

ABSENT HUSBANDS, SETTLED WIVES: A STUDY ON THE
LEISURE CONSTRAINTS OF CHINESE IMMIGRANT
WOMEN IN RICHMOND, BRITISH COLUMBIA, CANADA

by
Mingqi Yang



VANCOUVER ISLAND
UNIVERSITY



**VANCOUVER ISLAND
UNIVERSITY**

**ABSENT HUSBANDS, SETTLED WIVES: A STUDY ON THE LEISURE CONSTRAINTS OF
CHINESE IMMIGRANT WOMEN IN RICHMOND, BRITISH COLUMBIA, CANADA**

by

Mingqi Yang

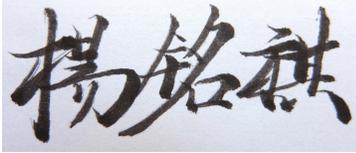
Vancouver Island University

Presented as part of the requirement for the award of MA Degree in Sustainable Leisure
Management within the Department of Recreation and Tourism Management at Vancouver
Island University

July 25, 2016

DECLARATION

This thesis is a product of my own work and is not the result of anything done in collaboration.

A square image showing the Chinese characters '楊銘麒' (Yang Mingqi) written in a bold, expressive cursive calligraphic style (caoshu) in black ink on a light background.

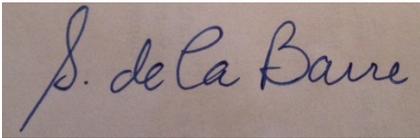
I agree that this Thesis may be available for reference and photocopying, at the discretion of Vancouver Island University.

A square image showing the Chinese characters '楊銘麒' (Yang Mingqi) written in a bold, expressive cursive calligraphic style (caoshu) in black ink on a light background.

Mingqi Yang

THESIS EXAMINATION COMMITTEE SIGNATURE PAGE

The undersigned certify that they have read and recommend to the Department of Recreation and Tourism Management for acceptance, the thesis titled, “*Absent Husbands, Settled Wives: A Study on the Leisure Constraints of Chinese Immigrant Women in Richmond, British Columbia, Canada*” submitted by *Mingqi Yang* in partial fulfillment of the requirements for the degree of Master of Arts in Sustainable Leisure Management.



Dr. Suzanne de la Barre
Co-Supervisor



Dr. Erwei Dong
Co-Supervisor



Janet Ready
Co-Supervisor



Dr. Charlene Shannon-McCallum
External Reviewer

ABSTRACT

During recent decades, waves of Chinese immigration to Canada from Hong Kong and Mainland China have been witnessed. For many Chinese immigrant families, the wives have settled in Canada while their spouses have remained in China, mainly for economic reasons. Several studies examine Chinese immigrants' leisure constraints in Australia, the United States and Canada; however, little attention has been given specifically to the leisure constraints of female Chinese immigrants. The purpose of this study is to explore the leisure constraints of Chinese immigrant women by examining the leisure constraints of a specific population among them: the Chinese immigrant women in Richmond, British Columbia (Canada) whose spouses spend much of their time working in China. This study employed an interpretivist/constructivist paradigm and a qualitative approach. Two methods were used to collect data: document analysis and semi-structured interviews. Interview participants were recruited through snowball and purposive sampling methods. Findings conclude that time, interpersonal and intrapersonal constraints were the most significant leisure constraints for women in relation to maintaining their leisure preferences. Financial and intrapersonal constraints were the most significant constraints to beginning new leisure preferences. In addition, embedded in these constraints, cultural factors, such as the ideology of women affected by Chinese culture and the concept of "mutual-face", influenced participants' leisure constraints after immigration.

KEYWORDS: Chinese immigrants, women, leisure constraints, cultural factors, Richmond, Canada

ACKNOWLEDGEMENTS

It was such an unforgettable and fruitful journey to complete this thesis. From this journey, I learned how to observe and understand a phenomenon from different perspectives. I would like to express my deepest appreciation to my supervisor, Dr. Suzanne de la Barre, who generously provided me with guidance, knowledge and encouragement every step of this journey. Without her supervision and contributions on qualitative methodology and feminist perspectives, it would have been impossible to find direction to move forward. I would also like to thank Dr. Erwei Dong who, as one of the founders of the concept of “cultural constraints”, led me to reflect on the connection between cultural constraints and leisure constraints theory, and to explore Chinese immigrant women’s leisure constraints from the perspective of Chinese culture. I also show my gratitude to Janet Ready for her guidance and encouragement that helped in helping me to identify the value of this study and the confidence to explain my findings. I would also like to acknowledge the external examiner, Dr. Charlene Shannon-McCallum, University of New Brunswick, for her valuable reviewer comments.

I express my sincere thanks also to the twelve interviewees for sharing and trusting me with their perceptions of the leisure constraints they face. I am thankful to Connie Lam and Selow Lee, from the United Chinese Community Enrichment Services Society (S.U.C.C.E.S.S), and Alan Hill, from the City of Richmond’s Intercultural Advisory Committee, for sharing information about their community, for allowing me access to documents and for assistance in developing the interview protocol.

I want to express my appreciation to my girlfriend, Cindy Au, who conducted her own thesis research at the same time as I did and who shared this graduate studies journey with me. Most significantly, I am grateful to my parents for their unconditional contribution and support. They have made moving forward with the least amount of stress possible. Finally, I express my gratitude to the SLM (Sustainably Leisure Management) faculty and my classmates at Vancouver Island University, and I hope that our friendship lives long.

CONTENTS

DECLARATION.....	ii
ABSTRACT.....	iii
CHAPTER 1: Introduction	1
CHAPTER 2: Literature Review	9
2.1. Chinese Immigration to Canada	9
2.1.1. International immigration.....	9
2.1.2. Immigration to Canada.....	10
2.1.3. Immigration from China to Canada.....	11
2.1.4. Female immigrants from China to Canada.....	13
2.2. Leisure Constraints.....	14
2.2.1. Leisure constraints: research overview.....	14
2.2.1.1. Models of leisure constraints.....	15
2.2.1.2. Jackson et al.'s (1993) propositions for negotiation of leisure constraints.....	18
2.2.1.3. Three indicators to the satisfaction of leisure time.....	20
2.3. Canadian and Chinese Leisure	22
2.3.1. Canadian perception of leisure.....	22
2.3.2. Leisure constraints in Canada.....	23
2.3.3. Chinese perception of leisure.....	25
2.3.4. Chinese leisure preferences.....	26
2.3.5. Leisure constraints in China.....	27
2.3.5.1. The factor of "face".....	27
2.3.5.2. Chinese concepts of financial management.....	28
2.3.6. Comparison between Chinese and Canadian leisure experience.....	31
2.4. Gender and Leisure Constraints	32
2.4.1. Gender and leisure constraints in Canada.....	34
2.4.1.1. The factor of "Status".....	35
2.4.1.2. Intensive mothering.....	35
2.4.2. Gender and leisure constraints in China.....	36
2.4.2.1. Chinese women's "faces".....	37
2.4.2.2. Chinese culture and gender roles.....	37
2.4.3. Comparison between the women's leisure constraints in Canada and China.....	38
2.5. Immigrants and Leisure Constraints.....	40
2.5.1. Immigration and leisure constraints in Canada.....	40
2.5.2. Chinese Immigrants and Leisure Constraints.....	41
2.5.2.1. Chinese immigrants' leisure constraints in the United States and Australia.....	41
2.5.2.2. Chinese immigrants' leisure constraints in Canada.....	42
2.5.2.2.1. Chinese immigrant women's leisure constraints in Canada.....	43
2.5.2.2.2. Chinese immigrants' leisure constraints in Richmond.....	44

CHAPTER 3: Methodology.....	45
3.1. Introduction	45
3.1.1. Interpretivist/constructivist paradigm.....	45
3.1.1.1. Qualitative research.	47
3.1.1.1.2. Thematic analysis.	51
3.2. Research Methods	52
3.2.1. Introduction.	52
3.2.2. Document analysis.....	52
3.2.2.1. Document selection.	53
3.2.2.2. Analysis of the documents.	54
3.2.3. Semi-structured interviews.....	55
3.2.3.1. Interview selection.....	56
3.2.3.2. Interview process.	58
3.2.3.3. Interview analysis.	60
3.3. Research Ethics	61
CHAPTER 4: Results	62
4.1. Perceptions of Leisure	62
4.2. Changes in leisure preferences	63
4.2.1. Non-participation after immigration.....	63
4.2.2. Decreased participation after immigration.	64
4.2.3. Increased participation after immigration.	65
4.2.4. Leisure preferences started after immigration.	67
4.2.5. Leisure preferences in Richmond.	68
4.3. Leisure Constraints.....	70
4.3.1. Leisure constraints to maintaining leisure preferences.....	70
4.3.1.1. Time constraints	73
4.3.1.2. Constraints from responsibilities.	75
4.3.1.3.1. Lack of leisure companions.	77
4.3.1.3.2. Limited female friendships in Richmond.	78
4.3.1.4. Enabling or inhibiting husbands?	80
4.3.2. Leisure constraints to beginning leisure preferences.....	82
4.3.2.1. Financial Factors.....	82
4.3.3. A leisure constraint to maintaining and beginning leisure preferences.	83
4.3.3.1. Intrapersonal constraints.....	84
4.4. Summary.....	85
CHAPTER 5: Discussion.....	87
5.1. Leisure constraints to maintaining leisure preferences	87
5.1.1. Time Constraints.....	88
5.1.2. Constraints from Responsibilities.....	90
5.1.3. Interpersonal Constraints.....	92

5.2. Leisure constraints to beginning preferences	94
5.2.1. Financial Constraints.	94
5.3. Intrapersonal Constraints.....	95
5.4. Summary.....	97
CHAPTER 6: Conclusion.....	99
6.1. Contributions	101
6.1.1. Contributions to theory.	102
6.1.2. Contributions to the field of leisure.	103
6.2. Future Research	103
References	106
Appendix A. Semi-structured Interviews Recruitment Script	120
Appendix B. Semi-structured Interviews Protocol	122
Appendix C. Research Consent Form for Semi-structured Interviews.....	124
Appendix D. Research Consent Form for Semi-structured Interviews 半結構化訪談同意書 (Chinese Version)	128
Appendix E. Recommendations for Mitigating the Influence of Leisure Constraints.....	131

LIST OF FIGURES

Figure 1. Location of Richmond, British Columbia, Canada.....	3
Figure 2. United Chinese Community Enrichment Services Society, Richmond Service Centre...4	4
Figure 3. Richmond Chinese Community Society.....	5
Figure 4. Parker Place.....	5
Figure 5. Richmond Public Market.....	6
Figure 6. Total, Natural and Migratory Population Growth Rates, Canada, 1972 to 2010.....	11
Figure 7. Hierarchical Model of Leisure Constraints.....	16
Figure 8. Conceptual Classification of the Factors.....	16
Figure 9. Refined Hierarchical Model of Leisure Constraints.....	17
Figure 10. Refined Conceptual Classification of the Factors.....	18
Figure 11. Interactions among Types of Constraints.....	20
Figure 12. Summary findings of leisure constraints to maintaining preferences.....	88
Figure 13. Summary findings of leisure constraints to beginning preferences.....	94

LIST OF TABLES

Table 1. Document Collection and Category.....	54
Table 2. Personal Information of Semi-Structured Interview Participants	58
Table 3. Non-participation After Immigration.....	64
Table 4. Decreased Participation After Immigration.....	65
Table 5. Increased Participation After Immigration.....	66
Table 6. Leisure Activities Begun After Immigration	67
Table 7. Leisure Preferences in Richmond.....	69
Table 8. The Time Use of Canadians 1998-2010 (minutes/day)	73

CHAPTER 1: Introduction

Leisure constraints are no longer viewed solely as negative factors leading to nonparticipation, but instead, leisure constraints are also viewed as influencing different aspects of leisure (Jackson, Crawford, & Godbey, 1993; Scott, 1991). Leisure constraints research should be adopted as a tool to help scholars/researchers/practitioners develop understanding of leisure from different perspectives (Jackson, 2005), rather than limited to leisure participation analysis (Nadirova & Jackson, 2000). Because women and men perceive and experience leisure differently (Jackson & Henderson, 1995; Tsai, 2010), leisure constraints research should be used to deepen the understanding of gender and leisure in order to improve the leisure satisfaction of males and females.

Gender differences in leisure constraints have been explored by a number of scholars, such as Bulent, Fatih, Beyza and Suat (2010), and Jackson and Henderson (1995). Jackson and Henderson (1995) claimed that women were generally more constrained than men in their leisure lives. This claim was supported by Bulent et al.'s (2010) study on the citizens in Ankara, Turkey. Tsai (2010) forwarded that gendered inequality was the foundational cause of leisure constraints for females. In gender power relationships and the interaction of the leisure spaces of females and males, females' leisure has been in the weakened position or controlled by males (Tsai, 2010; Wearing, 1998). Women's life experience, obligations, and the relationship between experience and obligation are important in their leisure lives, and should be taken into consideration in leisure constraints research (Shaw & Henderson, 2005). Therefore, women should be given a voice to speak of their own leisure constraints. Because Chinese immigrant women are often responsible for taking care of their children with little help from their husbands or family members and friends, Chinese immigrant women require more opportunities to speak out about the leisure constraints they perceive.

