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Do I Date My Dance Partner: An Examination of Marital Satisfaction Among  
Serious Leisure Participants in Partner Dancing

Sara A. Hyde

A thesis submitted to the faculty of  
Brigham Young University  
in partial fulfillment of the requirements for the degree of  
Master of Science

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## ABSTRACT

### Do I Date My Dance Partner: An Examination of Marital Satisfaction Among Serious Leisure Participants in Partner Dancing

Sara A. Hyde

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Master of Science

The purpose of this study was to compare marital satisfaction among serious leisure participants in partner dancing and their spouses based on their participation patterns in dance (both dancers or only one dancer), with covariates of spousal support, satisfaction with leisure, and leisure-family conflict. This study not only found a significant relationship between marital satisfaction and participation patterns for dancers (participating together  $\beta = .2125$ ), but the averages for joint and individual participation patterns fell on either side of the non-distressed versus distressed cut-off score for marital satisfaction, suggesting that participation in a serious leisure activity, like partner dancing, without your spouse was associated with marital distress, and participating with your spouse can help reduce or avoid that stress. Results also suggest that it is role support felt for a specific leisure activity (in this case, dance) that was related to marital satisfaction ( $\beta = .4925$ ), but not support felt for general leisure activities or levels of support given. Finally, retiring to bed at the same time was confirmed as an important couple ritual that positively relates to marital satisfaction ( $\beta = .1548$ ).

Keywords: Dance, marital satisfaction, serious leisure, leisure-family conflict, role support, leisure satisfaction, participation patterns, bedtime habits.

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Do I Date My Dance Partner: An Examination of Marital Satisfaction Among  
Serious Leisure Participants in Partner Dancing

Ballroom and other forms of partner dancing have recently enjoyed a resurgence in popularity (Bauknecht, 2009), likely due to popular movies and television shows like *Dancing with the Stars*, *Take the Lead*, *So You Think You Can Dance*, and the documentary *Mad Hot Ballroom*. Despite this popularity, little research exists in recreation journals on why people choose this form of leisure or how it affects them (Brown, 2007; Brown, McGuire, & Voelkl, 2008; Chu & Wang, 2012; Penny, 1999; Ricard, Beaudry, & Pelletier, 2012). Brown (2007) and Brown et al. (2008), however, linked one form of partner dancing to the concept of serious leisure.

Mastering just one form of partner dancing takes years of lessons and practice. In that quest for mastery, partner dancing can become a form of serious leisure, taking up large amounts of time and money. Stebbins (1992) defined serious leisure as “the systematic pursuit of an amateur, hobbyist, or volunteer activity that is sufficiently substantial and interesting for a participant to find a career there in the acquisition and expression of its special skills and knowledge” (p. 3).

Partner dancing, unlike many other forms of serious leisure, is a couple’s activity. It requires two people (generally a man and a woman) to be in close contact with each other, often moving as one unit. When serious dancers are involved in romantic relationships, both the time and energy spent dancing, as well as the emotional investment, could cause conflict in the relationship, or could be the source of unlimited joy.

There has been some research linking serious leisure to marital satisfaction, suggesting support from the non-participating spouse may mitigate negative effects of serious leisure



participation (Baldwin, Ellis, & Baldwin, 1999). Ahlstrom, Lundberg, Zabriskie, Eggett, and Lindsay (2012) also suggest satisfaction with leisure time may affect marital satisfaction. Findings from Goodsell and Harris (2011) and Ahlstrom et al. (2012) both suggest joint participation may be an even better indicator of relationship satisfaction among serious leisure participants. For Goodsell and Harris (2011), this finding came from a qualitative description of couples with at least one marathon runner. They found that many of the problems described by couples with only one participant were not exhibited by couples with both spouses participating. Goodsell and Harris (2011) specifically suggest using a different leisure activity [rather than marathon running] as a context to examine marital relationships and serious leisure participation. Partner dancing is a leisure activity capable of helping researchers understand how serious leisure and marital satisfaction interact.

While these and other studies examined the relationship between couple leisure and marital satisfaction, little has been done to investigate the role of leisure involvement among couples and its relationship to marital conflict. Leisure-family conflict is a term used to describe when leisure causes conflict and distress in family or marital relationships (Grote & Clark, 2001; Johnson & Greenberg, 2013; Koren, 1980). Serious leisure participation appears to be an appropriate starting place for this investigation due to the high levels of time and resource commitment, potentially leading to conflict in the marital and family relationships. In fact, several studies mention a leisure-family conflict as one potential negative outcome of serious leisure (Goff, Fick, & Oppliger, 1997; Goodsell & Harris, 2011; Orthner & Mancini, 1990).

This study compares marital satisfaction among serious leisure participants in partner dancing based on participation patterns, with covariates of spousal support, satisfaction with leisure, and leisure-family conflict. Current research (Ahlstrom et al., 2012; Baldwin et al.,

1999; Goodsell & Harris, 2011) suggests joint participation could positively impact marital satisfaction, but no research directly relates joint participation in serious leisure to relationship satisfaction. Understanding what can alleviate potential negative outcomes of serious leisure could allow serious leisure participants to improve relationships and limit negative experiences, while continuing to pursue their passionate leisure interests and experience the potential benefits of participation. This gap in research, as well as the recommendation to conduct research in different leisure contexts (Goodsell & Harris, 2011), provided the justification for this study.

### Literature Review

#### Partner Dancing

Miller's *Saturday Evening Post* (2011) article stated, "The nonprofit USA Dance, Inc., reports a 35 percent spike in the number of people taking lessons and attending ballroom events over the past 10 years" (para. #1). These statistics show a rise in popularity for partner dancing and, as more people are choosing ballroom dance as a leisure activity, the opportunity arises for researchers to learn more about why they are choosing it and the effects it has on participants.

Reasons for Participation. Penny (1999) found some of the reasons people began ballroom lessons were friends and family dancing, seeing inspiring performances or competitions, and social desires to meet new people. In another study, Chu and Wang (2012) report six correlations with desired participation: (a) enjoyment, (b) involvement alternatives, (c) personal investment, (d) social constraints, (e) social support, and (f) satisfaction. Their findings suggested "that social constraints are not a factor hindering dance sport participation" (Chu & Wang, 2012, p. 759). Level of participation was determined by social support, overall commitment, and enjoyment (Chu & Wang, 2012). In both of these studies, relationships were a reoccurring factor for why individuals choose ballroom dance as their leisure of choice.

Who Dances? Penny (1999) looked at competition dancers across the United Kingdom. While the social class distribution was weighted towards the middle class, all social classes were represented among competition dancers. The skew towards middle class participation could be based on the monetary and time costs as “dancers devote an average of eight and a half hours per week to practice, spend a weekly average of £56, and travel substantial distances for dance purposes” (Penny, 1999, p. 58).

The National Dance Council of America (NDCA) has age categories spanning from the Pre-teen I category for those age nine years old and below to the Senior III category for those age 55 years old and above. Simply put, dance is an activity that can last a lifetime. “Whilst a minority of people may discontinue after a short period, the trend is for participants, once having entered the realms of competition dancing, to become immersed in the activity for large sections of their lives” (Penny, 1999, p. 58).

There are two important concepts taken from this research on partner dancing. First, motivation for partner dancing is tied to relationships. Second, dancing can fall within the serious leisure framework. These factors lead us to investigate the potential connections between partner dancing as serious leisure and marital satisfaction.

#### Marital and Leisure Satisfaction

One of the early studies linking marital satisfaction and leisure satisfaction was Orthner’s (1975) examination of time spent in individual (alone), parallel (in the same room), and joint (actual interaction) activities among married couples. One of the more significant findings was “more than physical proximity is required to bring about a satisfactory relationship” (Orthner, 1975, p. 75). He suggested joint activities would have a stronger positive relationship than parallel activities, because they would facilitate communication (Orthner, 1975). Holman and

Jacquart (1988) supported the view that communication was an important part of leisure correlated with marital satisfaction. Smith, Snyder, Trull, and Monsma (1988) looked at leisure activity patterns, satisfaction with couple time, and marital accord. They found “the strongest association occurs between the absence of leisure interaction with the spouse alone and dissatisfaction with time together” (1988, p. 7). This indicates that lack of joint leisure participation was associated with couple dissatisfaction.

**Serious Leisure.** Serious leisure has also been identified as an important contributor to marital satisfaction. Stebbins (1982) proposed serious leisure is done in part in the pursuit of individuals to “express their abilities, fulfill their potential, and identify themselves as unique human beings” (p. 251). Later, Stebbins (2001a) attempted to define this concept. Serious leisure is “the steady pursuit of an amateur, hobbyist, or career volunteer activity that [...] is profound, long-lasting, and invariably based on substantial skill, knowledge, or experience, if not on a combination of these three” (p. 54). He also notes the need for perseverance, and participants tend to feel a sense of identity and feel their pursuit is like a career without remuneration.

Serious leisure has many positive and negative effects. Stebbins (2001a) described some of the positive benefits of serious leisure as “fulfilling one’s human potential, expressing one’s skills and knowledge, having cherished experiences, and developing a valued identity” as well as “regenerate its participants for meeting obligations they face in the immediate future” and many social benefits (p. 54). Research has also shown a negative side to serious leisure, specifically a leisure-family conflict (Goff et al., 1997; Goodsell & Harris, 2011). The term evolved from applying the concept of work-family conflict into the leisure realm (Goff et al. 1997). Orthner and Mancini (1990) have also implied serious commitment to individual leisure pursuits could

result in a leisure-family conflict. Other leisure research has examined the possibilities of leisure-family conflict as well. Such (2006) looked at fatherhood in dual-income families and found “behaviours and orientations towards leisure within the couple unit are a source of conflict” (p. 196). Specifically, one woman in the study considered her husband’s regular leisure pursuits to be selfish and her perceptions of selfishness led to conflict in the relationship. Crawford, Houts, Huston, and George (2004) found husbands’ participation in activities that only they liked resulted in both them and their wives being less happy. Since participation in serious leisure requires a significant commitment, the potential for conflict between leisure, family, and marital relations is strong and, if it is present, can be related to dissatisfaction or psychological harm.

*Perceived support.* Another important factor linking serious leisure and relationship satisfaction is perceived support. Brunstein, Danglemyer, & Schultheiss (1996) examined social support and marital satisfaction. They found “differences in receiving and giving goal support within marriage accounted for concurrent differences in the marital satisfaction of spouses” (Brunstein et al., 1996, p. 1006). This shows the importance of support for the spouse’s individual goals is an important factor in marital satisfaction. Goff, et al. (1997) looked at the relationship between serious leisure runners and their perceptions of a conflict between leisure and family roles. They found “the relationship between runner’s commitment and leisure-family conflict was moderated by spouse’s level of support” (Goff et al., 1997, p. 47). Baldwin et al. (1999) also found a connection between serious runner’s perceived support and marital satisfaction. The authors associated role support with identity theory by proposing that the benefit of role support comes from supporting the leisure identity of the individual. For partner dancers this may suggest if only one spouse is a serious dancer, leisure-family conflict could be

moderated if the dancing person feels supported by the non-dancer. Researchers have not collected responses on the non-participating spouse's feelings. There is no data to suggest the supportive spouse also feels those moderating effects.

*Conflict and distress.* One potential outcome of conflict in relationships is distress. Most research does not directly measure conflict in relationships, but instead measures potential outcomes of conflict, like distress (Freysinger, 1995; Grote & Clark, 2001; Johnson & Greenberg, 2013; Koren, 1980). Koren (1980) stated "couples' conflict behaviors are related to their marital distress" (p. 460). In a time series study, Grote and Clark (2001) found conflict at a given time led to increased level of distress in subsequent times. Goff et al. (1997) modified a work-family conflict scale to represent leisure-family conflict in their study involving marathon runners. Their main finding was that "spouses who were least supportive of running perceived the most conflict" (p. 58).

*Serious leisure and partner dancing.* Brown (2007) used the concept of serious leisure to look at a group of shag dancers (a variant of the swing dance genre). She found, among dancers, friendship was one of the most important reasons for long-term participation, and participants were able to choose their level of involvement to suit changing life needs. Their population of shag dancers was comprised of both casual and serious leisure participants.

Brown, McGuire, and Voelkl (2008) focused their research on the elderly population of shag dancers. They reported "shag dancing is a form of serious leisure for older adults and supports the role of serious leisure in successful aging" (Brown et al., 2008, p. 73), which aided in their transitions to older life and retirement. "Serious leisure requires [...] the development of skills and knowledge, the accumulation of experience, and the expending of effort" (Stebbins, 1982, p. 267), which fits the description of what it takes to be a good partner dancer.

*Serious leisure and marital satisfaction.* Two studies have directly related serious leisure to couples' relationship satisfaction. Hultsman (2012) "identified both positive and negative aspects of shared serious leisure, including sacrifices made to pursue the sport, the impact of spousal support and lack of support, and the intense bonding of people and their pets" (p. 232). Specifically in regard to relationships, she found "couple competitors felt that they and their relationship had grown since they could do the sport together" (Hultsman, 2012, p. 249). Baldwin et al. (1999) found for runners that "as the runner's perceived role support decreased, marital satisfaction also decreased" and "participation in shared activities, or commitment to the same activities, was not essential to marital satisfaction if the spouses perceived that their partners supported their recreational choices" (p. 117). In both of these studies, perceived support, and willingness to see things from the other person's perspective moderated the potential negative effects of serious leisure.

