this study is that this paper takes ordinary citizens as the object of questionnaire data collection, and constructs and verifies the relationship between leisure involvement, leisure experience and happiness.

Firstly, it has been verified that there is a significant regression relationship between leisure involvement and happiness. Through in-depth analysis of the regression relationship between leisure involvement and happiness, this study found that leisure involvement significantly positively affects happiness. Leisure involvement can be defined as the psychological, emotional, and time resources that individuals invest in leisure activities. Research shows that when individuals invest more energy and time in leisure activities, they tend to experience higher levels of happiness. This positive impact can be explained in several ways. Leisure involvement provides individuals with an opportunity to temporarily escape from daily work and life. In modern society, people face enormous work and life pressures, and leisure activities have become an effective way to release stress. By deeply engaging in leisure activities, individuals can temporarily forget their worries, enjoy the pleasure and relaxation of the moment, thereby enhancing their happiness. Leisure involvement helps individuals achieve self-growth and self-realization. Many leisure activities, such as travel, sports, artistic creation, etc., require individuals to invest a lot of time and energy. These activities not only improve individuals' skills and knowledge levels but also enhance self-confidence and self-esteem. By constantly challenging and breaking through oneself, individuals can find a sense of achievement and satisfaction in leisure activities, which in turn enhances their happiness. In addition, leisure involvement can also strengthen individuals' social connections and social support. Many leisure activities, such as social gatherings and team building, require individuals to interact and communicate with others. By participating in these activities, individuals can make new friends, expand their social circle, and gain more social support and emotional care. These positive social experiences help to enhance individuals' happiness and quality of life.

The second point validates that there is a significant regression relationship between leisure experience and happiness. That is, leisure experience significantly positively affects happiness. Leisure experience, as an activity in which individuals pursue pleasure, relaxation, and self-development during their free time, profoundly influences people's psychological state. Positive leisure experiences, such as sightseeing and cultural exploration, not only alleviate life stress and bring instant happiness but also enhance individual life satisfaction and happiness in the long term by broadening horizons and enriching life experiences. Natural contact, social interaction, and achievement attainment in leisure are all important sources of happiness. Further analysis shows that diverse and high-quality leisure experiences are particularly significant in enhancing happiness. Therefore,

promoting diversified leisure experiences is not only related to personal well-being but also key to improving the social happiness index. This study emphasizes the importance of leisure experience in modern life and provides a new perspective for policymakers, the tourism industry, and individuals to enhance happiness.

Thirdly, there is a significant mediating effect of leisure experience between leisure involvement and happiness. Leisure involvement indirectly enhances people's happiness by deepening and broadening the depth and breadth of their leisure experiences. Leisure involvement not only encourages individuals to invest more time and energy in leisure activities but also enhances the quality of leisure experiences, such as increasing pleasure, relaxation, and social interaction, further strengthening happiness. As a mediating variable, leisure experience transforms leisure involvement into actual perceived happiness, revealing the important role of leisure activities in improving quality of life and mental health. This finding provides a new perspective on understanding how leisure involvement affects happiness, emphasizing the importance of improving the quality of leisure experiences in promoting happiness.

Acknowledgements

2018 Guangdong Province Ordinary University Key Scientific Research Platform and Research Project "Study on the Mechanism of the Impact of Leisure Experience in Mass Recreational Activities on Residents' Quality of Life and Subjective Well-being" (2018WTSCX154)

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