Stodolska and Yi-Kook (2005) believed that immigrants were likely facing different leisure constraints than those faced by non-immigrants. Although time and financial constraints proved to be the most important leisure constraints, the constraints met by a specific group of

people were not clearly demonstrated by using quantitative research methods and established constraint factors (Jackson, 2005). Like non-immigrants, immigrants were very likely to have money and time constraints but they may be affected differently (Stodolska & Yi-Kook, 2005). The assumption of homogeneity in minority populations has limited the research on immigrants' leisure (Sasidharan, 2002). Even though a number of studies have been conducted on Chinese immigrants' leisure constraints (e.g. Tsai, 2010; Tsai & Coleman, 1999; Xiong, 2007), the diversity of constraints faced by different groups of Chinese immigrants have not been identified and examined. There are few leisure constraints studies focused on specific factors affecting Chinese immigrants in terms of culture, family status and life experience. It would be of value to further the research in its focus on various immigrant groups as well as on diverse populations within each immigrant group.

This study focuses on the leisure constraints of a specific sub-group of Chinese immigrants: Chinese women immigrants in Richmond, British Columbia (B.C.), Canada, whose spouses have largely remained in China. Compared to the immigrant women whose husbands live in Canada, the women whose husbands remain in China (referred to as 'the women' in this document) have comparatively stable financial circumstances. Their post-immigration activities concentrate on taking care of their remaining family members in Richmond.

Richmond is geographically part of Metropolitan Vancouver and is located within close proximity to the Vancouver international airport. Richmond has mild winters and cool summers and has 30% less rainfall than Vancouver (<http://www.richmond.ca/discover/about/profile.htm>). For new immigrants from China, the convenient location and temperate climate contribute to the attractiveness of Richmond as a place to reside (see Figure 1).

The high density of ethnically Chinese living in Richmond makes it convenient for Chinese immigrants to dwell in Richmond. Statically shown in 2011, a total of 89,045 ethnically Chinese occupied 47% of the total population in Richmond (Statistics Canada, 2013a). A total of

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN



Figure 1. Location of Richmond, British Columbia, Canada (Government of Canada, Natural Resources Canada, Earth Sciences Sector, & The Atlas of Canada, 2009). “2010 Olympic Sites”.

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

54,840 residents in Richmond spoke Mandarin or Cantonese (Statistics Canada, 2013a). Due to the large Chinese population, social and cultural services, such as the United Chinese Community Enrichment Services Society, Richmond Service Centre (Figure 2) and Richmond Chinese Community Society (Figure 3), have been developed for Chinese residents. Shopping malls in Richmond, such as the Aberdeen Centre and Parker Place (see Figure 4), have been built to satisfy Chinese customers' demands (Edgington, Hanna, Hutton, & Thompson, 2003). A Chinese style wet market (Figure 5) provides the residents the choice to grocery shop in a Chinese environment. With a large Chinese community, Richmond is an ideal site to study female Chinese immigrants and their leisure constraints.



Figure 2. United Chinese Community Enrichment Services Society, Richmond Service Centre. “Initially founded to assist new Canadians of Chinese descent to overcome language and cultural barriers, S.U.C.C.E.S.S. has evolved into a multicultural, multi-service agency assisting people at all stages of their Canadian experience.” (<http://www.successbc.ca/eng/company/about-us>)

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN



Figure 3. Richmond Chinese Community Society. “Provides a variety of services and programs to the community, such as Fitness Dance, Ballroom Dance, Tai Chi and Yuanji classes, Karaoke Singing, Yoga, Chinese Brush Painting, Calligraphy, and Belly Dance, etc. Services are available in Cantonese, Mandarin and English.” (<http://www.rccs.ca/eng/>)



Figure 4. Parker Place. “Parker Place Mall has been a landmark of Richmond for almost two decades. With over 150 stores, Parker Place presents a unique shopping experience filled with authentic Asian style. Parker Place has been considered one of the best Asian shopping centers in North America, catering not only to the local Asian community but also to tourists from around the world.” (<http://www.parkerplace.com/floor-plan/>)



Figure 5. Richmond Public Market. This is a Chinese-style grocery market located in the heart of Richmond. Similar to markets in China, the first floor contains Chinese grocery stores and the second floor contains shops selling Chinese household goods with a food court providing Chinese foods.

The research question for this study is the following: what are the leisure constraints of Chinese immigrant women to Canada whose spouses have remained in China? The sub-questions developed to help answer the main research question are:

- What are the changes to Chinese immigrant women's leisure preferences after immigration?
- What are Chinese immigrant women's leisure constraints after immigration?

Tsai and Coleman's (1999) and Xiong's (2007) studies on leisure constraints research of Chinese immigrants in foreign countries were done by quantitative research methods. Tsai & Coleman (1999) demonstrated that resource constraints and interpersonal constraints were Chinese immigrants' most important leisure constraints. However, when Chinese immigrants' leisure constraints were explored by quantitative research methods, Chinese immigrants did not have enough opportunity to speak of their leisure constraints in detail. For example, as the most common constraint for different cultural and ethnic groups, time constraints, without further explanation, are revealed to be one of the most important leisure constraints to Chinese immigrants in Canada (e.g. Xiong, 2007). Giving them opportunities to describe their time

constraints, researchers can more closely explore why and how Chinese immigrants suffer from time constraints.

Few qualitative studies exist that examine the leisure constraints of Chinese immigrant women. Using the qualitative research method of the in-depth interview, Chen (2013) conducted a study on the leisure experience of Chinese professional female immigrants. Chen concluded that the studied group perceived time pressure differently after immigration. Time pressure was amplified because they need to take a significant increase of household work. The studies subjects shared more domestic and childcare responsibilities after immigration because they had a decreasing assistance from their extended family members and friends. Also, their domestic status lowered with their decreasing social status when they started their new career in a new country. Thus in order to maintain their domestic status, the Chinese immigrant women would take more domestic and childcare responsibilities. Researchers have devoted little attention to the leisure constraints of Chinese immigrant women and there are no studies on female immigrants who live in their new home countries largely without their spouses.

This study has four purposes. First, the study examines Chinese immigrant women's cultural constraints. Since these new immigrants were born and raised in China, the effects of Chinese culture on their leisure constraints in the receiving community are identified and analyzed. Second, the influence of the women's scattered family structure on their leisure constraints is explored. A salient feature of the women is they are without their husbands most of the time and the influence of this feature on their leisure constraints needs to be explored in this study. Third, how the women experience their leisure constraints in their new community is identified. Along with collecting the leisure constraints perceived by the participants, it is valuable to note how they have experience these constraints to further our understanding and knowledge of their leisure constraints.

To conduct leisure constraints research, leisure constraints theory (Alexandris & Carroll, 1997; Crawford, Jackson, & Godbey, 1991; Dong & Chick, 2005) was reviewed and applied to

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

analyze the collected qualitative data. Instead of asking the participants to select choices from a list of pre-made constraints, the present research accessed precise information through the participants' own understanding of their experience of leisure constraints. The qualitative research approach helps identify and understand the perspectives of the studied population, causes and effects, and the developing process of the phenomena or relationships (Maxell, 2012). In qualitative research, Tracy (2012) emphasized the importance of researchers' personal background, immersion in the research context and their interpretation of their experience and observation. This study employs a qualitative approach whereby the researcher engages in the research context of Chinese immigrant and interprets the women's leisure constraints that they perceive through their ethnical and cultural background.

After analyzing the leisure and leisure constraints literature, past research studies were categorized based on 'Canadian and Chinese Leisure', 'Gender and Leisure Constraints' and 'Immigrants and Leisure Constraints'. The qualitative research methods of document analysis and semi-structured interview were employed to collect and analyze the data from relevant documents and the twelve semi-structured interviews. The interviews uncovered the participants' changes of leisure preferences after immigration and their perceived constraints to their current leisure preferences in Richmond. Further, the study findings are discussed and explained in the context of the existing research and documents associated with the leisure constraints of women, immigrants and Chinese culture.

CHAPTER 2: Literature Review

2.1. Chinese Immigration to Canada

A brief immigration history from an international perspective is presented in Section 2.1.1. The major receiving countries intend to attract skilled and rich immigrants. The impacts of immigration on population growth and the high ratio of Chinese immigrants from a Canadian perspective are discussed in 2.1.2. and 2.1.3. respectively.

Canadian policies aimed at attracting business immigrants were created in 1978 (Wong, 2003). By the time, they invested and managed the businesses in Canada so as to gain the qualification of immigration. However, since 1986, business immigrants, as investors, have not been required to engage in operating their investments in Canada. Hence, many wealthy male immigrants from China, free from management of their investment in Canada, are able to leave their families in Canada after immigration for financial reasons, as shown in 2.1.3. and 2.1.4.

2.1.1. International immigration. Hawkins (1988) explained that governments in major receiving countries, such as Canada, the United States and Australia, have engaged in making and implementing selective and well-planned immigration policies since World War II. The immigrants who have been received into these countries need to meet the interests of these countries. As a result, the received immigrants were more educated and skilled. In general, immigrants to Canada after World War II were from higher levels of society in their original country. Another significant shift after 1945, was that the major receiving countries, such as Canada and the United States, mainly considered immigrants' level of education more relevant than their ethnic origins when recruiting immigrants.

Along with educated and skilled immigrants, entrepreneurial immigrants comprise a big portion of immigrants to Australia, Canada and the United States since 1978 (Wong, 2003). These countries are motivated to receive business immigrants because they believe that highly skilled immigrants, following the flow of capital, would come to their countries when they have more money and opportunities provided by business immigrants (Wong, 2003). Therefore, a

great many business immigrants have immigrated to the receiving countries with their family members.

2.1.2. Immigration to Canada. The growth of the Canadian population has been attributed to the increases in immigration between 1954 and 2008 (Denton, Feaver, & Spencer, 1999; Hawkins, 1988; Smith, 2008). Between 1986 and 1991, Canada's population significantly increased by 1,930,000 with 1,164,000 of that total being new immigrants, the second largest five-year immigrant population increase from 1961 to 2001 (Statistics Canada, 2005). Also, the number of immigrants in the periods of 1991-1996 and 1996-2001 were 1,118,000 and 1,217,000 respectively, representing roughly 71% and 86% of the total population growth.

The contribution of immigration to population growth can also be reflected in Figure 6. Total, Natural and Migratory Population Growth Rates, Canada, 1972 to 2010. The annual rate of increase fluctuated maintained between 16,000 (1988) and 8,000 (1998). From 1972 to 1987, the immigrant population was the biggest contribution to the Canadian population. Meanwhile, the migratory growth increased with fluctuations contributing to population growth as much as natural growth did in 1987. Between 1987 and 1998, both types of growth decreased from 7,500 to 4,000. Finally, after 1998, migratory growth outweighed natural growth from 1998 to 2010 and became the biggest contributor to the population growth. Migratory growth soared from 4000 in 1998 to 8,000 in 2001 in 3 years, and stabilized between 7,000 and 8,000 from 2001 to 2010. Natural growth leveled off at below 4,000 from 1998 to 2010.

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

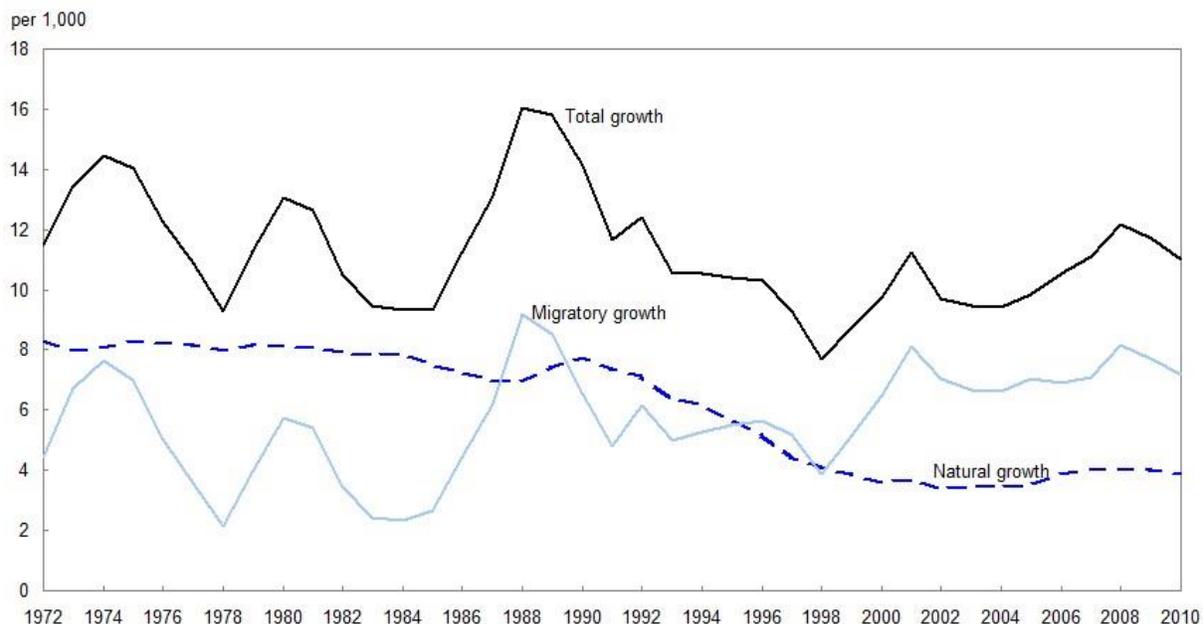


Figure 6. Total, Natural and Migratory Population Growth Rates, Canada, 1972 to 2010 (Statistics Canada, 2011a).

Canada has attracted business immigrants since 1978 (Wong, 2003). As a consequence, less skilled immigrants, such as family members of business immigrants, have been allowed to immigrate (Hawkins, 1988). Before 1986, in order to meet immigration criteria, business immigrants were required to create employment opportunities and improve local economy by investing in newly built or already existing enterprises. After 1986, the policy around business immigration became looser (Wong, 2003). As Wong (2003) explains, “Investors are not required to be active in the management of their business; thus, many invest in capital funds and investment syndicates” (p 311). Free from managing their investment in Canada, Chinese business immigrants have been able and willing to remain in China for employment reasons.