Goodsell and Harris (2011) conducted a qualitative study of 34 marathon runners and 12 non-running spouses. Their main interest was in how participation in marathon running as serious leisure impacted family dynamics. They also found spousal support was an important factor, for continued participation in the activity. While relationship satisfaction was not directly measured, they did say "running without the support of one's spouse can be destructive because it violates the assumption inherent in marriage that spouses should attempt to respect each other's desires and sacrifice for each other" (Goodsell & Harris, 2011, p. 94-95). Throughout their interviews, the times in which both spouses participated together seemed to allow for higher levels of individual participation and moderated some of the negative effects of serious leisure. Goodsell and Harris' (2011) study is one of the first to consider both members of the couple's

views and include some couples where both spouses participated in the same serious leisure activity together. Partner dancing offers another activity context in which to study these issues.

Satisfaction with leisure time. Johnson, Zabriskie, and Hill (2006) answered many of the lingering questions from previous research by reporting that satisfaction with leisure, and not the amount of couple leisure involvement, was directly related to marital satisfaction. This suggests a possibility for couples where only one partner dances to still be satisfied with their relationship, as long as time spent together is of sufficient quality.

Ricard et al. (2012) measured motivation and perceptions of dyadic adjustment (or relationship satisfaction) among individual dancers who were in a romantic relationship with their partners. They found couples' function (or the way the couple personally interpreted marital satisfaction) played a role in joint leisure functioning and joint leisure satisfaction. They also found joint leisure satisfaction correlated with overall relationship quality. In other words, how individuals feel about their relationship relates to how they feel about their couple leisure time. The reverse can also be true: how individuals feel about their couple leisure time potentially relates to how they feel about the relationship. Couples who exhibited positive feelings in one of these areas tended to exhibit positive feelings in the others (Ricard et al., 2012).

Ahlstrom et al. (2012) looked at couples where one or both spouses played online video games. Their findings suggested couples experienced lower marital satisfaction scores when only one spouse played the video games. When both spouses were satisfied with their participation, however, they experienced higher levels of marital satisfaction. This suggests satisfaction with joint participation in leisure activities is a better indicator of marital satisfaction than only joint participation or perceived support.



## Summary

As ballroom dance and other forms of partner dancing rise in popularity with people of any age and other demographics, it is quickly becoming a form of serious leisure that can be participated in for a lifetime. Although serious leisure can have some negative effects on couples' relationships, such as little time left for couple and family leisure time and resentment from the non-participating spouse, Goff et al. (1997) and Baldwin's (1999) research suggests spousal support is a moderating factor. Research on couples' relationship satisfactions suggests important factors including satisfaction with time spent together, communication, and perceived support (Ahlstrom et al., 2012; Brunstein et al., 1996; Goff et al., 1997; Holman & Jacquart, 1988; Johnson et al., 2006; Orthner, 1975; Ricard et al., 2012; Smith et al., 1988). Current research suggests joint participation may also be an important factor, though this is as yet untested (Ahlstrom et al., 2012; Baldwin et al., 1999; Goodsell & Harris, 2011).

Although research has examined marital satisfaction and couple leisure, there is room for continued investigation regarding the impact of serious leisure, and more specifically, the serious nature of partner dancing and its relation to marital satisfaction (Goff et al., 1997; Holman & Jacquart, 1988; Johnson et al., 2006; Orthner, 1975; Smith et al., 1988; Ward, Barney, Lundberg, & Zabriskie, 2012). Various important variables have been identified within the serious leisure and marital satisfaction research lines, such as: spousal support, satisfaction with leisure, leisure-family conflict, and participation patterns. While each has demonstrated a significant degree of association with marital satisfaction, no one study has attempted to examine each of these variables simultaneously. Without this analysis, it is difficult to determine whether the concepts measure different aspects of the same idea, or measure completely separate constructs. The purpose of this study was to compare marital satisfaction among serious leisure participants in

partner dancing and their spouses based on their participation patterns in dance (both dancers or only one dancer), with covariates of spousal support, satisfaction with leisure, and leisure-family conflict. Previous research in marital satisfaction suggests that each of these four variables— participation patterns, role support, leisure-family conflict, and leisure satisfaction—individually relates to marital satisfaction in a unique way. It was hypothesized that each of these variables will remain significantly related to marital satisfaction while controlling for socio-demographics and the other related variables identified from the literature review. It was further hypothesized that participation patterns would be the strongest contributor to marital satisfaction.

### Methods

This study used Qualtrics for questionnaire distribution. Qualtrics is an online survey platform where users can create and distribute questionnaires that respondents complete online. The questionnaire was comprised of several instruments as well as general demographic questions. The primary investigator of this study traveled to competitions and workshops of different dance genres, utilized social media (specifically Facebook groups) to contact attendees/members with requests to complete the online questionnaire, mailed fliers to dance events and studios, and placed ads on popular dance websites. To be included in the study, at least one of the two individuals in the couple was a serious leisure participant in dance.

The survey resulted in 127 complete individual responses. Serious dancers made up 52.76% ( $n=67$ ) of the population while 47.24% ( $n=60$ ) reported as non-serious spouses of serious dancers. Respondents ranged from age 18 to 78 with 16.67% in the 18-24 age range, 15.08% in the 25-30 age range, 11.09% in the 31-40 range, 13.49% age 41-50, 25.4% age 51-60, 15.08% age 61-70, and 2.38% age 71-80. The main country of residence was the United States ( $n=107$ ), but respondents also reside in the UK ( $n=10$ ), Canada, Belgium, Germany, and South

Africa. The majority of respondents worked full time (51.97%), with 15.75% part time, 12.6% retired, 9.45% students, 4.72% stay-at-home spouses, 3.94% unemployed, and 1.57% other. Income ranged from \$0 to \$300,000 per year with an average of \$88,000. One of the 34 couples was a same-gender couple (both female). Respondents were 58.73% female and 41.27% male. The majority of respondents were married (81.2%), with 12.82% cohabiting, 3.42% separated, and 2.56% divorced. Education level ranged from some high school (5.56%) to having a doctoral degree (11.9%). High school graduates constituted 5.56% of the sample, 27.78% had some college experience, 27.78% had a bachelor's degree, 7.14% started a graduate program, and 14.29% received a master's degree. A slight majority of the respondents had children (54.76%). A vast majority of respondents were dancers (80.31%) and 19.29% were non-dancing spouses. Dance genres included swing, social dance, ballroom, Latin, country, tango, blues, hustle, and pas de deux.

#### Instruments

Data was collected using the following instruments: (a) Revised Dyadic Adjustment Scale (RDAS) to measure marital satisfaction and distress (Busby, Christensen, Crane, & Larson, 1995); (b) Perceived Role Support Received and Perceived Role Support Provided to measure perceptions of support (Vinokur, Schul, & Caplan, 1987); (c) Leisure Family Conflict (Goff et al., 1997); (d) three questions about dance and couple leisure satisfaction; (e) questions about participation in dance and; and (f) relevant socio-demographic data (see Table 4).

RDAS. The dependent variable of marital satisfaction was measured using the RDAS. The RDAS is used to measure adjustment in relationships. Although the RDAS was not initially intended to be a global measure of marital satisfaction alone, it has been widely used as such (Ahlstrom et al., 2012; Baldwin et al., 1999) and was tested and found to be in parity with the

Satisfaction With Married Life (SWML), a scale designed to specifically measure marital satisfaction (Ward, Lundberg, Zabriskie, & Berrett, 2009), which also confirmed the internal consistency of the RDAS, finding a Cronbach's Alpha of 0.943. The RDAS was selected for this study to allow direct comparison to a previous study (Ahlstrom et al., 2012). Busby et al., (1995) found an overall mean of 48.0 and standard deviation of 9.0 in RDAS scores (p. 304) meaning 95% of the population's scores should fall between 30 and 66. In the RDAS, 14 questions ask the respondent to rate the frequency of marital events. Six questions ask how much disagreement the couple has about different life topics (like religion, sex, or careers) on a six-point scale from 'always agree' to 'always disagree'. Four questions ask how often different positive marital events occur (like calm discussions or working together) on a five-point scale from 'every day' to 'never'. The final four questions ask about frequency of negative marital events (like quarreling or regret) on a six-point scale from 'all of the time' to 'never'. Scores range from 0-69, with a cutoff score of 48 between distressed and non-distressed (Crane, Middleton, & Bean, 2000). Higher scores have been used to indicate higher levels of marital satisfaction, with lower scores representing dissatisfaction.

Perceived Role Support Received and Perceived Role Support Provided. The variable of perceived support for dance was measured using the Perceived Role Support Received and Perceived Role Support Provided developed by Vinokur et al. (1987). Each of these consists of seven questions addressing how much support each individual feels he or she has received and provided from/for his or her spouse. Baldwin (1998) provided examples of these questions for serious runners. The questions were modified slightly to apply specifically to partner dancing and general leisure activity. For example, the question in Baldwin (1998) which asked 'How much does your spouse understand the way you feel about running?' was changed to 'How much

does your spouse understand the way you feel about dancing?' Respondents indicated amount of support on a five-point scale for specific instances, like encouragement, providing information, and understanding, how much support they feel they have given or received. Dancers were asked to complete the Perceived Role Support Received for Dance while dancers' spouses were asked to complete the Perceived Role Support Provided for Dance. Both spouses were asked to complete the Perceived Role Support Received and Provided for Leisure sections. Baldwin (1998) found Cronbach's alpha coefficients for this scale ranged from .8 to .87 (p. 52) while Baldwin et al. (1999) found Cronbach's alpha was .92 and the mean score for perceived role support was 3.52 ( $SD = 1.05$ ). Each question is scored from 'not at all' (1) to 'a great deal' (5). The scores from each question were totaled, with higher scores representing higher levels of support.

Leisure-Family Conflict. In order to account for leisure-family conflict, Goff et al.'s (1997) scale was used as a potential moderating factor on marital satisfaction scores. This scale was developed from work-family conflict measures for use in Goff et al.'s 1997 articles on serious runners. It was tested to have a reliability of .76 (p. 52) with a mean of 2.1 and a standard deviation of .91. This scale asked four questions (true or false) about how perceptions of leisure-family conflict changed, involving dance rather than running (e.g., 'After dancing my spouse comes home too tired to do some of the things I'd like them to do'; 'dancing makes it difficult for my spouse to be the kind of family member I would like them to be'; 'my spouse will miss a family function in order to dance'; 'my spouse's dancing schedule often conflicts with family life'). A 'yes' response on any of the four questions resulted in leisure-family conflict being marked as present in the relationship.

**Leisure Satisfaction.** Three questions measured leisure satisfaction. The first question asked the respondent to indicate how satisfied they were with their personal participation or lack of participation in dance. The second question asked how satisfied they were with their spouse's participation or lack of participation in dance. The final question asked about the broader topic of how satisfied they were with their total couple leisure. The questions were marked on a five-point scale from 'very dissatisfied' to 'very satisfied'. These questions were modeled after the leisure participation and satisfaction questions in the Marital Activity Profile (Johnson et al., 2006) and have been reviewed by experts in couple leisure for face validity.

**Serious Leisure.** This section asked questions about frequency and type of participation in partner dancing, as well as how dance ranks compared to other leisure pursuits and which genres of dance the individuals participate in (see Tables 5-6). Much of the research on serious leisure had participants either self-select or used a commitment scale with a cutoff score (Baldwin et al., 1999; Brown, 2007; Brown et al., 2008; Dilley & Scraton, 2010; Stebbins, 1982). Gould, Moore, McGuire, and Stebbins (2008) developed a 72-item scale (and a reduced 54-item scale) called the Serious Leisure Inventory Measure (SLIM) that examined qualities serious leisure participants have and to what extent, but it does not provide information on measurable behaviors of serious leisure. The questions included in this study, however, measure commitment to partner dancing based on the extent of their participation habits as mentioned above.

**Other Questions.** Based on Ahlstrom et al.'s (2012) research about how gaming has affected the respondent's marriage, other questions were included and modified to apply to dancers rather than gamers. These questions included asking about how often the respondents retired to bed at the same time as their spouse, how they feel dance has affected their marital

relationship, and frequency of quarrels about dancing. A series of yes-or-no questions was also asked to determine if individuals feel uncomfortable with their spouse dancing with other partners, if receiving critiques from their spouse while dancing has caused conflict, and if a difference in dancing skill level has caused conflict in their relationship. A few open-ended questions about how participation in serious dancing has affected the respondent's marriage and family life were also included to provide avenues for future research questions. These include descriptions of how dance has affected their marriage and children, and what the non-participating spouse does during the time the serious participant is dancing (see Tables 7-8) In order to accurately describe the sample, the questionnaire also included questions about age, sex, nationality, income level, marital status, presence of children in the home, and education level.