2.1.3. Immigration from China to Canada. Sussman (2010) offers some insights into Hong Kong immigrants in his 2010 study. Waves of mass immigration from Hong Kong to Canada started from the beginning of the 1980s. After the date of political handover of Hong Kong to China was confirmed in 1984, a total of 795,137 Hong Kong citizens immigrated to

other countries. Compared with Australia and United States, which received 109,612 and 167,554 immigrants respectively between 1984 and 1997, Canada was the preferred country, receiving 334,478 Hong Kong immigrants (Sussman, 2010). The Hong Kong immigrants in this wave have three characteristics. First, they were well educated, or middle or upper class. For example, 15% of the immigrants from Hong Kong were university graduates, and 35.5% of the immigrants were employed in high-level occupations (Sussman, 2010, p. 21). Second, most Hong Kong immigrants to Canada settled in British Columbia and Ontario (Sussman, 2010, p. 24). Third, in their new residential communities, culture shock was influential to Hong Kong immigrants and Canadians (Edgington et al., 2003). For instance, in the 1990s, a number of long-established Richmond residents complained that only Chinese could be found in some advertising signs in Richmond. Similarly, specific laws and rules were made to prevent Hong Kong immigrants from building thick walls or fences to block their houses from the public. To date, the 'cultural shield' between Hong Kong immigrants and the mainstream Canadian society is still a heated topic in the Richmond community (Edgington et al., 2003).

After this period, a reverse migration phenomenon (from Canada to Hong Kong) appeared (Sussman, 2010). Four reasons contribute to immigrants' decision to return to Hong Kong. First, some immigrants were not satisfied with their lives in their receiving countries. Second, some returners went back to Hong Kong because they encountered an identity crisis and sociocultural maladaptation in the new environment in Canada. Third, some immigrants moved back to their homeland for their retired lives. Fourth, economic development in their homeland attracted many Hong Kong immigrants back to Hong Kong. For these reasons, some Hong Kong immigrants, mainly males, chose to return and remain in Hong Kong (Sussman, 2010). Hong Kong husbands travelled between Hong Kong and Canada throughout the year, and their wives and children flew back to Hong Kong for vacations. In summary, a great many Hong Kong male immigrants moved back to Hong Kong due to economic reasons (Sussman, 2010).

Due to the return migration phenomenon, a new family form appeared (Sussman, 2010). In this family form, the husband immigrates with his family members, but he returns to and remains in Hong Kong for employment reasons. His wife and children stay in the host communities, with the wife being responsible for childcare and other domestic issues in the new country. In order to maintain his family, the husband travels to the host country to visit his family occasionally. This form of families was termed “astronaut families” by Hong Kong media (Waters, 2002).

Since the start of the 21st century, Mainland China has been the biggest source of immigrants to Canada (Strategic Research and Statistics, 2005). The number of immigrants each year from Mainland China tripled between 1989 and 2005 (Zhang, 2010). From 1998 to 2008, 14% of new immigrants to Canada were Mainland Chinese, totaling 363,760 immigrants. Wang and Liu (2014) believed that there were several reasons motivating Chinese immigration. Specifically, Wang and Liu claimed rich Chinese families were motivated: 1) to give their children a better future and education in Western countries and 2) to guarantee the security of their assets by immigration (Wang & Liu, 2012). However, most of their properties and careers remained in China with the husbands returning to China in order to provide financial support to their family members in the host countries.

2.1.4. Female immigrants from China to Canada. Occupying the largest number of international female immigrants (8.4%), 570,340 Chinese immigrant women have immigrated to Canada and 182,725 of them have settled in British Columbia (Statistics Canada, 2013b). Apart from those immigrants selected, relatives and family members of the selected immigrants were also permitted into Canada (Hawkins, 1988). A number of Chinese women immigrated as skilled and business immigrants and many Chinese women immigrated as the relatives or family members of skilled or business immigrants.

Since 1986, “investors are not required to be active in the management of their business; thus, many invest in capital funds and investment syndicates” (Wong, 2003, p. 311). As they need not stay in Canada to manage their business in Canada, a number of Chinese male business

immigrants have remained in China for employment reasons. Yet, at the same time, the wives and children of Chinese male business immigrants have remained in Canada for its quality education system (Wang & Liu, 2012). The number of immigrant families have drastically increased (Wang & Liu, 2012), but statistics evaluating how many Chinese immigrant women whose spouses remain in China could not be found. This implies that research addressing women with this scattered family structure has been neglected.

2.2. Leisure Constraints

2.2.1. Leisure constraints: research overview. Jackson (2005) proposed that leisure constraints research plays an important role within the field of leisure research for three reasons. First, leisure constraints research is essential in the research of individuals' leisure choices and behaviour. Second, it allows researchers a deeper study of diverse aspects of leisure, such as leisure participation, motivations, satisfaction and recreational conflict. Third, it improves the connections between scholars from different disciplines and allows inter-disciplinary scholars to connect with different disciplines.

Early studies by Jackson (1988), defined a constraint to leisure as something that inhibits people's ability to participate in leisure activities, to spend more time doing so, to take advantage of leisure services, or to achieve a desired level of satisfaction. By this definition, leisure constraints are viewed as barriers both physically and psychologically in obtaining something desirable through leisure. Three years later, Jackson (1991) deemed the definition of the concept ambiguous and modified its definition as: "constraints are factors that are assumed by researchers and perceived or experienced by individuals to limit the formation of leisure preferences and to inhibit or prohibit participation and enjoyment in leisure" (p. 273). However, the concept of leisure constraint still entailed negative connotations until the concept of negotiation of leisure constraints was introduced by Scott (1991) and Jackson et al. (1993). It has gradually been acknowledged that leisure constraints are both restricting and enabling (Shaw, 1999; Stodolska, 2000). For example, the players on a soccer field must play their game according to the rules,

including the constraints that form part of the necessary attributes of the game. They should play by the rules, rather than regardless of the rules. Jackson et al. (1993) claimed that leisure constraints can be negotiated so as to improve participation and satisfaction. Accordingly, if the leisure constraints of a certain leisure activity are removed without being replaced by other constraints, the activity may disappear due to not having enough game-related attributes for the players (Shogan, 2002).

2.2.1.1. Models of leisure constraints. Some models for leisure constraints have been built to enhance the analysis of leisure constraints. In 1987, Crawford and Godbey divided leisure constraints into structural constraints, intrapersonal constraints and interpersonal constraints. Structural constraints refer to the constraints between leisure preferences and leisure participation, such as financial factors, access factors, and climate factors. Crawford and Godbey (1987) described intrapersonal constraints as “intrapersonal barriers involve(ing) individual psychological states and attributes which interact with leisure preferences rather than intervening between preferences and participation” (p. 122). Interpersonal constraints refer to the constraints of individuals’ interactions (Crawford & Godbey, 1987). Interpersonal constraints can usually be found in team leisure activities and within family leisure (Shaw & Dawson, 2001).

Based on these concepts, Crawford et al. (1991) built a ‘Hierarchical Model of Leisure Constraints’. Rather than focus only on the structural constraints between leisure preferences and leisure participation, they claimed that intrapersonal constraints had effects on the formation of leisure preferences and interpersonal constraints (see Figure 7).

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

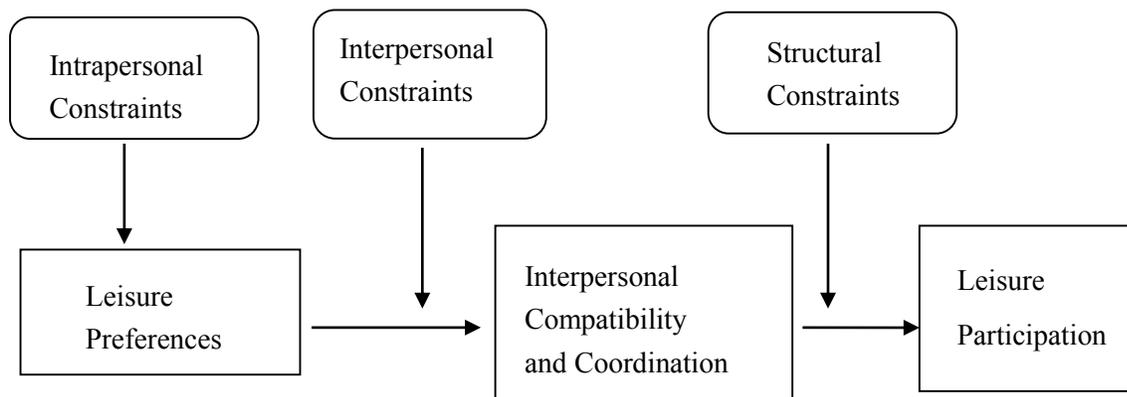


Figure 7. Adapted from “A Hierarchical Model of Leisure Constraints” (Crawford, Jackson, & Godbey, 1991).

Based on Crawford et al.’s model (1991), the Turkish Leisure Constraints Questionnaire (T-LCQ), with twenty-nine factors of leisure constraints, was developed and conducted in Turkey, by Alexandris and Carroll (1997). Examples of the twenty-nine factors are: “it makes me feel tired”, “afraid of getting hurt” and “not happy in social situation” (p. 7). Alexandris and Carroll (1997) categorized and summarized the twenty-nine factors into the seven most common factors. In Figure 8, intrapersonal constraints consist of individual/psychological, lack of knowledge and lack of interest. Interpersonal constraints consist of one factor, lack of partners. Structural constraints consist of factors of facilities/services, accessibility/financial and time.

Intrapersonal constraints			Interpersonal constraints	Structural constraints		
Individual /Psychological	Lack of Knowledge	Lack of Interest	Lack of Partners	Facilities /Services	Accessibility/ Financial	Time

Figure 8. Conceptual Classification of the Factors (Alexandris & Carroll, 1997).

Dong and Chick (2005) advanced a model of leisure constraints in which cultural constraints cover intrapersonal, interpersonal and structural constraints (see Figure 9). They

argued that many leisure constraints are not included in Crawford et al.'s model (1991), and will benefit from models that incorporate cultural factors.

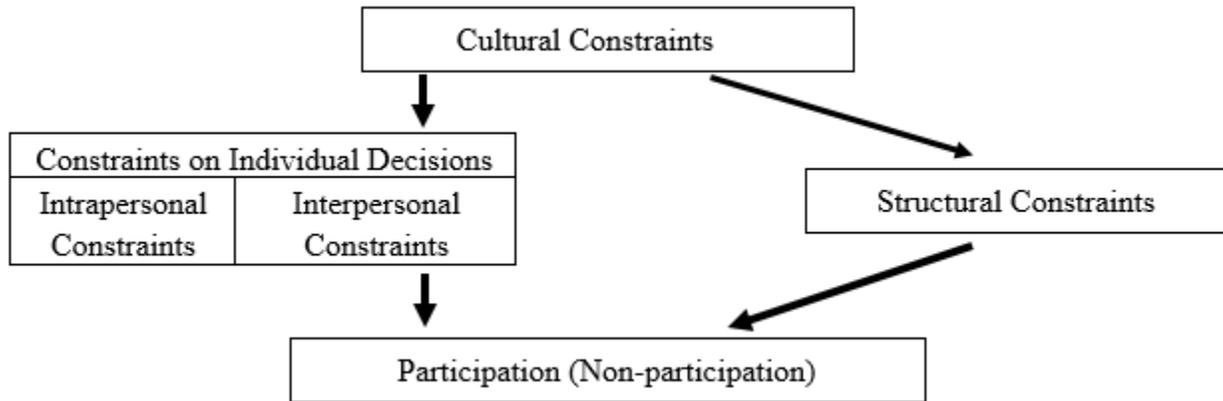


Figure 9. Refined Hierarchical Model of Leisure Constraints (Dong & Chick, 2005, p. 4).

However, not all scholars agree with including cultural constraints as a category of constraints. Godbey, Crawford and Shen (2010) claimed that cultural constraints were unnecessary and posited that cultural factors be taken into consideration in the hierarchical leisure constraints theory developed by Crawford et al. (1991) and included in intrapersonal constraints as per Godbey et al. (2010). Culture is one of the intrapersonal constraints that interact with leisure preferences. Hence, cultural constraints and the effects from culture are addressed when the intrapersonal constraints are analyzed. Nevertheless, with the point of view of Crawford et al. (1991) focused on the individual level, Dong and Chick (2005) argue that cultural constraints also play a role in the strength of participation. From their perspective, the research of cultural constraints is a useful tool to analyze leisure constraints in a certain cultural context because culture influences different aspects of people's leisure lives, not only individual decision-making but also leisure participation.

The views from both sides are reasonable. In terms of Godbey et al.'s (2010) viewpoint, the effects from culture are adequately explored when analyzing individual intrapersonal

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

constraints. However, Dong and Chick (2005) considered cultural factors from a different angle. In addition to individually analyzing a person’s constraints from culture, the research of cultural constraints could be employed to analyze and sum up the effects of culture on a population’s leisure constraints within a particular cultural context. Therefore, cultural constraints are appropriate, as revealed in this study, as it demonstrates the effects of Chinese culture on the population of the women studied.

When Dong and Chick’s (2005) model (see Figure 9), and Alexandris and Carroll’s (1997) classification (see Figure 8) are combined, a new model can be built (see Figure 10). In Figure 10, cultural constraints are believed to have effects on intrapersonal constraints, interpersonal constraints and structural constraints.