#### Data Analysis

Following the completion of data collection, data was downloaded into an Excel spreadsheet where largely incomplete responses were removed. Couples were linked by assigning a new variable called 'couple number', using their email address responses to link couples with the same email address, assigning both spouses the same number. This allowed researchers to control for the natural dependence between spouses responses while still utilizing all individual responses. Individuals without a linking email were assigned a unique couple number. Finally, the data was thoroughly cleaned and scored. Responses were deleted only if respondents did not complete enough of the survey to finish the questions relating to the RDAS, which was our main outcome variable. The respondents were categorized as joint (both spouses dance) or individual (only one spouse dances) based on their response to a question asking who in the couple danced (i.e., one or both). The data was then loaded into the Statistical Analysis Software (SAS) package. Composite scores were created for each variable of interest (e.g.,

sums, averages). The survey resulted in 127 complete individual responses. Sixty-eight (68) of the individuals properly linked their responses for 34 total couple responses. The analysis was run on all 127 responses but blocked by couple number to account for couple's natural dependence.

ANCOVA. A mixed models ANCOVA was used, blocking on couples, utilizing backward elimination (Guyon & Elisseeff, 2003) to improve the model predicting marital satisfaction and reduce the number of covariates. This included all demographics and variables of interest in the initial model and eliminated the worst fit (highest  $p$  value) one at a time using a  $p$ -to-leave of .2. In addition to this, one term was kept that caused a significant change in the model relative to the Bayesian Information Criterion (BIC), a measure of model fit. Perceived Role Support Provided (PRSP) for dance was kept in the model because the BIC went from 573.8 with it in the model to 705.7 without it in the model. The difference in BIC (131.8) was significant ( $p < 0.0001$  from a chi-square with 1  $df$ ), indicating a significant difference in the two models. PRSP-Dance may not have been significant in the model related to the outcome because it was highly correlated with other variables, but keeping it in the model showed a significant increase in model fit.

The main variable of interest (Dance Pattern) was added to this model in order to test the hypothesis that dance pattern significantly relates to marital satisfaction. The final model included variables on perceived role support received (PRSR) and provided (PRSP) for dance and leisure, leisure satisfaction, bedtime habits, and participation patterns. Demographics and leisure family conflict were dropped from the model because of high  $p$  values as described above. After completing the ANCOVA, the next step was to compute beta weights for the



variables in the final ANCOVA model (see above). This allowed researchers to examine which variables most influenced the variance in the model.

### Two-Sample T-Test

A separate two-sample t-test was conducted for self-selected serious and non-serious dancers with five different questions. Those questions included percentage of free time spent dancing, frequency of dancing, frequency of travel to dance events, percentage of social circle who also dance, and ranking of dance in their top five activities. This test allowed us to compare participation habits among participants and better describe differences between serious and non-serious dancers.

## Results

### Other Questions

When asked what effect they feel dance has had on their relationship, respondents indicated a mean score of 4.5906 (Std. Dev. =1.2173) on a scale of 1-6 which is between “we don’t talk positively or negatively” and “we often talk positively about dance”. When asked how dance has affected their relationship, respondents indicated a mean score of 4.4030 (Std. Dev. =2.2712) on a scale of 1-6, which is between slightly positively and positively (see Table 7). When asked if other variables were issues in the relationship because of dance, only two variables had a higher percentage of ‘yes’ respondents than ‘no’ (see Table 8): Criticism or critique from the spouse about dancing (yes=29.13%, no=12.60%) and Difference in dancing skill level (yes=32.28%, no=14.17%). The other questions had a majority of respondents indicate they did not believe these variables caused issues in the relationship; Childcare (yes=7.87%, no =91.34%), discomfort with other partners (yes=23.62%, no=76.38%), spouse neglects you or

responsibilities to dance more (yes=13.39%, no=85.83%), and division of labor (yes=3.94%, no=95.28%).

### Marital Satisfaction

Within the final ANCOVA model predicting marital satisfaction, significant paths were found for Perceived Role Support Received for dance [ $F(1,20)= 11.52, p=.0029$ ], bedtime habits [ $F(1,20)=5.66, p=.0029$ ], and participation patterns [ $F(1,20)= 10.01, p=.0024$ ], indicating that each of these variables significantly relates to marital satisfaction scores. Couples where both were dancers had a mean RDAS score of 51.3440 (std. error=.5753), while couples where only one partner danced had a mean RDAS score of 43.8239. With the RDAS cutoff between distressed and non-distressed, couples in this sample who both participate in dance, on average, scored as non-distressed, while couples where only one spouse dances scored as distressed. A t-test confirmed statistical difference between these two groups [ $T(1, 66) = -3.16, p = .0024$ ].

After completing the ANCOVA we calculated beta weights for the variables in the final ANCOVA model (Perceived Role Support variables, leisure satisfaction, bedtime habits, and participation patterns). This analysis found that dance related variables accounted for 68% of the variance in marital satisfaction ( $R^2 = .684$ ). Higher levels of marital satisfaction were associated with participating together ( $b=7.4274, t=3.15, \beta = .2125, p=.0023$ ), perceived role support received for dance ( $b=4.0675, t=.362, \beta = .4925, p=.0005$ ), and retiring to bed at the same time ( $b=1.1491, t=2.37, \beta = .1548, p=.0199$ ) (see Table 3).

### Serious Leisure

Five questions were asked about serious leisure and level of participation in dance. Using a self-report regarding dancers' level of seriousness, a two-sample t-test was conducted with the other five questions to describe more accurately what being a serious dancer means and possibly

to aid future research in serious leisure. Each of the five variables returned significant results ( $p < .05$ ). The first question asked how often they dance, from 'never' to 'every day' [ $F(1, 125) = 152.52, p < .001, r^2 = .549$ ]. The mean for serious dancers was 6.164 (about 2-3 times a week) and for non-serious dancers it was 3.217 (about once a month). The next question was about frequency of travel to dance events, from 'never' to 'every week' [ $F(1, 124) = 74.98, p < .001, r^2 = .377$ ]. The mean for serious dancers was 4.403 (about a few times a year) and for non-serious dancers it was 2.271 (about once every few years). The third question asked the percentage of their free time that was spent dancing [ $F(1, 117) = 92.42, p < .001, r^2 = .441$ ]. The mean for serious dancers was 39.701% and for non-serious dancers it was 12.077%. The fourth question asked where dance ranked in their top five leisure activities [ $F(1, 122) = 13.48, p < .001, r^2 = .099$ ]. Serious dancers tended to have dance about third and non-serious dancers had dance about fourth in their rankings. The final question asked the percentage of their social circle who were also dancers [ $F(1, 115) = 20.83, p < .001, r^2 = .153$ ]. Serious dancers had a mean of 55.258% of their social circle who were also dancers while non-serious dancers had a mean of 30.373% (see Tables 5-6).

### Discussion

With the rising popularity of ballroom and other forms of partner dancing (Bauknecht, 2009; Miller, 2011), research looking at the relationship between types of participation and marital satisfaction is timely and useful. This section will discuss results from the primary variables of interest: participation patterns, perceived role support, leisure satisfaction, and leisure-family conflict. Discussion on serious leisure participants, such as dancers, and bedtime habits will also be provided as it relates to previous research.

This study identified three variables which significantly related to marital satisfaction: participation patterns, Perceived Role Support Received, and bedtime habits. While research has been conducted on participation patterns and marital satisfaction since the '70s (Orthner, 1975), more recent research includes other moderating factors such as role support, leisure satisfaction, and leisure-family conflict (Ahlstrom et al., 2012; Baldwin et al., 1999; Hultsman, 2012). The current study supported early research that participation patterns relates to marital satisfaction and incorporated three other moderating factors, all producing a significant effect on marital satisfaction variance. While Goff et al. (1997) suggested incorporating measures on both perceived role support received and provided, our results supported other research suggesting that it is the amount of role support individuals feel they receive from their partner that relates to marital satisfaction (Baldwin et al., 1999; Brunstein et al., 1996; Vinokur et al., 1987). Only one other study (Ahlstrom et al., 2012) related bedtime habits to marital satisfaction. The relationship of each of these variables to marital satisfaction will be discussed further.

#### Participation Patterns

Early research on marital and leisure satisfaction (Orthner, 1975) suggested that participation patterns (joint, parallel, and individual) relate to marital and leisure satisfaction. Results supported the hypothesis that participation patterns significantly relate to marital satisfaction scores. Even more interesting, the averages for joint and individual participation patterns fell on opposite sides of the non-distressed versus distressed cut-off score for the RDAS. This suggests, for this sample at least, that participation in a serious leisure activity, like partner dancing, without a spouse is associated with marital distress; while participating with a spouse can help reduce or avoid that stress. For this sample, where 75% of respondents indicated that both they and their spouse dance at least a little, respondents' averages indicated dance has had

between a neutral and a positive effect on their relationship. This confirms not only Orthner's line of research, but is consistent with Ahlstrom et al.'s (2012) study on video gaming couples where they found positive effects for gaming together. Baldwin et al. (1999) found the same thing for runners, though they found the effect moderated by perceived role support received. Hultsman (2012) believed that couples who participated in dog agility competitions together were able to grow and benefit from their joint participation.

The results of this study support previous research suggesting that couples who participate in leisure activities together generally have higher marital satisfaction. Not only that, but, at least for this population, participating apart is associated with marital distress. This also supports Crawford et al.'s (2002) research finding that husbands and wives who participated in leisure activities that only one enjoys was associated with lower levels of marital satisfaction. The results of this study support the commonly held idea that finding someone with similar leisure interests could potentially lead to less conflict and higher marital satisfaction in the future, but adds an additional insight, which is particularly important for individuals involved in serious leisure pursuits. For already existing couples, the following sections discuss other relationships with marital satisfaction, even for couples with only one dancer.

#### Serious Leisure

Stebbins' (1982; 2001a; 2001b; 1992) line of research describes the concept of serious leisure and its participants, as well as potential costs and benefits of participation. But no one has yet defined what it means to an individual to be a serious leisure participant. This study began the process by asking dancers to self-report whether they are serious or not and to respond to five other questions about levels of participation (see Tables 5 and 6). These questions can provide a quick insight into what individuals mean when they self-select as serious participants

and describe how serious they are based on participation habits. For these participants, self-selected serious participants on average danced two to three times a week, traveled at least a few times a year, spent nearly 40 percent of their free time dancing, and over 50% of their social circle were also dancers. These details paint a vivid image regarding the level of investment serious dancers give to their sport.

**Role Support.** Role support appears to be a critical factor for serious leisure participants as it has been repeatedly associated with marital satisfaction (Baldwin et al., 1999; Brunstein et al., 1996; Goff et al., 1997). Supporting your spouse's personal, couple, and family goals has shown to have an important relationship with marital satisfaction. The current findings suggest that it is support felt for a specific leisure activity (in this case, dance) that is related to marital satisfaction, not support felt for general leisure activities or levels of support a individual feels they are giving their spouse.

Baldwin et. al (1999) connected the concept of role support to role identity theory. This theory proposed that perceived role support helped confirm one facet of an individual's identity, in this case their serious leisure identity. They proposed that this identity support is what positively relates to marital satisfaction. General leisure likely does not provide as salient an identity as a specific serious leisure activity, which could explain why neither role support received nor provided for general leisure was significant.

This study suggests that perceptions of support from an individual's spouse for serious leisure relates to marital satisfaction, and previous research suggests this benefit comes from supporting the identity associated with serious leisure participation. This provides another suggestion to couples at least to help the participating spouse's perception of marital satisfaction. Providing identity and serious leisure support could include complimenting a spouse's dancing,

attending dance events, listening and trying to help solve dance-related problems, and generally supporting the spouse's participation.

**Leisure-Family Conflict.** Research suggests that a potential outcome of serious leisure pursuits is experiencing leisure-family conflict (Crawford et al., 2004; Goff et al., 1997; Goodsell & Harris, 2011; Orthner & Mancini, 1990; Such, 2006). While most of the previous research focused on qualitative reports of conflict, Goff et al. (1997) modified a work-family conflict measurement for leisure-family conflict. In the current study, the dance leisure-family conflict measurement was not included in the final model. The limited scope of the measurement (four 'yes' or 'no' questions) may have impacted the significance of the concept. Based on Goff et al., two scoring options were created; leisure-family conflict was present if any of the four questions were marked true, or a sum of the number of times true was marked on the four questions (0-4). Neither version of the scored measure was significantly associated with marital satisfaction. Goff et al. (1997) also suggested that leisure-family conflict could be reduced by support for the leisure activity. In this sample, the average role support received for dance was 3.98 out of a possible 5. A majority of respondents also indicated that childcare, discomfort with other partners, a spouse's neglecting duties to dance, and division of labor were not negatively affecting their relationship (see Table 8). The high levels of support in this sample appear to have reduced the amount of leisure-family conflict felt by participants. Previous research and this study suggest the need for a measurement developed specifically to assess leisure-family conflict in order to better examine the relationship between leisure-family conflict and marital satisfaction.

### Leisure Satisfaction

Another potentially influential factor for marital satisfaction is couple leisure satisfaction. Studies suggest it is not the amount of time spent together as a couple, but the satisfaction, that relates to marital satisfaction which, in turn, relates to the quality of time spent together (Ahlstrom et al., 2012; Johnson et al., 2006; Ricard et al., 2012). In this study, while leisure satisfaction was an important concept in the overall picture of what influences marital satisfaction variance, it alone did not significantly relate to marital satisfaction. It is possible that the limited number of questions regarding leisure satisfaction resulted in an inaccurate measure of the concept or that dancers may differ from other leisure activity populations. Both Johnson et al. (2012) and Ricard et al. (2012) found effects only for overall satisfaction with leisure time, while this study included overall leisure satisfaction as well as satisfaction with the individual and their spouse's dance participation. It is possible that including the satisfaction of a particular activity, like dance, minimized the relationship of general leisure satisfaction with marital satisfaction. It is also possible for serious leisure participants that they may have few other leisure activities, or that their other leisure activities are not as relevant to their identities, and therefore measuring satisfaction for general leisure is inconsequential. This study raises more questions on the nature of the relationship between leisure satisfaction and marital satisfaction, particularly in light of serious leisure participation. Because other variables were included that had not been included in previous research, it is possible that, when controlling for those other variables, leisure satisfaction is not important.