Cultural Constraints						
Constraints on Individual Decisions				Structural constraints		
Intrapersonal constraints			Interpersonal constraints			
Individual /Psychological	Lack of Knowledge	Lack of Interest	Lack of Partners	Facilities /Services	Accessibility /Financial	Time

Figure 10. Refined Conceptual Classification of the Factors (Dong & Chick, 2005; Alexandris & Carroll, 1997).

Influenced by cultural constraints, there are constraints on individual decisions as well as structural constraints influencing accessibility to leisure participation. Constraints on individual decisions include intrapersonal constraints and interpersonal constraints. Seven factors of constraints are accordingly distributed to intrapersonal constraints, interpersonal constraints and structural constraints.

2.2.1.2. Jackson et al.’s (1993) propositions for negotiation of leisure constraints.

Jackson et al. (1993) made five propositions for negation of leisure constraints. These

propositions led to more consideration about the competition between desire and interpersonal or structural constraints. In this section, their propositions and ideas will be outlined.

The first of Jackson et al.'s (1993) five propositions was that the negotiation of leisure constraints was more important to leisure participation than the absence of leisure constraints. The second proposition claims that leisure participation was more likely to be the outcome of successful negotiation of leisure constraints, rather than the removal of leisure constraints. The third proposition claims that non-participation or less participation is caused by the loss of balance between desire and the strength of interpersonal or structural constraints; for instance, a person ceases or decreases their participation in a leisure activity because the level of their desire is outweighed by the strength of interpersonal or structural constraints. There are potentially two outcomes: an individual's desire may decrease or the strength of interpersonal or structural constraints increases. The fourth and fifth propositions claim that leisure participation negatively changes when the anticipated strength of interpersonal or structural constraints outweigh the desire and negotiation ability (Jackson et al., 1993). However, in Jackson et al.'s (1993) opinion, as an individual anticipates and evaluates the balance, the anticipation becomes a personal constraint and, also, influences the desire. The following flow chart illustrates this procedure (see Figure 11).

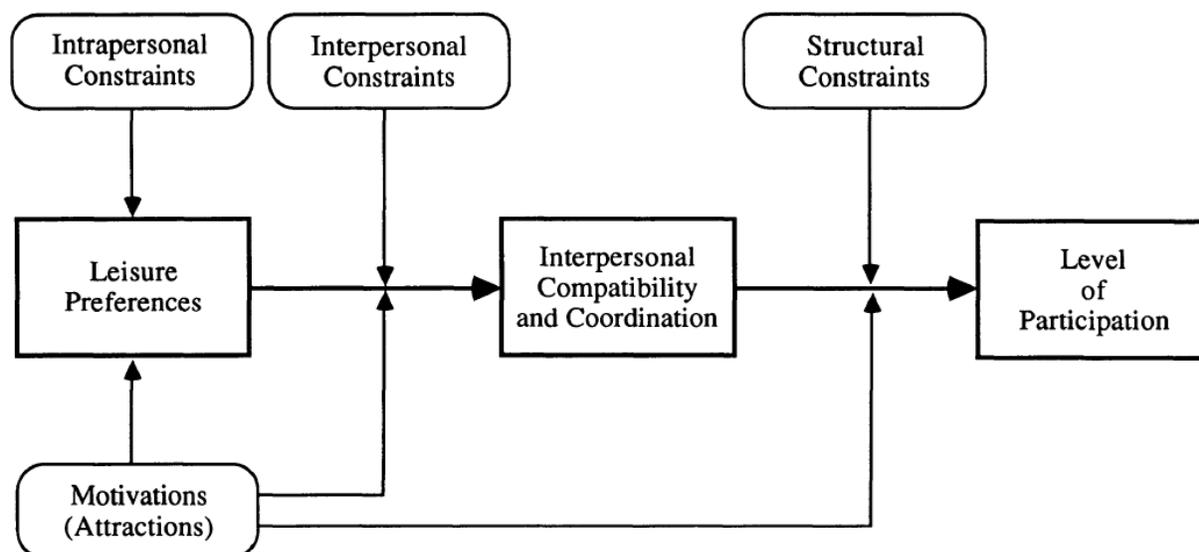


Figure 11. Leisure participation as the product of a balance between constraints and motivations (Jackson, Crawford, & Godbey, 1993, p. 9).

In reviewing Jackson et al.'s (1993) propositions, wrestling the balance between desire and interpersonal or structural constraints offers a broader lens for viewing leisure constraints. Aside from the barriers to leisure participation (interpersonal and structural constraints), intrapersonal constraints, including desire and anticipation of constraints, should be considered. A flow chart of "leisure participation as the product of a balance between constraints and motivations" (see Figure 11) was built. Figure 11 describes continuous participation in an activity and the change to that participation. The influences from anticipation and previous participation are also evaluated.

2.2.1.3. Three indicators to the satisfaction of leisure time. Survey participants viewed "lack of time" as the most significant leisure constraint to participation but they have not had the opportunity to explain their perceived meaning of "lack of time" (Godbey, 2005). In T-LCQ questionnaire designed by Alexandris and Carroll (1997), the "lack of time" was the only factor in time constraints. However, as Sevilla, Gimenez-Nadal and Gershuny (2012) later explained,

this was partly because the indicator to examine the satisfaction of leisure time was limited to the total amount of leisure time.

Sevilla et al. (2012) also asserted that when time constraints are explored, “leisure dilution”, “co-present leisure” and “leisure fragmentation” should be taken into consideration. “Leisure dilution” means that during a period of time, leisure was interrupted with non-leisure issues or activities. In order to measure leisure dilution, the degree of “pure leisure” must be assessed (Sevilla et al., 2012). The greater the amount of “pure leisure”, the less non-leisure activities interfere with free time. For example, pure leisure decreases when a music lover has to answer a phone call while appreciating music, viewing answering a phone call as a non-leisure activity.

The second indicator of satisfaction, “co-present leisure”, is the amount of time or space that a person is engaged in leisure activities with a partner(s) (Sevilla et al., 2012). The factors assessing this indicator are “leisure with spouse/partner” and “leisure with other adults”. The extent to which the leisure time is satisfactory depends on the degree of enjoyment experienced while participating in the leisure activities due to the presence of a spouse/partner and/or other adults. When describing the effects from “leisure of spouse/partner”, Sullivan (1996) indicated that a couple was able to access higher levels of satisfaction when they took part in leisure activities together. However, a downward trend of the amount of “leisure with spouse/partner” has been witnessed in recent years (Sevilla et al., 2012).

The last but very important indicator is “leisure fragmentation”. Sevilla et al. (2012) introduced “leisure fragmentation” as different activities, especially non-leisure activities interrupting an individual’s leisure time, with the result being, leisure time cut into segments. The number of interrupted leisure time intervals can lower the level of satisfaction of the leisure time as well as the enjoyment of a leisure activity (Sevilla et al., 2012). “Leisure fragmentation” is measured by counting the number of leisure intervals. In recent years, satisfaction with leisure time has decreased due to an increase in leisure intervals (Sevilla et al., 2012).

2.3. Canadian and Chinese Leisure

In Section 2.3.1, the development of the concept of leisure in Canada since 1985 is reviewed. The studies of the leisure constraints in Canada are shown in Section 2.3.2. The Chinese concept of leisure is demonstrated in Section 2.3.3., and Chinese people's leisure preferences and leisure constraints are presented in Section 2.3.4. and 2.3.5. respectively. Canadian leisure experience and Chinese leisure experience are compared in Section 2.3.6.

2.3.1. Canadian perception of leisure. Shaw (1985) interviewed 60 married couples in Halifax, Canada. to record perceptions of the meaning of leisure. The results show that freedom of choice, intrinsic motivation, enjoyment, and relaxation are the most related factors to describe leisure. More precisely, situations in which people have the freedom to choose what they want can be viewed as leisure. However, not all leisure situations are freely chosen or intrinsically motivated (Shaw, 1985). Shaw (1985) held that relaxation is the most salient factor to differentiate leisure and non-leisure activities. Conclusively, he believed that the meaning of leisure can be explained mainly by these four factors: freedom of choice, intrinsic motivation, enjoyment, and relaxation.

Smale, Donohoe, Pelot, Croxford and Auger (2010) conceptualized leisure primarily in three principal ways: 1) as activity, 2) as free time and 3) as a state of mind (p.16). First, a number of people distinguish leisure and non-leisure by the activities (Smale et al., 2010). They have heuristics about what are leisure activities and what are not. They define leisure with the examples of leisure activities perceived. Leisure can also be characterized as free time; that is, when people are free to do whatever they want without the requirement of work (Smale et al., 2010). As a state of mind, Smale et al. (2010) characterized leisure occurring when people are psychologically satisfied. These three principal ways emphasize the physical and psychological effects gained from leisure. Leisure can also be defined in relation to the places, spaces, and environments where activities take place (Smale et al., 2010).

Purrington and Hickerson (2013) characterized leisure as behaviours that were different from “culture-specific behaviors closely related to immediate survival and other practical necessities of life” (pp. 130-131). Their definition of leisure can be explained in three ways: 1) leisure can be described as a behavioral phenomenon; 2) leisure behaviors do not function for immediate survival and practical necessities of life; and 3) the concept of leisure is culturally dependent.

To explain the three ways of definition of leisure, Purrington and Hickerson (2013) initially preferred to characterize leisure as a behavioral phenomenon. As summarized, leisure can be described as behavioral or psychological activities (Leitner & Leitner, 2012). It is not appropriate to assess leisure as only a behavioral phenomenon (e.g., activity) or only as a psychological phenomenon (e.g., experience), because activity and experience continuously function together (Purrington & Hickerson, 2013). Purrington and Hickerson (2013) described leisure as a behavioral phenomenon, while at the same time, taking into consideration the psychological elements. Furthermore, leisure is not related to immediate survival. Although leisure can occur during work (Shaw, 1986), immediate survival does not depend on leisure (Purrington & Hickerson, 2013). Instead, it plays the role of energizing future work (Purrington & Hickerson, 2013). Plus, the definition of leisure should also address the factor of culture. Different cultures distinguish leisure activities and the activities addressing immediate survival needs in different ways (Purrington & Hickerson, 2013). Thus, the definition of leisure is different for different cultures. Purrington and Hickerson (2013) claimed that their definition of leisure is comprehensive to characterize leisure across cultures.

2.3.2. Leisure constraints in Canada. Zuzanek (2005) compared the surveys of Canadians’ time use and leisure participation from 1967 to 2000 to explore how these two factors changed. Canadians faced more time pressure in 1998 than in 1992, and had become increasingly unsatisfied with their lives from 1986 to 1998. Although Canadians in 1998 spent less time on paid work than they did in 1986 and 1992, they increased the time allocated to unpaid work. As a

result, Canadians generally spent more time on both paid and unpaid work. Canadians, in 1998, worked an average of 463 minutes per day, 13 minutes more than they did in 1986 (450 minutes/day). Zuzanek (2005) proposed that Canadians were less satisfied with their jobs as well as the amount of their free time. He proposed that this phenomenon attributes to the compression of both working time and free time. On the one hand, Canadians needed to deal with more tasks during work time; on the other hand, they are more rushed to make use of their leisure time (Karlis, 2011). Therefore, the strength of time constraints among Canadians increased due to the decrease in the total amount of leisure time as well as the quality of leisure time.

Zuzanek (2005) further compared the patterns of time use for different categories of people. First, time use and leisure participation were analyzed according to age. He found that the young and the old had more free time, however, the middle-aged had the smallest amount of free time. In addition, Canadians' leisure participation was found to decline with age. When examining time use and leisure participation of people with different economic status, groups with higher economic status were reported to have less free time and stronger feelings of time pressure. However, when compared to groups with lower economic status, higher status groups had greater diversity and intensity of leisure participation.

Although Canadians have less leisure time, leisure time spent on physical activities has generally increased since the 1980s (Craig, Cameron, Russell & Beaulieu, 2001; Katzmarzyk & Tremblay, 2007). By comparing previous surveys, Bruce and Katzmarzyk (2002, pp. 684-687) demonstrated that daily leisure-time engaged in physical activity steadily increased from $5.7 \text{ kJ} \cdot \text{kg}^{-1} \text{ day}^{-1}$ in 1981 to $9.3 \text{ kJ} \cdot \text{kg}^{-1} \cdot \text{day}^{-1}$ in 1998. Regionally, western Canadians, including British Columbians, had a greater expenditure of daily leisure-time engaged in physical activity than other regions in Canada. In terms of the differences between genders, men participated in more physical leisure activities than women.

Craig et al. (2001) summarized the systemic barriers to leisure-time physical activities met by adult Canadians. First, 26% of Canadian adults attributed their inactivity to the lack of skill

and ability. Second, 37% believed that the cost of recreation was too expensive in Canada. Third, over 33% claimed that a lack of information contributed to their low participation. Fourth, 39% claimed that services offered by community centers did not fit well in their schedules. Fifth, more than 20% of adults found it difficult to visit the places where they can conduct leisure-time physical activities. Sixth, 36% of Canadians attributed their inactivity to a shortage of programs, services and facilities in or around their communities. Seventh, 13% of Canadian adults could not find suitable activities. Eighth, 40% of adults in Canada encountered interpersonal constraints, such as the “lack of partners”. Ninth, 31% of Canadians had difficulty finding places to spend leisure time that was inclusive of children. Finally, tenth, 29% of adults said they would not consider being more active in terms of physical activities unless sufficient instruction or coaching could be given.

2.3.3. Chinese perception of leisure. As demonstrated by Liu, Yeh, Chick and Zinn (2008), leisure is usually translated into Chinese as *Xiuxian* (休閒). The meaning of *Xiuxian* (休閒) in Chinese culture has been uniquely understood for 5,000 years. The concept of leisure in China is consistent with Chinese philosophy; it is a lifestyle in which the balance or harmony between people and nature is sustained (Liu et al., 2008). This state of balance is reached and maintained by self-improvement and refinement. In other words, the Chinese understanding of leisure reflects the thoughts of harmony and the Golden Mean in the Confucian school of thought, emphasizing the balance and harmony between *Yin* (陰) and *Yang* (陽) (Liu et al., 2008).

Recent years have witnessed increasing concerns about leisure in China. Annual reports of leisure development have been published in China since 2012. The most current edition of this report, published by the China Tourism Academy in 2013, refers to leisure as the activities that people do to relax when they are not working. From the perspective of Chinese economics, leisure is defined as the activities done by consumers during their free time (Qing, 2007).

2.3.4. Chinese leisure preferences. Sivan, Robertson and Walker (2005) compared the studies on leisure participation and leisure preferences of Hong Kong residents from 1965 to 2000. In general, Hong Kong residents' leisure participation changed consistent with the shift of their leisure preferences. With the development of the economy and the progress of technology, a remarkable shift of leisure participation has occurred in Hong Kong. Since 1994, the favored leisure activities of Hong Kong citizens changed from public-based leisure activities to home-based leisure activities, especially watching TV. However, it was found that the social activities that were previously popular, such as eating out and going to the teahouse, have decreased.

The attitudes of Mainland Chinese toward leisure have increasingly become more positive as leisure and tourism is viewed as important aspects of their lifestyle (China Tourism Academy, 2013). Chinese people have allocated more income to leisure. The average percentage of income spent on leisure consumption significantly increased between 1990 and 2011: increasing from 1.09% in 1990 to 12.21% in 2011 in urban areas, and from 2.23% in 1990 to 7.6% in 2011 in rural areas. In addition, there is more leisure time available to Chinese people. Since 2008, each Chinese citizen has an average of approximately 120 non-working days per year. Although Chinese citizens have insufficient leisure time on weekdays and weekends, they have an increased amount of holiday leisure time.

The China Tourism Academy (2013) also showed the differences between leisure participation in urban populations and rural populations. First, Chinese urban and rural populations have participated in different leisure activities. Urban leisure activities are divided into five categories: physical exercise, culture and entertainment, eating and shopping, tourism, and other. Rural leisure activities are categorized as domestic leisure, tourism, eating and shopping, culture and entertainment, and physical exercise. Second, the leisure participation of urban people differs in terms of whether leisure time occurs on weekdays, weekends or on holidays. In urban areas, regardless of weekdays, weekends or holidays, cultural and entertainment activities are always the most popular category of leisure activities, despite the fact

that the number of people conducting cultural and entertainment activities decreased while tourism activities increased. However, this is not the case for rural populations. People in rural areas enjoy home-based leisure activities, such as watching television, making home-based leisure activities the most popular category of leisure activity. Third, the difference between leisure activities in which men and women participated was significant in urban areas but there was only a slight difference in rural areas.

2.3.5. Leisure constraints in China. It was not surprising that through analyzing the data from free listing as well as item rating, “lack of time” and “lack of money” were the most important factors of leisure constraints in six Chinese cities (Dong & Chick, 2012). Through free listing, it was found that roughly 52% and 47% of participants listed lack of time and lack of money respectively as their leisure constraints (Dong & Chick, 2012).

When compared with Canadian students, Walker, Jackson and Deng (2007) found that Chinese students were reluctant to start a leisure activity with a partner for fear of inconveniencing them (Walker, Jackson, et al., 2007). They claimed that culture significantly influenced the intrapersonal constraints of ethnic groups and slightly affected their interpersonal and structural constraints (Walker, Jackson et al., 2007). Research studies on Chinese people’s leisure constraints have not built the connection between Chinese leisure constraints and Chinese culture influencing Chinese people. The next two sections introduce two key factors that affect Chinese people’s interpersonal and financial constraints.

2.3.5.1. The factor of “face”. The factor of “face” contributes to Chinese people’s interpersonal constraints. In this section, the influence of “face” on friendship and Chinese culture is analyzed. The Chinese concept of “face” is similar to status, but it also has cultural meanings for Chinese people. *Lian* (*lien*, 臉) and *mianzi* (*mien-ztu*, 面子), are the words for “face” in Chinese, and are the origins of the theory of “face” (Gao, 1998; Ho, 1976; Hu, 2004). To expound on the concept, Zane and Yeh (2002) and Ting-Toomey and Oetzel (2001) defined “face” in three ways: “self-face”, “other-face”, and “mutual-face”. “Self-face” indicates self-

esteem or how one thinks about oneself. “Other-face” refers to other peoples’ perceptions. Ting-Toomey and Oetzel (2001) defined the concept of “mutual-face” as the perceptions that two parties have of each other and/or of their relationship.

Chinese people have unique cultural concerns with the concept of “face”. Above all, in Chinese culture, Chinese people are very afraid of “losing face” (Zane & Yeh, 2002). They care very much about their self-image and are concerned with being negatively viewed by others. Therefore, the majority of Chinese people are careful with how they behave and try to convey a good self-image to others. In conclusion, the “face” factor can be a constraint to Chinese social and leisure lives.

2.3.5.2. Chinese concepts of financial management. One of the most important factors of leisure constraints in previous studies is the financial factor (e.g. Dong & Chick, 2012; Stodolska & Yi-Kook, 2005; Xiong, 2007). The financial factor is also an important leisure constraint to Chinese people (e.g. Dong & Chick, 2012; Xiong, 2007). When financial constraints are examined from the perspective of Chinese culture, “lack of money” is only one aspect. The Chinese view of money can be described in two ways: they are expected to be content with their financial circumstances and, second, they are on alert for potential personal or family financial crises.

Contentment. The concept of thriftiness and contentment in Confucianism has been accepted by Chinese people as the conventional attitude toward financial management for over two thousand years (Wang, 2010). The reason is that Confucianism has strongly influenced Chinese politics and traditions. Confucianism has significantly functioned to develop and influence Chinese financial management.

Rather than material enjoyment, Confucianism has advocated enjoyment to be spiritually and culturally focused, such as acquiring knowledge, cultivating decent manners, pondering in peace and so on (Wang, 2010). Confucianism asserts that people should be satisfied with what they already have, to accept and maintain their current material well-being and aim to achieve a

higher level of spiritual well-being. Being content is the foundation of the Chinese perception of financial management. It is widely accepted in Chinese society that being content is valued, that a person ought to limit their desires and avoid temptation to maintain inner peace and to enhance self-improvement and self-refinement.

Nonetheless, the main purpose of contentment has changed along with the development of Chinese society and productivity. In ancient Chinese agricultural society, contentment was advocated where resources could not be massively exploited and trading was under-developed. People needed to be thrifty and make good use of their limited resources (Wang, 2010). In modern Chinese society, people no longer have a shortage of food and other basic supplies and instead, contentment is concerned with addressing decreasing natural resources and deterioration of the environment (Wang, 2010).

Financial anxiety for the future. Zhao (2008) claimed that geographic background, historical economic development, the mode of social life, politics, and the legal atmosphere shaped Chinese people's views and practices of financial management. In terms of geographic background, China people are careful to protect their property and land, and avoid taking risks. This conservative mode of financial management is inherited from their ancestors of agricultural society. Historically, the agricultural society, which advocated the autarky in each family, inhibited Chinese people from exchanging and trading commodities for thousands of years. Chinese people were more protective of their assets. Zhao's (2008) work also highlighted how ancient wisdom encourages that people anticipate possible threats even when they are safe and at peace. As a result, it is typical for Chinese to save an amount of "secure money" for the future. Chinese people restrict themselves in preparation for potential threats in the future. Politically, as influenced by Confucianism, people's efforts, not their achievements, are more appreciated by society. Therefore, Chinese people continuously work hard, but they seldom evaluate how much they have earned. They do not have a clear idea about how much wealth they need to lead their lives. In modern society, the defective legal system in China cannot properly protect people's

private assets and Chinese people take matters into their own hands to protect their money. The financial system in Chinese society is so under-developed that people have preferred to trade, exchange and protect their assets in conservative means, such as avoiding high risk investments.

Tu's (2004) research further illuminated Chinese ways of managing money by comparing Chinese and Western financial concepts. In her opinion, there are five salient differences between Chinese and Western financial concepts. First, the Chinese had a negative sense of increasing the value of assets. Chinese agricultural society lasted for thousands of years with a family functioning as a production unit that was self-sufficient. Without exchanging with others, Chinese people's breadth of thought of financial management was limited to what they had. This limited mode of thought is the foundation of many Chinese unique financial concepts.

Second, compared with Western people, Chinese people had a more conservative attitude to investment (Tu, 2004). While many Chinese people are making as much money as possible, they are reluctant to take risks with what they own. Aiming to securing their money in safe ways, they are more keen to invest in real estate than in riskier markets.

Third, in contrast to Western attitudes toward money, Chinese people think of money as filthy; they are ashamed to talk about and evaluate their assets. This attitude is due to Confucian philosophy which has built a perfect image of 'the gentlemen' in that Chinese feel compelled to think about how to build a sense of justice rather than how to make money.

The forth factor illustrates the difference between Chinese and Western attitudes to mortgages and loans. Taking loans is commonplace in Western society whereas Chinese people view a mortgage or loan as a stain on their lives and avoid it. In China, people think highly of self-improvement and self-refinement. They would not ask other people or financial institutions for assistance unless they could not settle the debt through their own means. Chinese people save money for potential crises and even when they are confronted with current financial needs, they will not use these savings stored for the future.

Finally, Chinese were not financially astute. Since agricultural society, Chinese people have thought highly of the process of working hard but overlooked the monetary results, so-called “tricks” in their opinion. Thus, they are not accustomed to assessing how much they have gained and how much they will need in the future.

2.3.6. Comparison between Chinese and Canadian leisure experience. A great many Chinese and Canadian people understood leisure as free time, idleness, a comfortable social status, an enjoyable status, or even a leisure status (Liu et al., 2008; Shaw, 1985; Smale et al., 2010). However, Chinese and Canadian concepts towards leisure are viewed differently. Canadians more comprehensively understand and conceptualize leisure, considering the diversity of individuals and cultures (Purrington & Hickerson, 2013), whereas, Chinese have specific concepts of leisure (Qing, 2007; China Tourism Academy, 2013). Chinese concepts of leisure have been developed from the overarching ideas of Confucianism to various specific concepts in different fields. For instance, the Chinese tourism industry characterized leisure as relaxing activities outside of work (China Tourism Academy, 2013), and Chinese economists referred to leisure as consumers’ activities during free time (Qing, 2007). Second, while Canadians individually and collectively value leisure, Chinese people tend to view leisure on a personal level. Third, Canadians did not value the concept of leisure as tightly connected with nature nor as the harmony between human beings and nature (Liu et al., 2008).

In comparing Chinese and Canadian leisure constraints to physical leisure activities, Chinese and Canadians experienced leisure constraints differently (Craig, 2001; Dong & Chick, 2012). First, the most significant category of leisure constraints for Canadians was interpersonal constraints, while the most important category of leisure constraints for Chinese was time constraints. Second, more Chinese people encountered time constraints and financial constraints compared with Canadians; compared with 52% and 47% of Chinese people, only 39% and 37% of Canadians respectively met time and financial constraints.

There are unique Chinese cultural influences which affect which leisure constraints Chinese people face and how these leisure constraints are experienced and addressed. In terms of Chinese leisure constraints for maintaining leisure preferences or leisure participation, Chinese people are affected by additional intrapersonal and interpersonal constraints. Interpersonally, anticipation of the possible disturbance to partners was an impediment for seeking partners to participate in leisure activities (Walker, Jackson et al., 2007). Chinese students were more individually and interpersonally constrained than Canadian students while Canadian students were more structurally constrained (Walker, Jackson et al., 2007). To explain Chinese students' higher level of intrapersonal constraints, the data in the study suggested that Chinese students' personal choices and willingness to conduct a new activity were very important constraints (Walker, Jackson et al., 2007). To illustrate an interpersonal constraint, a Chinese person was concerned about self-image as well as a partner's image in leisure participation (Liang & Walker, 2011). Participation in a leisure activity was executed carefully and with constraint to avoid "losing face". That is, attention was paid to their behavior in order not to negatively influence their image in their partner's mind. Turning to the leisure constraints for starting leisure preferences, Chinese people's prediction of possible financial constraints play an important role.

2.4. Gender and Leisure Constraints

The wide existence of gender inequality is the foundational cause of leisure constraints for women (Tsai, 2010). In 2010, Tsai analyzed the relationship between gender and leisure from the perspective of power relationships. He described how leisure has a different meaning for men and women. Since men have been in the advantageous position in the gender power relationship, they have dominated public space and activities. Hence, policies and facilities have been created and controlled according to male perception. Women's needs and wants have been overlooked. Shaw and Henderson (2005) indicated that women's previous life experience, obligations, and the relationship between experience and obligations should be taken into consideration in leisure constraints research.

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

Wearing (1998), who viewed leisure as spaces had a similar argument. She argued that leisure should be considered as personal spaces, instead of free time away from work time. In Chambers' (1986), and Henderson and Allen's (1991) examples, a woman, financially supported by her husband and without a job, still had limited free time, as she was responsible for domestic, household work and childcare. When the leisure spaces and elements of men and women overlap or interact with each other, the status of women's leisure is lowered because men, and not women, have had the dominant position (Wearing, 1998).