### Bedtime Habits

One of Ahlstrom's (2012) significant findings was the importance of gaming couples retiring to bed at the same time. This study supports that finding as well. For both dancers and



gamers it seems that retiring to bed at the same time as your spouse is an important component of marital satisfaction. Ahlstrom (2012, p. 5-6) cites professional counselor Doherty's recommendation that couples retire to bed at the same time to facilitate opportunities for connection and time together. Retiring to bed at the same time has been found to be important in two different studies with serious leisure participants in very different activities. This suggests that a simple way for serious leisure participants to reduce negative effects of serious leisure is to retire to bed at the same time. Since serious leisure pursuits require large time and energy commitments, if only one spouse participates, they must by definition be away from their spouse for large periods of time. Retiring to bed together creates a daily ritual of connection, both physically and emotionally.

#### Limitations and Future Recommendations

This study had various limitations which are described here. This study did not use a random sample and individuals self-selected to participate in the study. Therefore, the results of this study cannot be generalized to other populations. The researchers could not control for participants who may have misrepresented their spouse and answered on their behalf. At the beginning of the questionnaire, participants were asked not to discuss their individual responses with their spouse prior to the submission of the survey. As the respondents completed the questionnaire without the researchers present, the researchers recognize there is a possible limitation of sharing responses. It should also be noted that couples who would be on the extreme low end of marital satisfaction may not be represented due to being in a dysfunctional or uncooperative relationship. A final limitation was the difficulty of achieving a large enough sample. Data collection was extended twice and still, out of 127 individual responses, only 34 couples provided information to link their responses. To compensate, the analysis was

conducted on individual responses, blocking for couple dependence, but the total sample size of 127 individual responses was still less than desired.

Various recommendations for future research also exist. First, social media postings and advertisements online seemed to be the most effective ways of acquiring respondents. Utilizing these over direct contact or fliers would be more cost- and time-efficient. Reducing the size of the questionnaire so it will take less time to complete may also result in more complete responses; many individuals stopped completing the questionnaire partway through. Limiting questions to the main variables and reducing the Perceived Role Support section only to PRSR for the leisure activity could reduce the number of questions and the time to take the questionnaire.

We also recommend developing a scale dedicated to measuring leisure-family conflict. While research suggests that leisure-family conflict may be related to marital satisfaction (Goff et al., 1997; Grote & Clark, 2001; Johnson & Greenberg, 2013; Koren, 1980), a reliable leisure-family conflict scale has not been developed. A work-family conflict scale modified by Goff et al. (1997) was used in this study. The simple questions asked in this study may not have accurately assessed the concept of leisure-family conflict, which could explain the lack of significance for this variable. We suggest developing a scale that is originally meant to measure leisure-family conflict to address the concept more accurately.

Both this study and Ahlstrom et al.'s (2012) suggest that retiring to bed at the same time is beneficial for couples. Future research comparing couples who participate in a variety of activities and their bedtime habits could further illuminate participation patterns on their relationship to marital satisfaction. Because bedtime habits are a simple, practical action to change, more knowledge on the effects of retiring to bed at the same time could benefit

practitioners in their efforts to assist couples in better connecting with each other, especially those actively engaged in serious leisure pursuits.

### Conclusion

Research on marital and leisure satisfaction suggested that participation patterns (joint, parallel, and individual) are related to marital and leisure satisfaction (Ahlstrom et al., 2012; Baldwin et al., 1999; Hultsman, 2012; Orthner, 1975). This held true in three different serious leisure activities: video gaming, running, and dog agility competition. The purpose of this study was to compare marital satisfaction among serious leisure participants in partner dancing and their spouses based on their participation patterns in dance (both dancers or only one dancer), with covariates of spousal support, satisfaction with leisure, and leisure-family conflict. This study not only found a significant relationship for marital satisfaction for dancers, but the averages for joint and individual participation patterns fell on either side of the non-distressed versus distressed cut-off score for the RDAS, suggesting that participation in a serious leisure activity, like partner dancing, without an individual's spouse is associated with marital distress, and participating with their spouse can help reduce or avoid that stress.

Role support has also been linked to marital satisfaction (Baldwin et al., 1999; Brunstein et al., 1996; Goff et al., 1997). Baldwin et. al (1999) tied role support in with the role identity theory. This theory proposed that role support perceived helped support one facet of an individual's identity, in this case their serious leisure identity. They proposed that this identity support is what positively relates to marital satisfaction. The current study also suggests that it is support felt for a specific leisure activity (in this case, dance) that is related to marital satisfaction, but not support felt for general leisure activities or levels of support an individual feels they are giving their spouse.

Ahlstrom (2012) found that gaming couples who retired to bed at the same time had higher marital satisfaction. This study supports that finding as well. For both dancers and gamers, it seems that retiring to bed at the same time as one's spouse is related to higher marital satisfaction.

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## Appendix A: Tables

Table 1  
*Summary of Initial Mixed-Model ANCOVA*

Variable	<i>df</i>	<i>df</i>	<i>F</i>	<i>p</i>
PRSR Dance	1	6	4.14	.0882
PRSP Dance	6	6	0.73	.4254
PRSR Leisure	1	6	1.98	.2090
PRSP Leisure	1	6	1.63	.2489
Leisure-Family Conflict	1	6	0.22	.6578
Age	1	6	0.06	.8077
Gender	1	6	.34	.5816
Education Level	6	6	.70	.6591
Employment Status	6	6	.39	.8612
Serious Leisure Status	1	6	.07	.8022
Leisure Satisfaction	1	6	.08	.7827
Bedtime Habits	1	6	2.21	.1877
Participation Patterns	1	6	2.93	.1377

Table 2  
*Summary of Final Mixed-Model ANCOVA*

Variable	<i>df</i>	<i>df</i>	<i>F</i>	<i>P</i>
PRSR Dance	1	20	11.52	.0029*
PRSP Dance	1	20	2.58	.1237
PRSR Leisure	1	20	2.37	.1393
PRSP Leisure	1	20	4.09	.0567
Leisure Satisfaction	1	20	1.03	.3223
Bedtime Habits	1	20	5.66	.0274*
Participation Patterns	1	20	10.01	.0024*

\*  $p < .05$

Table 3  
*Variables Predicting Marital Satisfaction*

Variable	<i>b</i>	<i>SE b</i>	$\beta$	<i>t</i>	<i>p</i>
Intercept	22.1382	3.3840	0	6.54	<.0001
PRSR Dance	4.0675	1.1232	.4925	3.62	.0005
PRSP Dance	-2.1393	1.1966	-.2112	-1.79	.0773
PRSR Leisure	1.1211	.9774	.1248	1.15	.2545
PRSP Leisure	2.2583	1.1284	.2433	2.29	.0245
Leisure Satisfaction	.2759	.2378	.0985	1.16	.2491
Bedtime Habits	1.1491	.4845	.1548	2.37	.0199
Participation Patterns (alone)	-7.4274	2.3589	-.2125	-3.15	.0023
Participation Patterns (together)	7.4274	2.3589	.2125	3.15	.0023

\* Model:  $R^2 = .684$ ,  $adjR^2 = .658$ ,  $n = 94$

Table 4  
*Reliability Information for Measures*

Variable	Alpha	Std. Dev	Mean	Scale	<i>df</i>	<i>df</i>	<i>F</i>	<i>p</i>
Leisure-Family Conflict**	.5902	1.8017	1.6929	0-4	1	13	.05	.8194
PRSP Dance	.9330	.9493	3.9815	5-25	1	20	2.58	.1237
PRSR Dance	.9623	1.2115	3.8352	7-35	1	20	11.52	.0029*
PRSP Leisure	.9448	.8912	3.7848	5-25	1	20	4.09	.0567
PRSR Leisure	.9640	1.0425	3.6745	7-35	1	20	2.37	.1393
Leisure Satisfaction	.8889	3.2804	11.0315	0-15	1	20	1.03	.3223
RDAS	.9073	9.8659	49.2598	0-70	-	-	-	-

\*  $p < .05$

\*\*The reported statistics are from when this variable was dropped from the model.

Table 5  
*Summary of Serious Leisure Two Sample T-Test*

Variable	df	df	Sum of Squares	F	p	r <sup>2</sup>	Mean	Scale
Frequency of Dance	1	125	275.0006	152.52	<.0001*	.5496	4.7717	1-7
Frequency of Events	1	124	142.5757	74.98	<.0001*	.3768	3.4048	1-7
Percent of Free Time	1	117	22342.0089	92.42	<.0001*	.4413	27.6303	0-100
Top Five Activities Rank	1	122	37.8737	13.48	.004*	.0995	3.5484	1-5
Social Circle	1	115	17815.7649	20.83	<.0001*	.1535	44.4103	0-100

\*  $p < .05$

Table 6  
*Difference Between Serious and Non-Serious Dancers*

Variable	Serious Mean	Non Serious Mean
Frequency of Dance	6.1641	3.2167
Frequency of Events	4.4030	2.2712
Percent of Free Time	39.7015	12.0769
Top Five Activities Rank	3.0303	4.1379
Social Circle	55.2576	30.3725

Table 7  
*Question: How has dance affected your relationship?*

Variable	Mean	Std. Dev	Scale
How often do you quarrel about dance?	4.5906	1.2173	1 (always quarrel)-6 (never quarrel)
How do you feel dancing has affected your relationship?	4.4030	2.2712	1 (very negative)-6 (very positive)

Table 8  
*Other Questions: Have the following variables been an issue because of dance?*

Variable	Yes Percent	No percent	N/A or no answer
Childcare	7.87	91.34	.79
Discomfort with other partners	23.62	76.38	0
Criticism or critique from spouse	29.13	12.60	58.27
Difference in skill level	32.28	14.17	53.55
Spouse neglects you/chores to dance more	13.39	85.83	.78
Division of Labor	3.94	95.28	.78

## Appendix B: Proposal

## Chapter 1: Introduction

Ballroom and other forms of partner dancing have recently been enjoying a resurgence in popularity (Bauknecht, 2009). It is likely due to popular movies and television shows like *Dancing with the Stars*, *Take the Lead*, *So You Think You Can Dance*, and the documentary *Mad Hot Ballroom*. Even with this popularity, little research exists in recreation journals on why people choose this form of leisure and how it affects them (Brown, 2007; Brown, McGuire, & Voelkl, 2008; Chu & Wang, 2012; Penny, 1999; Ricard, Beaudry and Pelletier, 2012). Brown (2007) and Brown et al. (2008), however, linked one form of partner dancing to the concept of serious leisure.

There are many forms of partner dancing. Mastering just one of these forms takes years of lessons and practice. In that quest for mastery, partner dancing can become a form of serious leisure, taking up large amounts of time and money. Stebbins (1992) defined serious leisure as “the systematic pursuit of an amateur, hobbyist, or volunteer activity that is sufficiently substantial and interesting for a participant to find a career there in the acquisition and expression of its special skills and knowledge” (Stebbins, 1992, p. 3). For competitive dancers it is almost an unspoken requirement to become serious, but there is potential for all forms of dancing to lead to serious leisure participation.

Partner dancing, unlike many other forms of serious leisure, is a couple’s activity. It requires two people (generally a man and a woman) to be in close contact with each other, often moving as one unit. When serious dancers are involved in romantic relationships, both the time and energy spent dancing, as well as the emotional investment, could cause conflict in the relationship, or could be the source of unlimited joy.

There has been some research linking serious leisure to marital satisfaction (Baldwin, Ellis & Baldwin, 1999), suggesting support from the non-participating spouse may mitigate negative effects of serious leisure participation. Ahlstrom, Lundberg, Zabriskie, Eggett, and Lindsay (2012) also suggest satisfaction with leisure time may affect marital satisfaction. Findings from Goodsell and Harris (2011) and Ahlstrom et al. (2012) both suggest joint participation may be an even better indicator of relationship satisfaction among serious leisure participants. For Goodsell and Harris (2011), this finding came from a qualitative description of couples with at least one marathon runner. They found that many of the problems described by couples with only one participant were not exhibited by couples with both spouses participating. Goodsell and Harris (2011) specifically suggest using a different leisure activity [rather than marathon running] as a context to examine marital relationships and serious leisure participation. Partner dancing is another leisure activity capable of helping researchers to understand how serious leisure and marital satisfaction interact.

While these and other studies have examined the relationship between couple leisure and marital satisfaction, little has been done to investigate the role of leisure involvement among couples and its relationship to marital and family conflict. Leisure-family conflict is a term used to describe instances where leisure causes conflict and distress in family or marital relationships (Freysinger, 1995; Grote & Clark, 2001; Koren, 1980; Koerner & Jacobsen, 1994). Serious leisure participation appears to be an appropriate starting place for an investigation of this type, due to the high levels of time and resource commitment, potentially leading to conflict in the marital and family relationships. In fact, a leisure-family conflict is mentioned as one potential negative outcome of serious leisure in several studies (Goff, Fick, & Oppliger, 1997; Goodsell & Harris, 2011; Orthner & Mancini, 1990).