Several empirical studies have been done that compare the gender difference of leisure constraints. An early survey study by McGuire (1984) in the United States, sought to examine advanced adults' leisure constraint factors and explore means to relieve those constraints. This study found that the effect from gender difference was minor in terms of the five factors of leisure constraints: external resource, time, approval, ability/social and physical well-being. Eleven years later, Jackson and Henderson (1995) compared male and female leisure constraints and found that women were affected more by leisure constraints than men. This point of view is supported by the results from Bulent et al.'s survey (2010). As shown by the statistics, a larger percentage of female participants were reported to have individual/psychological constraints, facilities/services and accessibility constraints and time constraints than were male participants (Bulent et al., 2010).

Understanding the relationship between gender and leisure constraints should not be limited to gender differences, but by gender diversity and by examining the intersection of age, income, family structure and other mediating factors (Scott, 1988; Jackson & Henderson, 1995). In other words, being a woman does not necessarily mean marginalization in their leisure experience. As well as considering the diversity of the causes of constraints, the diversity of culture, places of origin and family structures need to be considered in future research. Most studies of leisure constraints of women have been conducted from the western perspective (e.g.

Dominguez, 2003; Morrison, 2008; Thompson, 1999), and, as a result, non-Western women's leisure constraints have been neglected.

2.4.1. Gender and leisure constraints in Canada. Compared with men, women in Canada are more time constrained physically as well as psychologically. Zuzanek's 2005 study presented that women in the 1990s, had more difficulty accessing free time than men. In 1992, women had 40-66 minutes less free time than men on workdays and weekends respectively; in 1998, women had 29-45 minutes less free time than men. He concluded that women are more psychologically dissatisfied as they feel they do not have enough time.

Jackson and Henderson (1995) further revealed that as for the factors of interpersonal, domestic, physical and accessibility (referring to distance and transportation), a gulf between male and female was found in certain age groups. Interpersonal constraints and structural constraints had more negative effects on women. Second, women's family and work commitments peak at middle age, the age of 37-43. Third, prior to the age of 44-50, females are more affected by the leisure constraints of being "too busy with family". Fourth, from the age of 22-28, women have more difficulty than men to find companions to participate in leisure activities. Fifth, compared to younger and older women, middle-aged Canadian women are more socially isolated. In conclusion, time constraints and interpersonal constraints are significant among women.

In examining the factor of lack of time, quantitative research studies, providing pre-made options of leisure constraints, are insufficient to women's leisure constraints. Researchers found that it is caused by a variety of factors, including being too busy with family and childcare. Findings, resulting from qualitative studies, conclude that inequality of leisure and various responsibilities and demands on women contributed to less leisure time for women (Firestone & Shelton, 1994; Henderson et al, 1996; Shaw, 1985). Hence, women should be given a voice to speak of their time constraints caused and experienced in diverse ways.

2.4.1.1. The factor of “Status”. Friendship has an important positive effect on women’s well-being (Siu & Phillips, 2002). “Intimacy,” “status,” and “power” were proven to be the important elements in women’s female friendships (Bank & Hansford, 2000; Candy, Troll, & Levy, 1981; Castaneda & Burns-Glover, 2008). Candy et al. (1981) explained these three elements in the following way: “intimacy-assistance” refers to a person’s willingness to share her private and true feelings with friends and her willingness to call on her friends when she is in need; “status” is the self-image or self-esteem a person projects to her friends; and, “power” refers to the degree of influence friends have on each other. For women from all age groups, “intimacy-assistance” is the most significant factor in female friendship, followed by “status”, and then “power”. While a number of studies have been done to reveal female friendship and intimacy (e.g. Cronin, 2015; Fehr, 2004), few studies illustrate the role of “status” in female friendship (e.g. Candy, Troll, & Levy, 1981; Castaneda & Burns-Glover, 2008). Candy et al.’s (1981) study describes the effects of “status” on female friendships in different stages of women’s lives. This information about the influence of “status”, for women in their 30s and 40s, provides a good reference to interpret the interview participants’ friendships in Richmond.

It is noteworthy that the function of “status” for women in their 30s and 40s, remained at a high level, and an increase was witnessed in women in their forties (Candy et al., 1981). To expand, women in their 30s and 40s are concerned about their self-esteem with friends and how they appear in their friends’ minds. To explain the increase of the function of “status” in women’s friendship during their forties, Candy et al., (1981) found that women’s decrease of self-esteem and changes to their domestic chores were the causes. In a later and similar study, Bank and Hansford (2000) found that by building up and maintaining their “status”, women hope to be respected and influential in their relationships with their friends.

2.4.1.2. Intensive mothering. A number of women either leave their careers or decrease their workload after marriage or giving birth to their children. When they are dedicated to taking care of their children, they conduct ‘intensive mothering’, which influences their leisure lives.

From the perspective of culture and ideology of women, women were perceived to be suitable and responsible for child caring (Fox, 2009; Walzer, 1998). In society, the stereotype that children's future success depends on their achievement at school pushes mothers to make more efforts in the care of children. In this case, mothers selflessly contributed without knowing the outcomes (Fox, 2009). Being an intensive mother became the standard for evaluating a woman. In this sense, gendered responsibilities became a strong constraint to leisure for women (Fox, 2009).

While intensive mothers seldom have financial constraints, they are more likely to suffer from time constraints. An important feature of intensive mothers is that they have less stress from money and other demands (Fox, 2009). A large number of intensive mothers choose to be a household wife without a job. However, this does not necessarily increase their free time and leisure satisfaction. Fox (2009) noted that mothers who were without jobs were more stressed due to a shortage of time caused by child care and other issues. Also, their household work would unavoidably increase due to the increase of family members (Fox, 2009).

Interpersonal constraints may stem from intensive mothering. Due to the importance of family and children, intensive mothers' social lives are more family/child oriented (Fox, 2009). Positively, intensive mothers usually enlarge their social circle with other household wives, especially other women with children, and the exchanges and communication between mothers can relieve their sense of isolation (Fox, 2009). Negatively, however, they are likely to be isolated from other social circles (Fox, 2009).

2.4.2. Gender and leisure constraints in China. According to survey outcomes, Chinese women were more constrained by the factor of time with time constraints worsening after marriage (China Tourism Academy, 2013). In comparing the amount of women's leisure time with men's, each man averaged approximately 100 hours of leisure time more per year than a woman in 2013, and, in particular, women specifically had less leisure time than men during weekdays.

2.4.2.1. Chinese women's "faces". Except for their strong desire to maintain "faces" (see section 2.3.2.3.1.), Chinese women have one additional character in regard to the factor of "face". Compared with Chinese males, Chinese females are more concerned with their "mutual-face" (Zane & Yeh, 2002), possibly because Chinese females are expected to be reserved and considerate. This implies that Chinese women are more concerned with their image and how they are perceived by others. A Chinese woman would not only try to maintain her positive image in her friend's mind, but she is also willing to make efforts and/or compromises to maintain her friend's "face" projected to her.

2.4.2.2. Chinese culture and gender roles. Chinese culture has left strong effects on Chinese women's gender role for over two thousand years although the ideology of women's role has been undergoing gradual change (Cheung, 2014). Chinese culture also presumes women's gender role in a family and conveys the ideology of women, which play a significant role in Chinese women's leisure lives. Obedient to men, women, have been advocated to silently contribute to their families without, sacrificing their needs in leisure aspect.

As the most influential philosophy in Chinese culture, Confucianism forwarded the *Yin-Yang* (陰陽) theory in which female, subjected to as *Yin* (陰), was supposed to be ruled by male, referred to as *Yang* (陽). Females were deprived of the right to speak out and implement their independent wills. As long as Confucianism was promoted by the emperors in China and developed, it turned into a tool which strengthened patriarchy, and oppressed women after Song dynasty (Yuan, 2002). Under this cultural context, the ideology that women should only be responsible for domestic issues and should not get involved in public issues became customary and commonly accepted by women (Cheung, 2014). Therefore, women could not speak for themselves. They could mainly be caregivers but seldom be recipients of care.

As influenced by Chinese traditional culture, most of women's attention and energy went toward the care of their families while their self-expression was sublimated (Cheung, 2014). With the focus of satisfying male family members' needs, women's sacrifices were taken for

granted by men. A set of behavior rules, called the three obedience commands, was made by males, in which women should “obey fathers before marriage, obey husbands after marriage, and obey the eldest son after the death of the husband” (Cheung, 2014, p. 38). To strengthen male power, not only did males deprive females of their rights to acquire knowledge and power, but women were also not encouraged to advance themselves.

Women’s social role was not significantly improved until the May 4th movement in 1919 (Cheung, 2014). Thanks to this cultural reform, Chinese women and society fought for equality and women regained their rights to go to school. Women were given an image of “Iron Women” in Mao era. During this time, they were thought to be as functional as men and given more respect; however, their voice and specific female needs were neglected.

A crisis came into women’s gender role and identity with the implementation of the one-child policy in contemporary China (Cheung, 2014). With the implementation of this unique policy, Chinese people’s preference for sons was drastically catalyzed. Female infants were less preferred. Meanwhile, there was more pressure on women to carry, give birth and take care of sons. The decrease of status for females lowered their self-esteem. With this decrease of status, women had more household work in their families in order to maintain their status at home (Chen, 2013). Women saw themselves as needing to implement increasing domestic tasks, for they believed that their husbands worked hard outside the household and contributed to the families (Cheung, 2014).

In summary, Chinese culture has promoted an ideology that in order to be good Chinese women, women should be obedient to males, selfless to contribute, reserved to speak of their needs, and dedicated to take care of their families. They should sacrifice what they have and what they need to their loved ones. These influences from Chinese culture have undermined Chinese women’s leisure lives and should be considered a leisure constraint.

2.4.3. Comparison between the women’s leisure constraints in Canada and China.

Women between 28 and 50 years are greatly affected by time constraints and interpersonal

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

constraints (Jackson & Henderson, 1995). They also have difficulty finding partners for leisure participation (Jackson & Henderson, 1995). Their leisure constraints are caused by a variety of responsibilities and demands, such as household work and childcare (Firestone & Shelton, 1994; Henderson et al, 1996; Shaw, 1985).

In terms of interpersonal constraints, Canadian women and Chinese women similarly have concerns on “status” in their friendships, which have a strong link to their interpersonal constraints. Both Canadian women and Chinese women care greatly about self-image and how it is conveyed to friends. However, the two studies from these two regions have different focuses. In the study from Canada, it noted changes in women’s concerns in their friendship at different ages (Candy et al., 1981). In reviewing the outcomes, Candy et al. (1981) illustrated that women in their thirties and forties were highly concerned with their “status” in other people’s minds. In the study from China, Zane and Yeh, (2002) made efforts to explore the role that the Chinese concept of “face” played in women’s interpersonal relationship. They demonstrated that compared with men, Chinese women were more concerned about “mutual-face” and they were more willing to make compromises to build and maintain harmony in their friendships. What was neglected by Zane and Yeh, (2002) was that women, as mothers, were likely to establish and maintain their family oriented friendships with other mothers, a constraint that isolated them from other social circles (Fox, 2009).

As agreed by Canadian and Chinese researchers, women are significantly constrained by the factor of time (China Tourism Academy, 2013; Firestone & Shelton, 1994; Henderson et al, 1996; Jackson & Henderson, 1995; Shaw, 1985; Zuzanek, 2005;). Specifically, Fox (2009) claimed that due to women’s ideology, responsibilities and obligations imposed by the society, many women engaged in intensive mothering after having their children. Although they decreased or left their careers to distribute more time and efforts to childcare, their time constraints were not relieved (Fox, 2009). Worse still in China, due to the cultural influence, Chinese women had a strong sense of responsibility to be caregivers and were subjected to

domestic tasks and obligations (Cheung, 2014). As advocated by Chinese culture, their opportunities to negotiate and express their needs have been minimal (Cheung, 2014).

2.5. Immigrants and Leisure Constraints

2.5.1. Immigration and leisure constraints in Canada. The specific leisure constraints encountered by immigrants are the scattered family structure and the lack of opportunities. First, a leisure constraint influencing immigrants' leisure lives in host communities is the factor that traditional family structures scatter after immigration (Tirone & Shaw, 1997). For example, the women have less free time for leisure pursuits as they have childcare responsibility with less assistance from other family members. These shifts caused by the scattered family structure have many causes. For example, it is quite common for immigrant families generally that, in order to maintain their standard of living in new countries, the husbands need to maintain their original employment in their motherland causing them to be mainly overseas and away from their families after immigration.

Moreover, within diverse cultural communities, the ethnic groups whose population size is smaller than the mainstream ethnic groups suffer from extra leisure constraints due to the lack of opportunities (Golob & Giles, 2011). This leisure constraint stems from the multiculturalism policy in Canada. The multiculturalism policy in Canada encourages leisure service providers and decision makers to satisfy diverse demands of ethno-cultural leisure pursuits (Golob & Giles, 2011). Thus, the multiculturalism policy made it possible within ethnic communities to establish traditional leisure activities (Golob & Giles, 2011). However, when the leisure independent communities are led by major ethnic groups, the leisure needs of smaller ethnic groups will often be overlooked.

Leisure participation is beneficial to new immigrants (Stodolska, 2000). As revealed in Stodolska's (2000) research, Polish immigrants in Canada can meet a kind of 'psychological comfort' during the adapting process (p. 61). On the one hand, Stodolska identified that, due to cultural influences, Polish immigrants had different leisure pursuits than other ethnic groups

(Stodolska, 2000). On the other hand, participation in their specific traditional leisure activities benefitted them in their new community (Stodolska, 2000). Importantly, improving Polish immigrants' access to psychological comfort continuously boosts their leisure participation by releasing them from the leisure constraints.

2.5.2. Chinese Immigrants and Leisure Constraints.

2.5.2.1. Chinese immigrants' leisure constraints in the United States and Australia.

Allison and Geiger (1993) claimed that leisure participation had different meanings to Chinese immigrants and other ethnic groups in their study on Chinese immigrant seniors who had been in America for many years. In their study, seniors not only had different leisure participation, such as Tai-chi, but had mainstream leisure participation, like reading. However, they participated in mainstream leisure activities with their culture and traditions, which led to their different understanding of mainstream participation.