### Statement of the Problem

This study will investigate the difference between participation pattern groups (joint, parallel, and individual) in serious leisure, specifically partner dancing, on their marital satisfaction scores, with the covariates of spousal support, satisfaction with leisure, and leisure-family conflict. Using a mixed models ANCOVA analysis we will be able to compare differences in marital satisfaction scores among three different participation groups of serious dancers: joint participation together, parallel participation, and individual participation of only one member of the couple.

### Purpose of the Study

The purpose of this study is to compare marital satisfaction among serious leisure participants in partner dancing and their spouses based on three different participation patterns, with covariates of spousal support, satisfaction with leisure, and leisure-family conflict. By comparing the levels of marital satisfaction among couples with differing participation patterns (joint, parallel, and individual), the influence different participation patterns have on couples' levels of marital satisfaction can be examined. This will allow researchers to examine how joint participation could limit the leisure-family conflict inherent in serious leisure participation by increasing marital satisfaction (Goff et al., 1997). This study is a logical next step in serious leisure research as it uses a new leisure activity as the medium, and it includes the concept of joint participation.

### Justification of the Study

This study will look at serious leisure participants and their marital satisfaction, specifically among partner dancers. One of the problems associated with serious leisure is the potential for a leisure-family conflict (Goff et al., 1997). As individuals involved in serious

leisure must, by definition (Stebbins, 1992), spend large amounts of their non-work time on their desired activity, time available for their families is limited. Without techniques to make the most of time available, and limit the leisure-family conflict, the family dynamic could suffer. Waite and Gallagher (2002) found “Marriage is not merely a private relation; it is a public good. As marriage weakens, the costs are borne not only by individual children and families but by all of us” (p.186). Thus, research on what increases marital satisfaction among serious leisure also provides a potential societal benefit.

Current research (Ahlstrom et al., 2012; Baldwin et al., 1999; Goodsell & Harris, 2011) suggests joint participation could positively impact marital satisfaction, but there is no research directly relating joint participation in serious leisure to relationship satisfaction. Understanding what can moderate negative outcomes of serious leisure could allow serious leisure participants to improve relationships and limit negative experiences, while continuing to pursue their passionate leisure interests. This gap in research, as well as a suggestion from a previous study (Goodsell & Harris, 2012) to conduct research in a different leisure context, provides the justification for this study. Examining what can moderate the leisure-family conflict could help individuals continue participating in their passionate leisure pursuits, while minimizing harm to their families and marital relationships.

#### Delimitations

1. This study will be limited to those couples who are still married or living together where at least one member of the couple is a serious dancer. It will not take into account couples who previously fit this definition but have since dissolved their relationship or where the serious dancer has ceased participation

2. Mixed Model ANCOVA will be the statistical procedure to test for difference in marital satisfaction scores among three participation pattern groups with covariates of spousal support, satisfaction with leisure, and leisure-family conflict.
3. This study's population only includes individuals who attended a select group of competitions and workshops, members of select Facebook groups, and previous members of the Brigham Young University Ballroom Dance Company, and their spouses.
  - 3.1. Events: Emerald City Shuffle in Seattle, Washington; BYU Adult Dance Camp in Provo, Utah; BYU Summer DanceSport in Provo, Utah; Bridgetown Swing in Portland, Oregon; and U.S. National Dance Championships in Orlando, Florida.
  - 3.2. Facebook groups: BYU Social Dance Club, Monday Night Swing Dancing, Ballroom Dance at BYU, South Town Swing, BYU Swing Kids, Swing Dance Kalispell, Viscount Dance Studio, Portland DanceSport, Stumptown Dance, SouthTown Swing, Westify, and Ballroom Night at Studio 600.
4. Data will be collected from July 1, 2013 to September 30, 2013.
5. Instruments
  - 5.1. Revised Dyadic Adjustment Scale (Busby, Christensen, Crane, & Larsen, 1995).
  - 5.2. Perceived Role Support Received and Perceived Role Support Provided (Baldwin 1998).
  - 5.3. Marriage Activity Profile (Johnson, Zabriskie, & Hill, 2006).
  - 5.4. Leisure-family conflict (Goff, Fick, & Oppliger, 1997)
6. Variables
  - 6.1. Participation pattern (joint, parallel, individual). Joint participation requires both members of the couple to be serious leisure dancers as well have each other as their dance partner. Parallel participation requires that at least one member of the couple be a



serious leisure dancer. Their spouse may either be a serious dancer and they each have separate dance partners, or their spouse can be a casual participant. Individual participation requires one serious leisure dancer and one non dancer to make up the couple.

6.2. Marital Satisfaction. This concept is measured by the RDAS.

6.3. Perceived Role Support. This concept is measured by the Perceived Role Support Received and Perceived Role Support Provided scales.

6.4. Satisfaction with Leisure. This concept is measured using three questions asking the individual's level of satisfaction with their dance participation or lack of participation, their spouse's participation or lack of participation, and their overall couple leisure involvement.

6.5. Leisure-family Conflict. This concept is measured using the instrument found in Goff et al.'s (1997) study on marathon runners.

#### Limitations

1. This study will not use a random sample. Participants will self-select and choose to participate in the study. Therefore, the results of this study cannot be generalized to other populations.
2. The researchers cannot control for participants who may misrepresent their spouse and answer on their behalf.
3. At the beginning of the questionnaire, participants are asked not to discuss their individual responses with their spouse prior to the submission of the survey by both members of the couple. As the many respondents will complete the questionnaire without the researchers

present, the researchers recognize there is a possible limitation of the influence of sharing responses.

4. Couples who would be on the extreme low end of marital satisfaction may not be represented either because the dissatisfaction caused the serious leisure participant to stop dancing, or because the relationship was so dysfunctional it led to divorce.
5. A potential limitation is that due to the high percentage of members of The Church of Jesus Christ of Latter-day Saints (LDS Church) at many of the events or in many of social media groups, a larger than representative sample of LDS respondents may be acquired during the survey period.

#### Null Hypotheses

H1: There will be no significant statistical correlation between leisure-family conflict scores and marital satisfaction scores ( $\alpha=.05$ ).

H2: There will be no significant statistical correlation between perceived support scores and marital satisfaction scores ( $\alpha=.05$ ).

H3: There will be no significant statistical correlation between satisfaction with leisure scores and marital satisfaction scores ( $\alpha=.05$ ).

H4: Accounting for covariates of spousal support, satisfaction with leisure, and leisure-family conflict, there will be no difference in marital satisfaction scores among the joint, parallel, and individual participation pattern groups ( $\alpha=.05$ ).

#### Definition of Terms

1. Serious Leisure participant: Stebbins (1992) defined serious leisure as “the systematic pursuit of an amateur, hobbyist, or volunteer activity that is sufficiently substantial and interesting for a participant to find a career there in the acquisition and expression of its special skills

and knowledge” (Stebbins, 1992, p. 3). For the purposes of this study, a serious leisure participant will be one who scores high enough on at least four of the six questions on dance participation in the questionnaire. For more information, see the methods section.

2. Casual Leisure participant: Stebbins (2001) defined casual leisure “as immediately, intrinsically rewarding, relatively short-lived pleasurable activity requiring little or no special training to enjoy it. Most people, when they think of leisure, think of the casual variety, calling up such happy visions as conversing with friends, snoozing in the recliner, strolling in the park, and incontestably the most common leisure activity of all, watching television” (p. 53). For this study, casual participants will be those who dance but not at the level to be included as serious participants.
3. Couple/spouse: For the purposes of this study, the researcher will survey both married and cohabiting couples. Thus, marital and relationship terms may be used interchangeably, and the couples may be referred to as spouses whether or not they are legally married.
4. Partner: this term refers only to a dance partnership, which may or may not, depending on the couple, also be a romantic relationship.
5. Marital Satisfaction: “general global evaluation of marriage” (Ward, Lundberg, Zabriskie, & Berrett, 2009). It is a representation of individuals’ feeling of satisfaction with their marital relationship. Scores result from use of the RDAS which, while not originally intended to measure marital satisfaction, has been widely used as such (Ahlstrom, 2012; Baldwin et al, 1999) and was tested and found to be on parity with the Satisfaction With Married Life (SWML), a scale designed to specifically measure marital satisfaction (Ward, et al., 2009).
6. Support from spouse: Goff et al. (1997) defined spousal support as “willingness to listen to problems and discuss difficulties” and “open communication, empathy, and sensitivity to the

other's feelings" (p. 49). Another description is an individual's perception of support from their spouse about their leisure activities. Scores result from use of the Perceived Role Support Received and Provided instruments.

7. Satisfaction with leisure: Johnson, Zabriskie, and Hill (2006) noted that satisfaction or quality of leisure time is a better indicator of marital satisfaction than quantity of leisure time. In this study, this concept is measured by individuals' reported personal satisfaction with their participation or lack of participation in dance, their spouse's participation or lack of participation in dance, and their overall couple leisure involvement.
8. Leisure-family conflict: Goff et al. (1997) used the term leisure-family conflict as a description of the conflicts that arise within the family when an individual devotes large amounts and energy to a leisure pursuit. In this study it will be measured using the scale used in Goff et al.'s (1997) study on marathon runners.
9. Partner dancing: there are many forms of partner dancing, from competitive to performance to social dancing. Each of these types can be done in many dance genres, including Ballroom (Standard and Latin categories), Latin (Salsa, Bachata, Merengue, etc.), Club (Night Club Two-Step, Hustle, etc.), Swing (West Coast, Lindy, Balboa, Shag, Charleston, etc.), and many others.
  - 9.1. Competition Dancing: formal competition with strict rules regarding content, costuming, and partners, and a formalized judging system. This generally requires membership in one of the many dance organizations.
  - 9.2. Performance Dancing: these are set rehearsed routines intended to be performed in front of an audience. This can be done as a partnership or can involve many dance partners coming together to form a team or group.

9.3. Social Dancing: dancing done in a more casual setting, often at bars, clubs, or other events. Partnerships often only last for a single song, but couples may choose to remain partners for the entire evening or restrict dancing with others to occasional songs.

10. Couple's Leisure Patterns applied to serious partner dancing (Orthner, 1975)

10.1. Individual: only one spouse participates in partner dancing.

10.2. Parallel: both spouses participate, but with other partners and/or at differing levels.

10.3. Joint: both spouses participate in partner dancing together.

## Chapter 2: Literature Review

The purpose of this study is to compare marital satisfaction among serious leisure participants in partner dancing and their spouses based on three different participation patterns, with covariates of spousal support, satisfaction with leisure, and leisure-family conflict. By comparing the levels of marital satisfaction among couples with differing participation patterns (joint, parallel, and individual), the influence different participation patterns have on couple's levels of marital satisfaction can be examined. This will allow researchers to examine how joint participation could limit the leisure-family conflict inherent in serious leisure participation by increasing marital satisfaction (Goff et al., 1997). This study is a logical next step in serious leisure research as it uses a new leisure activity as the medium, and it includes the concept of joint participation.

To better understand the variables being studied, the following sections will describe the current research on partner dancing, marital and leisure satisfaction, and serious leisure. Research on partner dancing will describe reasons for participation as well as who participates. The section on marital and leisure satisfaction will include subheadings of perceived support and satisfaction with leisure time. The serious leisure section will also include a subheading on the research that has begun linking serious leisure and marital satisfaction.

### Partner Dancing

In his *USA Today* article, Strauss (2005) stated ballroom dance is at its most popular since the 1940s. He quoted Brian McDonald, the president of the National Dance Council of America as saying, "Professional competitions have surged from about 25 a year to more than 90, some with up to 13,000 entries" (Strauss, 2005, para. 3). He also reported Arthur Murray studios had been enjoying a 20% increase in business. A more recent statistic can be found in

Miller's *Saturday Evening Post* (2011) article, which stated, "The nonprofit USA Dance, Inc., reports a 35 percent spike in the number of people taking lessons and attending ballroom events over the past 10 years" (para. #1). These statistics show a rise in popularity for partner dancing and, as more people are choosing ballroom dance as a leisure activity, the opportunity arises for researchers to learn more about why they are choosing it and the effects it has on participants.

**Reasons for Participation.** Penny (1999) found some of the reasons people began ballroom lessons were friends and family dancing, seeing inspiring performances or competitions, and social desires to meet new people. In another study, Chu and Wang (2012) used the Sport Commitment Model (SCM) to measure the desire of college DanceSport competitors in Taiwan to continue participation in competitive ballroom dancing. Using this Model, there are six influences on desired participation: (a) enjoyment, (b) involvement alternatives, (c) personal investment, (d) social constraints, (e) social support, and (f) satisfaction. Their findings suggested "that social constraints are not a factor hindering dance sport participation" (Chu & Wang, 2012, p. 759). Level of participation was determined by social support, overall commitment, and enjoyment (Chu and Wang, 2012). In both of these studies, relationships were a reoccurring factor for why individuals choose ballroom dance as their leisure of choice.

**Who Dances?** Penny (1999) looked at competition dancers across the United Kingdom. While the social class distribution was weighted towards the middle class, all social classes were represented among competition dancers. The skew towards middle class participation could be based on the monetary and time costs as "dancers devote an average of eight and a half hours per week to practice, spend a weekly average of £56, and travel substantial distances for dance purposes" (Penny, 1999, p. 58). People of every age group were also represented, from young

children to seniors, because “in contrast to theatricalised art forms such as ballet, ballroom dancers can use their skills actively through each phase of their lives” (Penny, 1999 p. 62).

The National Dance Council of America (NDCA) has age categories spanning from the Pre-teen I category for those age nine years old and below to the Senior III category for those age 55 years old and above. As illustrated by the wide span of ages represented in ballroom dancing, this activity is one that can last a lifetime. “Whilst a minority of people may discontinue after a short period, the trend is for participants, once having entered the realms of competition dancing, to become immersed in the activity for large sections of their lives” (Penny, 1999, p. 58). These articles describe competitive dancers as committed individuals who invest time, money, and energy into improving their specific skills, gaining knowledge, and expressing their individual talents (Chu & Wang, 2012; Penny, 1999). Those descriptions also fit neatly within the serious leisure category.

#### Marital and Leisure Satisfaction

One of the early studies linking marital satisfaction and leisure satisfaction was Orthner’s (1975) examination of time spent in individual (alone), parallel (in the same room), and joint (actual interaction) activities among married couples. One of the more significant findings was “more than physical proximity is required to bring about a satisfactory relationship” (Orthner, 1975, p. 99). He suggested joint activities would have a stronger positive influence than parallel activities, because they would facilitate communication (Orthner, 1975). Ballroom dance could be considered a joint activity for a couple if they are also dance partners. Holman and Jacquart (1988) supported the view that communication was an important part of leisure correlated with marital satisfaction. Smith, Snyder, Trull, and Monsma (1998) looked at leisure activity patterns, satisfaction with couple time, and marital accord. They found “the strongest association occurs



between the absence of leisure interaction with the spouse alone and dissatisfaction with time together” (Smith et al., 1998, p. 7), showing the importance of at least some time alone as a couple.

Perceived support. The next important factor linking leisure and relationship satisfaction is perceived support. Brunstein, Danglemayr, & Schultheiss (1996) examined social support and marital satisfaction. They found “estimations of how much support they received from partners for goals within and outside their relationships predicted individual differences in both enactment of personal goals and relationship mood” and “differences in receiving and giving goal support within marriage accounted for concurrent differences in the marital satisfaction of spouses” (Brunstein et al., p. 1006). This shows the importance of support for the spouse’s individual goals is an important factor in marital satisfaction. Goff, et al. (1997) looked at the relationship between serious leisure runners and their perceptions of a conflict between leisure and family roles. They found “the relationship between runner’s commitment and leisure-family conflict was moderated by spouse’s level of support” (Goff et al., 1997, p. 47). For partner dancers this may suggest that if only one member of the couple is a serious dancer, the leisure-family conflict inherent in serious leisure could be moderated if the dancing person feels supported by the non-dancer. However, they did not collect responses on the non-participating spouse’s feelings. There is no data to suggest the supportive spouse also feels those moderating effects.

Satisfaction with leisure time. Johnson et al. (2006) answered many of the lingering questions from previous research by reporting it is satisfaction with leisure and not the amount of couple leisure involvement that is directly related to marital satisfaction. They argued “with couple leisure satisfaction being the most significant contributor to the explanation of marital

satisfaction, it can be presumed that couples can work to find the proper amount of leisure involvement for their particular relationship” (Johnson et al., 2006, p. 85). This suggests a possibility for couples where only one partner dances to still be satisfied with their relationship even if they have less time together, as long as that time spent together is of sufficient quality.

Ricard et al. (2012) measured motivation and perceptions of dyadic adjustment (or relationship satisfaction) among individual dancers who were in a romantic relationship with their partners. They found couples’ function (or their personal interpretation of marital satisfaction) played a role in joint leisure functioning and satisfaction and joint leisure satisfaction can influence overall relationship quality. In other words, how individuals feel about their relationship influences how they feel about their couple leisure time. The reverse is also true: how individuals feel about their couple leisure time influences how they feel about the relationship. Couples who exhibited positive feelings in one of these areas tended to exhibit positive feelings in the others. Some limitations of the study included the use of untested measures and receiving data from only one member of the couple. This leaves room to use tested measures of relationship and leisure satisfaction on both members of the couple to examine the nature of the relationship based on both individual’s perspectives.

Ahlstrom et al. (2012) looked at couples where one or both spouses played online video games. Their findings suggested couples experienced lower marital satisfaction scores when only one spouse played the video games. When both spouses were satisfied with their participation, however, they experienced higher levels of marital satisfaction. This suggests satisfaction with joint participation in leisure activities is a better indicator of marital satisfaction than only joint participation or perceived support.

### Serious Leisure

Stebbins (1982) proposed serious leisure is done in part in the pursuit of individuals to “express their abilities, fulfill their potential, and identify themselves as unique human beings” (Stebbins, 1982, p. 251). Serious leisure has many positive and negative effects. Stebbins (2001) described some of the benefits of serious leisure as “fulfilling one’s human potential, expressing one’s skills and knowledge, having cherished experiences, and developing a valued identity” as well as “regenerate its participants for meeting obligations they face in the immediate future” and many social benefits (p. 54). In their study on serious leisure and flow’s contribution to subjective well-being, Heo, Lee, McCormick, and Pedersen (2010) found subjective well-being “is an important consequence of serious leisure in everyday life” (p. 207).

Research (Goff et al., 1997; Goodsell & Harris, 2011) has also shown a negative side to serious leisure, specifically a leisure-family conflict. The term evolved from applying the concept of work-family conflict into the leisure realm (Goff et al. 1997). Orthner and Mancini (1990) have also implied serious commitment to individual leisure pursuits could result in a leisure-family conflict. Other leisure research has examined the possibilities of leisure-family conflict as well. Such (2006) looked at fatherhood in dual-income families and found “behaviours and orientations towards leisure within the couple unit are a source of conflict” (p. 196). Specifically, one woman in the study found her husband’s regular leisure pursuits to be selfish and her perceptions of selfishness led to conflict in the relationship. Crawford, Houts, Huston, and George (2002) found husbands’ participation in activities that only they liked resulted in both them and their wives being more unhappy. Since participation in serious leisure requires a significant commitment, the potential for a conflict between leisure and family is strong and, if it is present, can cause psychological harm.

Conflict and distress. One potential outcome of conflict in relationships is distress. Most research does not directly measure the conflict in a relationship, but instead measures potential outcomes of the conflict, like distress (Freysinger, 1995; Grote & Clark, 2001; Koren, 1980; Koerner & Jacobsen, 1994). Koren (1980) stated “couples' conflict behaviors are related to their marital distress” (p. 460). Koerner and Jacobsen (1994) found similar connections between conflict and distress when they stated “distress results from couples' aversive and ineffectual response to conflict” (p. 208). In a time series study, Grote and Clark (2001) found conflict at time one led to increased level of distress in subsequent times. Goff et al. (1997) modified a work-family conflict scale to represent leisure-family conflict in their study involving marathon runners. Their main finding was that “spouses who were least supportive of running perceived the most conflict” (p. 58).

Serious leisure and partner dancing. Brown (2007) used the concept of serious leisure to look at a group of shag (a variant of the swing dance genre) dancers. She found, among dancers, friendship was one of the most important reasons for long-term participation, and participants were able to choose their level of involvement to suit changing life needs. Their population of shag dancers was comprised of both casual and serious leisure participants.

Brown, McGuire, and Voelkl (2008) came back to these dancers and focused on the elderly population of dancers. They reported “shag dancing is a form of serious leisure for older adults and supports the role of serious leisure in successful aging” (Brown et al., 2008, p. 73), which aided in their transitions to older life and retirement. “Serious leisure requires [...] the development of skills and knowledge, the accumulation of experience, and the expending of effort” (Stebbins, 1982, p. 267). These requirements could transfer word-for-word to requirements to be a good partner dancer. Dancers often spend their entire lifetime developing

their skills, gaining more knowledge, accumulating experience and expending effort in their chosen form of leisure.

Serious leisure and marital satisfaction. Two studies have directly related serious leisure to couples' relationship satisfaction. Hultsman (2012) "identified both positive and negative aspects of shared serious leisure, including sacrifices made to pursue the sport, the impact of spousal support and lack of support, and the intense bonding of people and their pets" (p. 232). Specifically in regard to relationships, she found "couple competitors felt that they and their relationship had grown since they could do the sport together" (Hultsman, 2012, p. 249). Baldwin et al. (1999) found "as the runner's perceived role support decreased, marital satisfaction also decreased" and "participation in shared activities, or commitment to the same activities, was not essential to marital satisfaction if the spouses perceived that their partners supported their recreational choices" (p. 117). In both of these studies, perceived support and willingness to see things from the other person's perspective moderated the negative effects of serious leisure

Goodsell and Harris (2011) conducted a qualitative study of 34 marathon runners and 12 non-running spouses. Their main interest was in how participation in marathon running as serious leisure impacted family dynamics. They also found spousal support was an important factor, this time for continued participation in the activity. While relationship satisfaction was not directly measured, they did say "running without the support of one's spouse can be destructive because it violates the assumption inherent in marriage that spouses should attempt to respect each other's desires and sacrifice for each other" (Goodsell & Harris, 2011, p. 94-95). Throughout their interviews, the few occurrences where both spouses were involved in serious leisure participation suggested when the spouse also participated, joint participation seemed to

facilitate individual participation and moderate some of the negative effects of serious leisure. They chose the sport of marathon running for many reasons, including the challenge to coordinating family time, intense time and energy commitments, financial commitments, and travel commitments and the difficulty of participating in-home.

All of these reasons also fit well with partner dancing. It requires months and even years of practice, travel to tournaments and events, is difficult to do in the home, requires large commitments of time, energy and money, and, as such, requires coordination with both the dance partner's and spouse's schedules. Goodsell and Harris' (2011) study is one of the first to consider both members of the couple's views and include some couples where both spouses participated in the same serious leisure activity together.

#### Summary

As ballroom dance and other forms of partner dancing rise in popularity with people of any age and other demographics, it is quickly becoming a form of serious leisure for people. They can keep participating for their whole lifetime. Although serious leisure can have some negative effects on couple's relationship, such as little time left for couple and family leisure time and resentment from the non-participating spouse, Goff et al.'s (1997) research suggests spousal support is a moderating factor. Research on couple's relationship satisfactions (Ahlstrom et al., 2012; Brunstein et al., 1996; Goff et al., 1997; Orthner, 1975; Holman & Jacquart, 1988; Johnson et al., 2006; Ricard et al., 2012; Smith et al., 1998) suggests important factors including satisfaction with time spent together, communication, and perceived support. Current research (Ahlstrom et al., 2012; Baldwin et al., 1999; Goodsell & Harris, 2011) suggests joint participation may also be an important factor, though this is as yet untested.

Although research (Brunstein et al., 1996; Goff et al., 1997; Holman & Jacquart, 1988; Johnson et al., 2006; Orthner, 1975; Smith et al., 1998; and Ward, Barney, Lundberg, & Zabriskie, in press) has examined marital satisfaction and couple leisure, there is room not only for more research on serious leisure's impact on marital satisfaction, but specifically on partner dancers and the couple's nature of the serious leisure activity in relation to couple's marital satisfaction.

Within the serious leisure and marital satisfaction research lines, spousal support, satisfaction with leisure time, leisure-family conflict, and participation patterns have all demonstrated a significant degree of association with marital satisfaction. However, no one study has attempted to examine each of these variables simultaneously. Without this analysis, we cannot determine whether the concepts overlap, measure different aspects of the same idea, or measure completely separate variables. While each variable should (according to previous research) have some association with marital satisfaction, we have not yet determined how that correlation may differ in the presence of other important variables.

### Chapter 3: Methods

The purpose of this study is to compare marital satisfaction among serious leisure participants in partner dancing and their spouses based on three different participation patterns, with covariates of spousal support, satisfaction with leisure, and leisure-family conflict. By comparing the levels of marital satisfaction among couples with differing participation patterns (joint, parallel, and individual) using a mixed models ANCOVA, the influence different participation patterns have on couples' levels of marital satisfaction can be examined. This will allow researchers to examine how joint participation could limit the leisure-family conflict inherent in serious leisure participation by increasing marital satisfaction (Goff et al., 1997). This study is a logical next step in serious leisure research as it uses a new leisure activity as the medium, and it includes the concept of joint participation. The following paragraphs will demonstrate the methodology of the study by explaining: (a) design of the study, (b) selection of subjects, (c) selection of test instruments, and (d) data analysis.

#### Data Gathering

This study will use Qualtrics as the platform for questionnaire distribution. The questionnaire will be comprised of sections of instruments or the entire instrument as well as general demographic questions. After full completion of the questionnaire, respondents will be entered into a drawing for a selection of prizes.