In the case of leisure constraints, Tsai and Coleman (1999) similarly found that Chinese immigrants in Australia had different leisure constraints due to the possibility that Chinese immigrants have different perceptions of leisure constraints. However, they did not prove that this perception was caused by their culture and traditions. Stodolska and Yi-Kook's (2005) later study indicated that immigrants suffered from immigration-specific constraints and mainstream constraints, but they met the mainstream constraints differently. For example, if both an immigrant and non-immigrant encountered the constraint of lack of transportation, the immigrant would have the constraint of being unable to take public transport due to language barriers whereas the non-immigrant would not. Even though Stodolska and Yi-Kook's argument has not been tested in Chinese, Chinese immigrants' leisure constraints should be distinguished and analyzed.

Most studies on Chinese immigrants' leisure constraints were conducted using a quantitative approach. Like Tsai and Coleman's study (1999) above, the selection options of leisure constraints available to questionnaire participants, including "feeling uncomfortable

because of different cultures”, are made before the survey. Therefore, participants could not show their perceived leisure constraints outside of the pre-determined scale. For example, the selection of “feeling uncomfortable because of different cultures”, was limited in what details, such as reasons, representation and effects, could be revealed. As a result of this study, resource constraints and interpersonal constraints are Chinese immigrants’ most important leisure constraints in Australia (Tsai & Coleman, 1999).

Nine older Chinese immigrant women’s leisure constraints were mentioned in a qualitative study about their leisure lives before and after immigration (Ho & Card, 2001). Six themes were compiled from the analysis of the data. In the theme, “barriers Experienced in the United States”, the constraints, such as “have no car”, “not being able to speak English” and “cultural differences”, were recognized. In the themes of “effect of traditional Chinese values” and “effect of a lack of free time or leisure”, taking care of grandchildren was mentioned as the reason why these women suffered from time pressure. Nevertheless, leisure constraints could not be adequately explored in this study though they adopted a qualitative research approach because Ho and Card (2001) only explored the barriers to recreational nonparticipation; they did not examine the leisure constraints in various aspects of the older Chinese immigrants, such as the constraints to beginning leisure preferences. Hence, Chinese immigrant’s leisure constraints can benefit from being explored with the use of studies using a qualitative approach.

2.5.2.2. Chinese immigrants’ leisure constraints in Canada. Xiong (2007) completed his survey on Chinese immigrants’ constraints on leisure participation in Toronto and Thunder Bay in 2006. Time constraints and access constraints were recognized as the most important constraints of leisure participation. Since time constraints consisted of only one factor in this survey (lack of time), the cause leading to the lack of time was vague. Access constraints consisted of two factors: negative attitudes toward available leisure opportunities and incapability to participate in leisure activities. As emphasized, Xiong (2007) indicates that access constraints have a tied relationship with people’s financial level; lack of money partly leads to

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

access constraints. To some extent, money and time are again proven to be the most significant leisure constraints. As well, the third most important constraint is the social-cultural constraints which stem from the social and cultural environment (Xiong, 2007).

In comparing the leisure attitudes of Canadians, Chinese in Canada and mainland China, Chinese in Canada were more likely to have a higher level of intrapersonal constraints (Walker, Deng, et al., 2007). Chinese in Canada have significantly less positive leisure attitudes than Anglo-Canadians. The results refer to two implications. For one, Chinese in Canada are less motivated to acquire the knowledge of leisure activities which could lead to a lack of skills. For the other, Canadian Chinese are less willing to participate in leisure activities. As both lack of skills and lack of motivation are included in intrapersonal constraints, it is implied that Chinese in Canada are likely to have a higher level of intrapersonal constraints.

2.5.2.2.1. Chinese immigrant women's leisure constraints in Canada. The study most associated with this study is Chen's (2013) study which explored the effects of household work on Mainland Chinese immigrant women's leisure lives in Toronto. In this study, Chen (2013) demonstrated that after immigration, Chinese women are confronted with time pressures in daily life in Canada. Chiefly, traditional culture, like Confucian values, gives Chinese women a strong sense of responsibility to take care of domestic issues (Chen, 2013). They had the assistance from family members and extended family members to deal with their household work and childcare work in Mainland China, but after immigration, they lose supports in their new foreign environment. As a result, they have increased household work and decreased free time. In order to negotiate their domestic responsibilities and leisure lives, they lower their leisure expectations, decrease leisure participation, and combine their leisure with housework and childcare. Time pressures significantly influence their leisure participation. By retreating to the traditional gender roles, where women are responsible to be good wives and mothers, to cope with housework and childcare, they intend to maintain the stability of their family at the expense of leisure participation and individual pursuit of self-development.

2.5.2.2.2. *Chinese immigrants' leisure constraints in Richmond.* In 2009, the *City of Richmond PRCS Community Needs Assessment Final Report* was published by the Richmond Park, Recreation & Cultural Services Committee (PRCS). The study focused on how to address future recreation needs of different segments of recreation users in Richmond. The report indicated residents' satisfaction with recreation facilities and services provided by the City of Richmond, usage of facilities and services, and the participation barriers. In general, community residents were satisfied with PRCS's facilities and services. The percentages of satisfaction to parks, playgrounds and trails, public facilities, and public programs and drop-in activities were 83%, 81% and 84% respectively.

However, as the largest ethnic group in Richmond, with the population of 91,890 (Statistics Canada, 2011a), ethnic Chinese residents were more constrained in their leisure participation, compared with Caucasian and South Asian residents (Concerto Research & PERC, 2009). The Chinese community's usage of available facilities and services was the lowest. The findings stemmed from three aspects. First, the Chinese community participated less in the activities in public outdoor areas. Except for "play at a playground", ethnic Chinese residents reported the lowest participation in all items, including "walk or run", "cycling", "socialize outdoors", "play outdoor sports", "visit nature park", and "attend events". Second, ethnically Chinese residents' usage of recreational and cultural facilities and activities were significantly lower as well. For instance, when examining the percentage of frequent or occasional visits to museum/heritage sites, ethnic Chinese residents' participation rate (25%) was 10% and 31% lower than those of South Asian and Caucasian residents. Third, ethnic Chinese residents had the lowest participation rate in engagement of public fitness, health, or wellness programs (23%), followed by South Asian (40%) and Caucasian (55%). Concerto Research & PERC (2009) proposed that ethnic Chinese residents' higher degrees of recreation barriers and lower usage of recreation facilities and services was caused by cultural background.

CHAPTER 3: Methodology

3.1. Introduction

A qualitative approach was employed in order to explore Chinese immigrant women's leisure constraints in Richmond. The methods of document analysis and semi-structured interview were used to collect and access the data. A description of these methods and their use in this study follows, after a presentation on the Interpretive/Constructive paradigm and qualitative research.

3.1.1. Interpretivist/constructivist paradigm. The positivist paradigm and interpretivist/constructivist paradigm are believed to align with quantitative research and qualitative research respectively (Keele, 2010). Cohen, Manion and Morrison (2013) asserted that, the interpretivist paradigm, concerned with individuals, aims to understand “the subjective world of human experience” by learning people’s “interpretation of the world” where they live (p. 17). An interpretive researcher's findings and/or theories should stem from her/his interpretation of the research subjects' understandings of a certain event, at the research site, during the research period (Cohen et al., 2013). To restate, knowledge derived from qualitative research is built on two foundations: participants’ constructed understanding of certain events and the researcher’s interpretation of the participants’ understandings.

The interpretivist/constructivist paradigm is different from the positivist paradigm in four respects. First, the positivist paradigm contends that there is only one single reality while the interpretivist/constructivist paradigm claims that more than one reality exists and continues to change (Keele, 2010). The outcomes from a quantitative study can be generalized to a larger population but the outcomes from a qualitative study could only exemplify the research sample (Keele, 2010). Unlike the positivist paradigm, the interpretivist/constructivist paradigm could not test the cause and effect relationships because the interpretivist/constructivist paradigm proponents believe more than one reality that can change (Keele, 2010). In addition, the positivist paradigm emphasizes the independence of the researchers from the research

participants in order to avoid the researchers influencing the research participants; however, the interpretivist/constructivist researchers and the participants are encouraged to be interactive to uncover the informative data (Cohen et al., 2013; Keele, 2010). Due to the immersion of the researchers, the interpretivist/constructivist paradigm is subjective with the researchers' values playing a part (Cohen et al., 2013; Keele, 2010).

As both quantitative and qualitative research are unavoidably subjective (Haraway, 1988; Harding, 1991; Smith, 1987), Davies and Dodd (2002) argued that to evaluate the 'trustworthiness/rigor' in the interpretive/constructive paradigm, "ethics" must be carefully considered throughout the whole research process, in regard to the researchers' subjective positions in the interpretivist/constructivist paradigm. Taking ethics into consideration, qualitative researchers are concerned with issues and problems which may arise before, during and after the research so that they can be flexible and adaptable to the changing realities. For instance, a researcher thinks carefully about what and how she/he asks questions before an interview, how to respond and understand the answers during the interview, and how to appropriately interpret the data collected from the interview. Researchers should prepare for embracing the changes and differences in the context (Davies & Dodd, 2002). Moreover, it is essential that other people, especially academics, evaluate the study as another approach to ethics (Davies & Dodd, 2002).

During the interview process, the interviewee was able to show, describe and explain their perceived leisure constraints after immigration in Richmond. Using the method of the semi-structured interview, the participants were able to convey what they had experienced, how they were feeling and their concerns. The conveyed information was collected, interpreted and analyzed by the researcher. Through the interaction between the researcher and the interviewees, the researcher acquired and interpreted the leisure constraints from the interviewees' responses, combined with the researcher's experience, culture and knowledge. In addition, the analysis of

the documents gave the researcher a clearer picture of the women's host community. To enhance the trustworthiness, the researcher designed, conducted and evaluated the study with "ethics".

3.1.1.1. Qualitative research. Although there have been many definitions of qualitative research, it is difficult for researchers to agree on a specific definition (Rapley, 2008). In 1979, Van Maanen stated that with a range of methods, qualitative research exposed phenomena by revealing their meanings in society. However, Denzin and Lincoln (2005) claimed that researchers from different fields had different understandings, strategies and expectations when using a qualitative approach, and hence, such an approach had different meanings to researchers, creating the difficulty of reaching a common understanding and a shared definition of qualitative methods and research. Further, Denzin and Lincoln (2005) initially defined that "qualitative research is a situated activity that locates the observer in the world", emphasizing researchers' understanding rooted in their immersion in research contexts (p.3). More recently, Maxell (2012) summarized that qualitative research helped researchers understand the perspectives of the studied population, the causes and effects and the developing process of the phenomena or relationships.

The researcher conducted this study using naturalistic and heuristic methodologies. With naturalistic methodology, qualitative researchers explore, interpret and study phenomena, and the meanings and mechanism of these phenomena in their natural settings (Denzin & Lincoln, 2005). With heuristic methodologies, people make their judgements or predictions on variables in relation to their memory or impression, especially the easily accessible information in their memory; to the information about the other one similar variable; to the information about the previous values or impression of this variable (Harvey, 2007). Heuristic methodology can be a fast and rational approach to disclose the unexplored subjects (Grandori, 2014). Based on the constructions of their perspectives, heuristic researchers make their judgements and predictions to solve problems and explore research subjects, especially those with no explicit solutions and criteria (Thomas, 2014). In this exploratory study, the researcher, who was born and raised in the

context of Chinese culture, interpreted and analyzed the data with specific Chinese concepts and traditions, impacting how he views the world and the phenomena under study, and according to his understanding and experience of Chinese culture.

Tracy (2012) summarized three core concepts of qualitative research: 'self-reflexivity', 'context' and 'thick description'. 'Self-reflexivity' refers to the researcher's background, knowledge, personal history and culture influencing the design and implementation of the qualitative research (Tracy, 2012). This was shared by Denzin and Lincoln (2005) who believed that a qualitative researcher learned a phenomenon or subject through the interaction between the people in the research context and the researcher's attributes, including, for instance, personal history, gender, race. Regarding 'context', according to Tracy (2012), the researcher needs to engage in a specific context to access data, information and findings. By directly connecting with the subjects through methods such as interviewing and observation, qualitative researchers are able to explore and interpret the subjects' perspectives and their contexts (Denzin & Lincoln, 2005). 'Thick description' refers to thorough engagement with their background, knowledge, personal history and culture. Researchers interpret what they have experienced and observed so that a rich description and a larger conclusion can be approached, and more widely used (Denzin & Lincoln, 2005; Tracy, 2012). Exploring and interpreting the research topic allows qualitative researchers to reach a rich description. Tracy (2012) insisted that a component of qualitative research was the researcher's immersion in the research context, informed by the researcher's experience and reflections, allowing for a deeper and wider understanding of a research topic.

Qualitative research studies have specific features. In order to collect valuable data, qualitative research is emergent and flexible (Merriam, 2009). To interpret and analyze, a qualitative research study is developed with flexibility to further explore the studied topic with her/his attributes. The researcher assembles and analyzes the data to demonstrate the phenomena or relationships. Then, flexibility of qualitative research allows the researcher to come to a conclusion of her/his own different from others' (Denzin & Lincoln, 2005). In addition,

qualitative research is gathered by non-statistical measures because qualitative research values the quality of data instead of the quantity (Denzin & Lincoln, 2005). Therefore, the sample size is not as central in qualitative research as it is in quantitative research (Cleary, Horsfall, & Hayter, 2014).