The primary investigator (PI) of this study will travel to competitions and workshops of different dance genres as well as utilize social media, specifically Facebook groups, to contact attendees/members with requests to complete an online questionnaire. Messages will be posted on the social media sites with a short description of the study, desired respondents, and a link to the survey. Messages have been sent to the coordinators of each event, requesting permission to



attend and contact attendees. The actual process for collecting data at each event may be different, but options include setting up a table or booth, attending coaches meetings, making announcements at meetings, individual contact, and forwarding an email message to any list the event maintains. The specific option for each event is pending based on responses from the event coordinators. The coordinators at the BYU Adult Dance Camps and Summer DanceSport have agreed to make announcements at their events and allow the PI a table to have respondents complete the questionnaire on-site at their convenience. The coordinators at the U.S. National Dance Championships have agreed to allow the PI to attend but are currently examining the options on how the researcher will contact other attendees. Bridgetown Swing and Emerald City Shuffle coordinators have agreed to allow the PI to attend and directly contact other attendees. Once contact has been made with dancers in accordance with the desires of the competitions or event coordinators, participants in the study will be asked to go online to the survey website and complete a questionnaire. They will also be asked to request that their spouse completes the questionnaire.

#### Selection of subjects

Subjects must include at least one serious dancer in a long-term romantic relationship (defined as either married or living together). Subjects will be sought from all age groups, multiple nationalities, different dance forms and genres, and where the serious participants are of either sex. Researchers will not exclude same-gender couples, but neither will they be sought out specifically. A minimum of 200 couples (400 individuals) will be sought during the time frame of June 6, 2013 to September 30, 2013 from the following events and groups.

Events. The following events have been targeted for data collection: (a) Emerald City Shuffle in Seattle, Washington; (b) BYU Adult Dance Camp in Provo, Utah; (c) BYU Summer

DanceSport in Provo, Utah; (d) Bridgetown Swing in Portland, Oregon; and (e) U.S. National Dance Championships in Orlando, Florida.

Facebook groups. The following groups have been targeted for data collection: (a) BYU Social Dance Club, (b) Monday Night Swing Dancing, (c) South Town Swing, (d) BYU Swing Kids, (e) Swing Dance Kalispell, (f) Viscount Dance Studio, (g) Portland DanceSport, (h) Stumptown Dance, (i) Westify, (j) Ballroom Night at Studio 600, and (k) Ballroom Dance at BYU. These are the groups the PI belongs to currently, as social media etiquette frowns on individuals joining new groups only to solicit information.

### Instruments

Data will be collected using the following instruments: (a) Revised Dyadic Adjustment Scale (RDAS) to measure marital satisfaction (Busby et al., 1997); (b) Perceived Role Support Received and Perceived Role Support Provided to measure perceptions of support (Vinokur, Caplan, & Schul, 1987); (c) Leisure-Family Conflict (Goff et al., 1997); (d) three questions about dance and couple leisure satisfaction; (e) six questions to determine if the respondents are serious leisure participants; and (f) relevant socio-demographic data and questions directly relating to partner dancing.

RDAS. The dependent variable of marital satisfaction will be measured using the RDAS (see Appendix A). The RDAS is used to measure adjustment in relationships. Although the RDAS was not initially intended to be a global measure of marital satisfaction alone, it has been widely used as such (Ahlstrom, 2012; Baldwin et al, 1999) and was tested and found to be in parity with the Satisfaction With Married Life (SWFL), a scale designed to specifically measure marital satisfaction (Ward, et al., 2009), which also confirmed the internal consistency of the RDAS finding a Cronbach's Alpha of 0.943. The RDAS (a revision of the Dyadic Adjustment

Scale) was developed by Busby et al. (1995) to improve the instrument and increase validity. This instrument has shown evidence of construct validity and increased accuracy over the Dyadic Adjustment Scale at identifying distressed and non-distressed couples (Busby et al., 1997). In the RDAS, fourteen questions will ask the respondent to rate the frequency of marital events. Six questions ask how much disagreement the couple has about different life topics (like religion, sex, or careers) on a six-point scale from 'always agree' to 'always disagree'. Four questions ask how often different positive marital events occur (like calm discussions or working together) on a five-point scale from 'every day' to 'never'. The final four questions ask about frequency of negative marital events (like quarreling or regret) on a six-point scale from 'all of the time' to 'never'. Scores range from 0-69 with a cutoff score of 48 between distressed and non-distressed (Crane, Middleton, & Bean, 2000). Higher scores have been used to indicate higher levels of marital satisfaction, with lower scores representing dissatisfaction. Busby et al., (1997) found an overall mean of 48.0 and standard deviation of 9.0 in RDAS scores (p. 304).

Perceived Role Support Received and Perceived Role Support Provided. The variable of perceived support for dance will be measured using the Perceived Role Support Received and Perceived Role Support Provided (Vinokur, Caplan, & Schul, 1987) instruments (see Appendix B). Each of these consists of seven questions addressing how much support each individual feels he or she has received and provided from/for his or her spouse. The questions have been modified slightly to apply specifically to partner dancing. Respondents will indicate amount of support on a five-point scale for specific instances, like encouragement, providing information, and understanding, how much support they feel they have given or received. Dancers will complete this about how they feel their spouse supports them. Dancers' spouses will complete this about how they feel they have provided support. Baldwin (1998) found alpha coefficients

for this scale ranged from .8 to .87 (p. 52) while Baldwin et al. (1999) found Cronbach's alpha was .92 and the mean score for perceived role support was 3.52 ( $SD = 1.05$ ). Each question is scored from 'not at all' (1) to 'a great deal' (5). The scores from each question will be totaled, with higher scores representing higher levels of support.

**Leisure-Family Conflict.** In order to accurately account for leisure-family conflict, Goff et al.'s (1997) scale will be used as a potential moderating factor on marital satisfaction scores. This scale was developed from work-family conflict measures for use in Goff et al.'s 1997 articles on serious runners. It was tested to have a reliability of .76 (p. 52) with a mean of 2.1 and a standard deviation of .91. This scale asks four questions (true or false) about perceptions of leisure-family conflict, changed to involve dance rather than running ('After dancing my spouse comes home too tired to do some of the things I'd like them to do'; 'Dancing makes it difficult for my spouse to be the kind of family member I would like them to be'; 'My spouse will miss a family function in order to dance'; 'My spouse's dancing schedule often conflicts with family life'). A 'ye's response results in a 1 for a total possible score of 4, with higher scores reflecting higher levels of leisure-family conflict.

**Leisure Satisfaction.** Three questions will be used to measure leisure satisfaction. The first question asks the respondent to indicate how satisfied they are with their personal participation or lack of participation in dance. The second question asks how satisfied they are with their spouse's participation or lack of participation in dance. The final question asks about the broader topic of how satisfied they are with their total couple leisure. The questions are marked on a five point scale from 'very dissatisfied' to 'very satisfied'. These questions were modeled after the leisure participation and satisfaction questions in the MAP (Johnson et al, 2006) and have been reviewed by experts in couple leisure for face validity.

Serious Leisure. This section will ask questions about the individual's dancing to help determine whether or not the respondent will be considered a serious dancer. There are six questions in this section and if at least four of the six are at or above specified levels, the individual will be considered a serious dancer. The first criterion is self-selection as a serious dancer. The second and third rate frequency of participation and travel. If the individual participates at least once a week, that category will count toward the four total points. If they travel at least once a year for dance, that category will count toward the total. The fourth category is a percentage of total free time spent in dancing. Over 50% will result in that category adding toward the total. The fifth category is a ranking of the respondent's top five leisure activities, in order of amount of time spent and commitment. If dance is ranked first, this category will add toward the total. The final category is a percentage of their total social circle that they interact with on a regular basis that also participates in dance. If this total is also above 50%, then this category would count toward the total.

Demographics. In order to accurately describe the sample, the questionnaire (see Appendix C) will include questions about age, sex, nationality, income level, marital status, presence of children in the home, and education level.

Other questions based on those used in Ahlstrom et al.'s (2012) research about how video gaming has affected the respondent's marriage were modified and used to apply to dancers rather than gamers and have also been included to provide additional insights. These questions included asking about how often the respondents retired to bed at the same time as their spouse, how they feel dance has affected their marital relationship (a scale from positive to negative), and frequency of quarrels about dancing. Questions will also be asked about how individuals feel about their spouse dancing with other partners, receiving critiques from their spouse while

dancing, and if a difference in dancing skill level has caused conflict in their relationship. A few open-ended questions about how participation in serious dancing has affected the respondent's marriage and family life have also been included to provide avenues for future research questions. These include descriptions of how dance has affected their marriage and children, and what the non-participating spouse does during the time the serious participant is dancing.

#### Data Analysis

The data will be collected and organized using Qualtrics.com, a survey program that is also the virtual location where respondents will complete the questionnaires. Following the completion of data collection the data will first be downloaded into an Excel spreadsheet. The second step will consist of linking the two members of each couple together using the email address they provide at the end of the questionnaire. Third, we will thoroughly clean and score the data. The fourth step is completing demographic descriptions of the population and organizing them into groups based on their participation patterns. If each group does not have a minimum of 15 couples, then that group will be removed from analysis or additional respondents will be sought for that grouping. Next, a regression analysis blocked on couples will be performed for each individual independent variable and the dependent variable of marital satisfaction to test each one for correlation with marital satisfaction. Then, after adjusting for the three covariates, a mixed-models Analysis of Co Variance (ANCOVA) with an  $\alpha$ -level set at .05 will be used to determine if there is a significant statistical difference between participation pattern groups. Specifically, the separate differences in the partners' marital satisfaction scores will be compared with a mixed-models Analysis of Co Variance (ANCOVA). This test will enable the individuals in each couple to be assessed separately without removing their natural dependence as a married couple. This test will also make it possible to determine the

differences, correlations, and predictions of marital satisfaction using the independent variable of participation pattern groups and covariates of spousal support, satisfaction with leisure, and leisure-family conflict. A power analysis (with alpha of 0.05, beta of 0.2, and standard deviation of 9 for RDAS scores) was calculated to detect a difference in RDAS scores of 4.5 between the three participation pattern groups. The power-analysis result recommended 64 subjects per group to provide statistical significance. If the ANCOVA results show differences between the three participation pattern groups, a post-hoc Tukey adjusted pair wise comparison will be performed to confirm results and determine where difference occur between these groups.

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## Appendix C: RDAS

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list.

	Always Agree (1)	Almost Always Agree (2)	Occasionally Agree (3)	Occasionally Disagree (4)	Almost Always Disagree (5)	Always Disagree (6)
Religious matters (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Demonstration of affection (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making major decisions (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sex relations (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Conventionality (correct or proper behavior) (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Career decisions (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Every day (1)	Almost Every day (2)	Occasionally (3)	Rarely (4)	Never (5)
Do you and your mate engage in outside interests together? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have a stimulating exchange of ideas? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work together on a project? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Calmly discuss something? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



	All of the time (1)	Most of the time (2)	More often than not (3)	Occasionally (4)	Rarely (5)	Never (6)
How often do you discuss or have you considered divorce, separation, or terminating your relationship? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you and your relationship partner quarrel? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you ever regret that you married (or lived together)? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you and your mate "get on each other's nerves"? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Appendix D: Perceived Role Support

These questionnaires have been modified from what was found originally in the Ellis dissertation to be appropriate for dancers rather than runners.

If you are a "partner" dancer, please answer the following questions about your spouse or relationship partner. Otherwise answer N/A. How much does your spouse...

	Not at all (1)	A little (2)	Some (3)	Pretty much (4)	A great deal (5)	N/A (6)
Provide you with encouragement regarding your dancing? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provide you with useful information about dancing? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Say things about your dancing that raise your self-confidence? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to you when you need to talk about dancing? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Show that he/she cares about you as a dancer? (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shows that he/she cares about your dancing? (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understand the way you feel about dancing? (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q11 If your spouse is a "partner" dancer, please answer the follow questions about yourself.

Otherwise answer N/A. How much do you...

	Not at all (1)	A little (2)	Some (3)	Pretty much (4)	A great deal (5)	N/A (6)
Provide your spouse with encouragement regarding his/her dancing? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provide your spouse with useful information about his/her dancing? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Say things about your spouse's dancing that raises his/her self confidence? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to your spouse when he/she need to talk about dancing? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shows that you care about your spouse's dancing? (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understand the way your spouse feels about dancing? (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Appendix E: Leisure Family Conflict

After dancing, my spouse comes home too tired to do some of the things I would like them to do.

- True
- N/A-my spouse doesn't dance
- False

Dancing makes it difficult for my spouse to be the kind of family member I want them to be.

- True
- N/A-my spouse doesn't dance
- False

My spouse will miss a family function in order to dance.

- True
- N/A-my spouse doesn't dance
- False

My spouse's dancing schedule often conflicts with family life.

- True
- N/A-my spouse doesn't dance
- False

## Appendix F: Questionnaire

## Serious partner dancing and marital satisfaction

Q1 My name is Sara Hyde; I am a graduate student at Brigham Young University and I am conducting this research under the supervision of Professor Neil Lundberg , from the Department of Recreation Management. You are being invited to participate in this research study of Do I Date my Dance Partner? I am interested in finding out about marital satisfaction among serious leisure participants in partner dancing. Your participation in this study will require the completion of the following questionnaire. This should take approximately 15 minutes of your time. Your participation will be anonymous and you will not be contacted again in the future unless your email is selected for receiving a prize after the survey concludes. You will not be paid for being in this study. This survey involves minimal risk to you. The benefits, however, may impact society by helping increase knowledge about serious leisure. You do not have to be in this study if you do not want to be. You do not have to answer any question that you do not want to answer for any reason. We will be happy to answer any questions you have about this study. If you have further questions about this project or if you have a research-related problem you may contact me, Sara Hyde, at [dance.thesis@byu.edu](mailto:dance.thesis@byu.edu) or my advisor, Neil Lundberg, at [Neil\\_Lundberg@byu.edu](mailto:Neil_Lundberg@byu.edu). If you have any questions about your rights as a research participant you may contact the IRB Administrator at A-285 ASB, Brigham Young University, Provo, UT 84602; [irb@byu.edu](mailto:irb@byu.edu); (801) 422-1461. The IRB is a group of people who review research studies to protect the rights and welfare of research participants. The completion of this survey implies your consent to participate. If you choose to participate, please complete the following survey by 10/1/13 Thank you!

Q2 Definitions: Partner dancing: Forms of dancing meant to be done with a partner. Styles include ballroom, swing, Latin, country, etc. Spouse: This term will be used for both married and cohabiting (living together) couples. If you are not married, please use this term to refer to your long-term relationship partner. Partner: This term only refers to the dance partner.

Q3 At the end of the survey you will be asked to enter the same email address as your spouse to ensure that your responses are linked together. Once both of you have completed the questionnaire and provided the linking email address, you will be entered into a drawing for a \$100 prepaid Visa gift card

Q4 Please do not discuss the content of this survey with your spouse until after both of you have submitted the questionnaire.

Q5 How old are you?

Q6 What country do you reside in?

Q7 What country were you born in?

Q8 What is your main language?

Q9 What is your employment status?

- Full-time (1)
- Part-time (2)
- Unemployed (3)
- Full-time stay-at-home parent (4)
- Full-time student (5)
- Retired (6)
- Other (7) \_\_\_\_\_

Q10 What is your approximate annual household income in \$USD?

Q11 What gender/sex are you?

- Male (1)
- Female (2)

Q12 What is your current marital status?

- Single (1)
- Living together (2)
- Married (3)
- Separated (4)
- Divorced (5)
- Widowed (6)

Q13 What is your highest level of education?

- Some High School (1)
- High School Diploma or GED (2)
- Some College (3)
- Bachelor's Degree (4)
- Some Graduate Work (5)
- Master's Degree (6)
- Doctoral Degree (7)

Q14 Do you have any children?

- Yes (1)
- No (2)

Q15 Please indicate how many children live at home with you and your spouse and list their ages.

- No children (1)
- 1 child age (2) \_\_\_\_\_
- 2 children ages (3) \_\_\_\_\_
- 3 children ages (4) \_\_\_\_\_
- 4 children ages (5) \_\_\_\_\_
- 5 children ages (6) \_\_\_\_\_
- 6 or more children ages (7) \_\_\_\_\_

Q16 Do you participate in any forms of partner dancing on a regular basis?

- Yes (1)
- No (2)



Q17 Please check the answer which best describes your dancing with your spouse the majority of the time.

- I dance but my spouse does not. (1)
- My spouse dances but I do not. (2)
- I dance a lot and my spouse only dances sometimes. (3)
- I dance sometimes and my spouse dances a lot. (4)
- My spouse and I both dance a lot together. (5)
- My spouse and both I dance a lot with other partners. (6)

Q18 Do you consider yourself a serious partner dancer? For the purposes of this study a serious partner dancer is someone who dances a minimum of 10 hours per week and attends at least one out-of-town dance event per year or otherwise spends a large amount of "free time" in partner dancing activities.

- Yes (1)
- No (2)

Q19 How often do you participate in partner dancing?

- Never (1)
- Less than Once a Month (2)
- Once a Month (3)
- 2-3 Times a Month (4)
- Once a Week (5)
- 2-3 Times a Week (6)
- Daily (7)

Q20 How often do you travel and/or participate in a dance event (competitions, performances, workshops, exchanges etc.)?

- Never (1)
- Once every few years (2)
- Once a year (3)
- A few times a year (4)
- Once a month (5)
- 2-3 times per month (6)
- Once a week (7)

Q61 What percentage of your free time do you spend participating in partner dancing?

\_\_\_\_\_ Percentage of free time spent dancing (1)

Q62 Please rank your top five leisure activities (including dance) in order of the amount of time spent.

\_\_\_\_\_ Activity 1 (1)

\_\_\_\_\_ Activity 2 (2)

\_\_\_\_\_ Activity 3 (3)

\_\_\_\_\_ Activity 4 (4)

\_\_\_\_\_ Dance (5)

Q67 Please indicate the percentage of your social circle that you associate with on a regular basis that is also involved in dance.

\_\_\_\_\_ percentage of social circle who also dance (1)

Q21 Please indicate which genre of partner dancing you participate in?

- Competitive ballroom dancing (Latin and Standard) (1)
- Social ballroom dancing (all styles) (2)
- Latin dancing (Salsa, Bachata, Merengue...) (3)
- Swing dancing (Lindy Hop, East Coast, West Coast, Balboa, Shag...) (4)
- Country (5)
- None (6)
- Other (7) \_\_\_\_\_

Q22 Please indicate which specific sub-types. If none, please type N/A.

Q23 Please be honest and open in your answers. Only the researcher will see your responses and results will contain no identifying information

Q24 Please indicate your levels of satisfaction with the following topics.

	Very Dissatisfied (1)	Dissatisfied (2)	Neutral (3)	Satisfied (4)	Very Satisfied (5)
Your personal participation or lack of participation in partner dancing (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your spouse's participation or lack of participation in partner dancing (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your couple leisure involvement (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q25 Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your relationship partner.

	Always Agree (1)	Almost Always Agree (2)	Occasionally Agree (3)	Occasionally Disagree (4)	Almost Always Disagree (5)	Always Disagree (6)
Religious matters (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Demonstration of affection (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making major decisions (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sex relations (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Conventionality (correct or proper behavior) (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Career decisions (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q26 Please answer the following questions about you and your relationship partner.

	All of the time (1)	Most of the time (2)	More often than not (3)	Occasionally (4)	Rarely (5)	Never (6)
How often do you discuss or have you considered divorce, separation, or terminating your relationship? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you and your relationship partner quarrel? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you ever regret that you married (or live together)? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you and your mate "get on each other's nerves"? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q27 How often do you and your mate...

	Every day (1)	Almost Every day (2)	Occasionally (3)	Rarely (4)	Never (5)
Engage in outside interests together? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have a stimulating exchange of ideas? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work together on a project? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Calmly discuss something? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q28 If you are a "partner" dancer, please answer the following questions about your spouse or relationship partner. Otherwise answer N/A. How much does your spouse...

	Not at all (1)	A little (2)	Some (3)	Pretty much (4)	A great deal (5)	N/A (6)
Provide you with encouragement regarding your dancing? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provide you with useful information about dancing? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Say things about your dancing that raise your self-confidence? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to you when you need to talk about dancing? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Show that he/she cares about you as a dancer? (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shows that he/she cares about your dancing? (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understand the way you feel about dancing? (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q29 If your spouse is a "partner" dancer, please answer the follow questions about yourself?

Otherwise answer N/A. How much do you...

	Not at all (1)	A little (2)	Some (3)	Pretty much (4)	A great deal (5)	N/A (6)
Provide your spouse with encouragement regarding his/her dancing? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provide your spouse with useful information about his/her dancing? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Say things about your spouse's dancing that raises his/her self-confidence? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to your spouse when he/she need to talk about dancing? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shows that you care about your spouse's dancing? (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understand the way your spouse feels about dancing? (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Q30 Please answer the following questions about your spouse or relationship partner. How much does your spouse...

	Not at all (1)	A little (2)	Some (3)	Pretty much (4)	A great deal (5)
Provide you with encouragement regarding your personal leisure? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provide you with useful information about your personal leisure activities? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Say things about your personal leisure activities that raise your self-confidence? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to you when you need to talk about your personal leisure activities? (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shows that he/she cares about your personal leisure activities? (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understand the way you feel about your personal leisure activities? (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q31 Please answer the follow questions about yourself? How much do you...

	Not at all (1)	A little (2)	Some (3)	Pretty much (4)	A great deal (5)
Provide your spouse with encouragement regarding his/her personal leisure activities? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provide your spouse with useful information about his/her personal leisure activities? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Say things about your spouse's personal leisure activities that raises his/her self-confidence? (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to your spouse when he/she need to talk about personal leisure activities (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shows that you care about your spouse's personal leisure activities? (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understand the way your spouse feels about their personal leisure activities? (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q56 After dancing my spouse comes home too tired to do some of the things I'd like them to do.

- True (1)
- N/A-my spouse doesn't dance (2)
- False (3)

Q57 Dancing makes it difficult for my spouse to be the kind of family member I would like them to be.

- True (1)
- N/A-my spouse doesn't dance (2)
- False (3)

Q58 My spouse will miss a family function in order to dance.

- True (1)
- N/A-my spouse doesn't dance (2)
- False (3)

Q59 My spouse's dancing schedule often conflicts with family life.

- True (1)
- N/A-my spouse doesn't dance (2)
- False (3)

Q32 How often do you and your spouse retire to bed at the same time?

- Never (1)
- Occasionally (2)
- Often (3)
- Most of the time (4)
- All of the time (5)

Q33 Has dance affected your answer to the previous question? If yes, please explain in one or two sentences how.

Q34 What effect do you feel dancing has on your marital relationship?

- We always quarrel about dancing. (1)
- We often quarrel about dancing. (2)
- Every once in a while we quarrel about dancing. (3)
- We don't talk positively or negatively about dancing. (4)
- We often talk positively about dancing. (5)
- We always talk positively about dancing. (6)

Q35 How do you feel that dancing has affected your marriage relationship?

- Very negatively (1)
- Negatively (2)
- Slightly negatively (3)
- Slightly positively (4)
- Positively (5)
- Very positively (6)

Q36 Has childcare while one or both of you wants to dance been an issue?

Yes (1)

No (2)

Q37 If yes, please describe in one or two sentences how.

Q38 Have you ever felt uncomfortable with the thought of your spouse dancing with someone besides you?

Yes (1)

No (2)

Q39 If yes, please describe in one or two sentences why.

Q40 Have comments made by your spouse about your dancing (even constructive criticism) ever caused conflict in your relationship?

Yes (1)

No (2)

N/A- I don't dance OR my spouse has never commented on my dancing. (3)

Q41 If yes, please describe in one or two sentences why.

Q42 Has a difference in the levels of skill or desired participation in dance ever caused conflict in your relationship?

Yes (1)

No (2)

N/A, only one of us dances (3)

Q43 If yes, please describe in one or two sentences why.

Q44 Have you ever felt neglected because of how much your spouse dances?

Yes (1)

No (2)

Q45 If yes, please describe in one or two sentences why.

Q46 Do you feel like you have to do more than your share of the work because of your spouse's dancing?

Yes (1)

No (2)

Q47 If yes, please describe in one or two sentences why.

Q48 Do you feel that there is time for personal leisure in a committed relationship or should most leisure be done as a couple? Please describe your views.

Q49 The questions on this page are all completely optional. If you have time, please consider writing short descriptions for the following questions. Answers to these questions often provide valuable insights for the researcher and help them form new questions for future research opportunities.

Q50 Please describe how participation in dance has affected your marriage.

Q51 What do you do when your spouse is participating in their individual forms of leisure?

Q52 If there are children present, how has participation in dance affected the children? Do they dance? Has finding childcare become an issue in preventing you from dancing?

Q53 Where did you hear about this survey? Please specify which event or what email list or social media page you first heard about this survey.

- Other (1) \_\_\_\_\_
- Emerald City Swing (2)
- BYU adult ballroom dance camp (3)
- BYU Summer DanceSport (4)
- U.S. Nation Dance Championships (5)
- Bridgetown Swing (6)
- SouthTown Swing (7)
- BYU Social Dance Club (8)
- Monday Night Swing Dancing (9)
- BYU Swing Kids (10)
- Swing Dance Kalispell (11)
- Viscount Dance Studio (12)
- Portland DanceSport (13)
- Stumptown Dance (14)
- Westify (15)
- Ballroom night at Studio 600 (16)

Q54 Please enter an email address for entry into the prize drawing and to link your result with your spouse's. Please make sure that you both enter the same email address in this section for each survey or your entries will not be valid. Email addresses will only be used to link the two responses within a household, for entry into the prize drawing, and for notification of prize winners. After the duration of the study and distribution of prizes, the email addresses will be deleted from the stored data.

Q65 OPTIONAL: If your spouse has not yet taken this questionnaire, please enter their e-mail address here and a link will be sent to their e-mail account.

Q66 OPTIONAL: If you know of any other couples who would be appropriate for this survey, please consider entering their e-mail address below so that a link may be sent to their account. Or enter your own email address if you would prefer to forward the message yourself.



## Appendix G: Research Invitation

The following paragraph will show an example of what the main researcher will post on social media sites.

Hello, I am currently working on a thesis for completion of my Master's degree in Youth and Family Recreation at Brigham Young University. If any of you are willing I would love it if you could help by completing an online questionnaire. I need people who are married or living with their romantic relationship partner where at least one of them is involved in dancing seriously. For more information, click on the link to the survey. It should take 10-15 minutes to complete and I need both members of the couple to take it on their own. If both of you complete it, you will be entered to win a \$100 prepaid Visa gift card. Thanks everyone.

[https://qtrial.qualtrics.com/SE/?SID=SV\\_09AMsB135P68Sjz](https://qtrial.qualtrics.com/SE/?SID=SV_09AMsB135P68Sjz)