Qualitative researchers use credibility or authenticity to describe or evaluate trustworthiness in their studies (James & Busher, 2006). Nolan and Behi (1995) argued that the extent, to which a study demonstrates credibility or authenticity, can be examined by whether the research subjects agreed with the results of the study shown. Morrow (2005) believed that authenticity of qualitative research studies should be evaluated by four criteria, including “fairness”, “ontological authenticity”, “educational authenticity”, and “catalytic authenticity”. By “fairness”, diverse ideas from different perspectives should be respected and honored. “Ontological authenticity” indicates that, by participating in the studies, the participants should be able to develop and improve the knowledge constructed. “Educative authenticity” means that participants appreciate what has been constructed by others, based on their increased understanding of others’ perspectives. “Catalytic authenticity” requires that participants become stimulated to take action by participating in the study.

In order to improve the credibility or authenticity of a study, a researcher may ask another researcher to read and evaluate his study (Davies & Dodd, 2002; Guba & Lincoln, 1989). As well, researchers can reflect on the progress of their studies by recording her/his ideas and thoughts when collecting data (Glaser & Strauss, 1967).

3.1.1.1.1. Researcher as an instrument. In qualitative studies, participants’ own voices are essential to explore their lived experience (Phillimore & Goodson, 2004). Their complex social world is revealed by the voices of the people who are part of that world (Goodson & Phillimore, 2004). Researchers immerse themselves in the context where the phenomena take place, to examine the phenomena and the meanings attached to them. Participants’ voices as well as researcher’s voice are part of the research, and are a function of the research findings (Phillimore

& Goodson, 2004). Therefore, qualitative researchers and research participants are both part of a qualitative study. Their interactive communication as well as the researcher's interpretation of participant responses, will yield maximum research outcomes (Goodson & Phillimore, 2004).

The researcher in the present study allowed the twelve participants to speak of their perceptions and experience of leisure constraints. When interpreting and analyzing the data collected in the first stage, the researcher used "open coding" to review and code what the participants had constructed. Open coding is the initial process to manage the raw data to identify the reflections, codes, categories and themes (Wiebe, Durepos, & Mills, 2010). While the researcher communicated with the participants, he interpreted participant responses informed by his own standpoint, personal history (for instance, his gender and socio-economic status), and understanding of Chinese culture.

It has been documented that Asian women do not easily disclose personal information or perspectives (Bhopal, 1997). Liamputtong (2010) believed that a researcher's familiarity with the participants' culture can play an important role in recruiting ethnic participants. Born and raised in Mainland China, the researcher in this study is familiar with contemporary Chinese culture. Moreover, he read and learned about Chinese ancient thought and history relevant to understanding leisure in the Chinese and female context.

In this study, the researcher approached and recruited Chinese immigrant women as interview participants using three techniques. Liamputting (2010) proposed three strategies for conducting qualitative research with ethnic populations. First, researchers build connections with community stakeholders. The researcher in this study connected with two stakeholders in the Chinese community in Richmond: a jade store owner and a travel agency owner. The researcher also was aided by additional community connections through his work as a travel agent in the community where he conducted his research. Second, qualitative researchers can attract participants by emphasizing the reciprocation from mutual communication. Magritte, Rebecca and Ms. Feng were interested in the field of leisure and the study topic; they were happy to be

part of the present study to discuss the issues as well as the benefits for them and the women in the study. Third, qualitative researchers expose themselves to the context and keep connecting with the context. The researcher achieved this through his work in the community as a travel consultant and as a regular volunteer in a community non-profit, S.U.C.C.E.S.S.

3.1.1.1.2. Thematic analysis. As a systematic, analytic approach, thematic analysis is commonly used to analyze qualitative data (Wiebe, Durepos, & Mills, 2010). It can be employed to analyze a large number of data, and importantly, immerse researchers in the research contexts. Being in the context, a researcher focuses on understanding and interpreting the collected information. After the data are classified and coded, the outstanding patterns and themes in the data are identified to further explore the context. Coding data is a process of “closely inspecting text to look for recurrent themes, topics, or relationships, and marking similar passages with a code or label to categorize them for latter retrieval and theory-building” (Wiebe, Durepos, & Mills, 2010, p.926).

The coding methods used in this study were open coding, axial coding, and selective coding (Wiebe, Durepos, & Mills, 2010). Open coding is the initial process to manage the raw data to identify the reflections, codes, categories and themes. Through axial coding, the connections and relationships between the categories and themes are identified. After identifying the codes and mapping the themes, a researcher is able to organize, develop and construct the findings with selected codes.

In this study, the researcher employed inductive and deductive thematic analysis approaches to analyze the data. Inductively, the leisure preferences and leisure constraints codes were identified through open coding, and subthemes were made. By this process, the interview participants' leisure preferences were collected and counted to illustrate which leisure preferences were preferred. The leisure constraints in the data from document analysis and semi-structured interviews were identified and coded. Deductively, the researcher then identified the connections between the themes of leisure constraints through axial coding. He fit the themes

and codes into the refined model of leisure constraints (see Figure 10) made by reviewing and integrating the past models built by different scholars. The leisure constraints which could be put into one or more categories in this model were analyzed to demonstrate the extent to which each category was constraining. As well as displaying the positions of the leisure constraints in this models, the connections between the constraints and the hierarchical structure of the constraints were revealed through analysis. In addition, selective coding was used to extract the evidence to certain leisure constraints.

3.2. Research Methods

3.2.1. Introduction. The data in this study were collected from the documents and twelve semi-structured interviews. With the method of document analysis, the researcher collected the documents from Statistics Canada, the City of Richmond, S.U.C.C.E.S.S., and the Chinese Tourism Academy so as to present Canadian leisure constraints, Chinese leisure constraints and Chinese immigrants' leisure constraints in Richmond.

Using the method of semi-structured interviews, the researcher employed snowball and purposive sampling methods, accessing the data from twelve interviews with the participants, immigrating from Mainland China and Hong Kong, China. The participants were encouraged to demonstrate changes to their leisure preferences after immigration as well as their current leisure constraints in Richmond. In review of the data in Figure 10, the researcher analyzed the salient factors of leisure constraints for maintaining and beginning leisure preferences.

The researcher proposed a focus group discussion as a component of the data collection, however, the researcher failed to recruit enough participants from the twelve semi-structured interviews. The reason for this failure is shown in Section 4.2.1.3.2.

3.2.2. Document analysis. Payne and Payne (2004) provided a concrete definition of the method of document analysis and stated that “documentary methods are the techniques used to categorize, investigate, interpret and identify the limitations of physical sources, most commonly written documents, whether in the private or public domain” (p.60). Document analysis has often

been the only way to collect certain kinds of data (Shaw, Elston, & Abbott, 2004). Also, document analysis has been an easy and efficient method to collect data on the level of policy (Shaw et al., 2004). Elston and Fulop (2002) believed that document analysis can help clarify and further develop the use of other methods in research. Adopted to collect, categorize and analyze documents, the method of document analysis was used to develop the semi-structured interview method used in the present study. Accordingly, the data from document analysis enhanced the quality of data collected from the participants in the semi-structured interviews. For instance, in an interview, after the interviewer knew more about the locations of leisure facilities and services through document analysis, the interviewer was better informed to discuss with the interviewee the access constraints to these facilities and services.

In selecting and analyzing documents, it is important to consider authenticity, credibility and representativeness (Scott, 1990). Above all, the researcher needs to be able to guarantee the authenticity of the documents by accessing these documents from reliable sources. The researcher also must scrutinize authors of the documents presented for credibility. Finally, the selected documents are evaluated in the context of how well they represent the question with which the researcher is concerned. If a document only partially illuminates the subject, it is not representative as the question of the research cannot be thoroughly answered or fully presented to the reader (Shaw et al., 2004). If a researcher selects documents which reflect his/her hypothesis, then representativeness is addressed. The researcher who collects and analyzes the information from various perspectives allows for more approaches to the research topic to be included. Consequently, researchers go to great lengths to understand surface and deeper meanings in the documents.

3.2.2.1. Document selection. Six documents associated with leisure constraints were collected. These documents classified into three categories: time constraints in Canada, leisure constraints in Richmond, and leisure constraints in China (see Table 1).

Table 1.

Document Collection and Category

Data	Documents
Time constraints in Canada	<ul style="list-style-type: none"> • General Social Survey, Cycle 24: Time Stress and Well-Being, 2010: Public Use Microdata Files (Statistics Canada, 2011b) • General Social Survey, Cycle 19: Time Use (2005): Public Use Microdata File (Statistics Canada, 2006)
Leisure constraints in Richmond	<ul style="list-style-type: none"> • City of Richmond PRCS Community Needs Assessment Final Report (Concerto Research & PERC, 2009) • Connecting Immigrant Communities to Local Government: the Case of Richmond, B.C. (Chia, 2014) • 2012 - 2015 Richmond Intercultural Strategic Plan and Work Program (Richmond Intercultural Advisory Committee, 2011)
Leisure constraints in China	<ul style="list-style-type: none"> • Annual Report of China Leisure Development 2012-2013 (China Tourism Academy, 2013)

The two documents in the category of “Time constraints in Canada” were collected by contacting Statistics Canada; these two documents provided more recent data, after Zuzanek’s (2005) comparison of the data of Canadian time pressures from 1986 to 1998. The data for “Leisure constraints in Richmond” were collected by communicating with the Richmond Intercultural Committee and the City Clerk’s Office in Richmond. The data for “Leisure constraints in China” were brought to Canada after the documents were purchased in China.

3.2.2.2. Analysis of the documents. The researcher initially reviewed the documents and extracted evidence relating to the patterns of time constraints in women's host countries, such as, what leisure constraints met by average residents and specifically Chinese residents, had been identified by the City of Richmond and what were the leisure constraints in China. Furthermore, the researcher compared the data from document analysis with the data from the semi-structured

interviews in view of the participants' leisure constraints in a Canadian context and which leisure constraints had and had not been identified by the City of Richmond.

3.2.3. Semi-structured interviews. The semi-structured interview is a productive tool to collect qualitative information (Laforest, Bouchard, & Maurice, 2012). The semi-structured interview method allows interviewees and interviewers to express perceptions and opinions together about the topic (Galletta, 2012; Laforest et al., 2012). In a semi-structured interview, the participant's understanding of the topic increases when more explanation and discussion is permitted (Neuman, 2012).

The method of the semi-structured interview is suited for small samples and is useful for studying specific situations and for supplementing and validating information derived from other sources (Galletta, 2012). Before conducting the semi-structured interviews, a standardized template with open-ended questions or probes is created (DiCicco-Bloom & Crabtree 2006). For this study, the researcher used a protocol of questions, Appendix B, to ask participants in each semi-structured interview but he also explained, discussed and clarified any pertinent issues (see Appendix B). During the interview, the researcher could rephrase, explain and adapt the questions in the process of the dialogue to gain informative data (Galletta, 2012).

The information of participants' leisure preferences and leisure constraints was acquired from the interviewees through an effective exchange between the interviewer and interview participants. In order to make the exchange effective, the interviewer provided appropriate explanations to ensure that the participant clearly understood the questions. Prompts were given to encourage participants to disclose nuances to their leisure constraints.

When collecting and analyzing the data, the researcher was concerned with "credibility or authenticity" and "representativeness". Key questions were asked more than once at different times during an interview to ensure that responses were recorded multiple times for cross-referencing purposes. The researcher rephrased the key answers from the participants to confirm responses. The researcher understood and honored the participants' responses from different

perspectives. Through interaction and discussion between the researcher and the participants, the participants increased their knowledge and organized the knowledge they constructed. In addition to increased understanding interviewees gained about their own their leisure constraints, they also increased their understanding of the leisure constraints encountered by others. In the final part of each interview, the participants appeared enthusiastic about improving their response to leisure constraints through negotiation. However, it is difficult to evaluate the “representativeness” of a qualitative research study. As every participants’ voice is only part of the results and her/his voice could not represent the whole findings, the “representativeness” of the study could not be assessed by one or two interviewees (Cutcliffe & McKenna, 1999). To improve the “representativeness” of the present study, the researcher made his efforts to guarantee the quality of communication between the interview participants and himself. When needed, the researcher explained key questions, used additional prompts, or restated the answers or statements from the participants to confirm his understanding of responses.

3.2.3.1. Interview selection. The participants in this study are Chinese women who have immigrated from two regions of China: Mainland China and Hong Kong (which was politically handed over by the United Kingdom to China in 1997). The participants for this study were recruited from these two regions because they respectively represented two waves of immigration from China to Canada. Hong Kong immigrants comprised the majority of the first wave of immigration from China to Canada since the 1980s (Sussman, 2010), while the immigrants from Mainland China have been the largest source of immigrants to Canada since the beginning of the 21st century (Strategic Research and Statistics, 2005). The second reason these participants were recruited is because the studies of Hong Kong immigrants (e.g. Chiang, 2001; Sussman, 2010) left references that informed the studies of the Mainland Chinese immigrants.

Snowball and purposive sampling were employed in this study. With the snowball sampling method, the researcher accessed interviewees through an introduction made by a former interview participant (Vogt, 1999, p.368). The snowball sampling method is a good

respondent-driven sampling method to collect data because snowball sampling can help locate special populations (Cohen & Arieli, 2011), as well as identify certain members in a population (Atkinson & Flint, 2001). In employing the purposive sampling technique, a researcher deliberately chooses informants (Tongco, 2007). As one of the most common sampling methods in qualitative research, the purposive sampling technique has been an alternative to the probability sampling method and convenience sampling method (Collins & O'Brien, 2011, p.381). With purposive sampling, information can be collected from selected settings, persons or events (Collins & O'Brien, 2011, p.381).

In this study, the researcher was able to access the participants by using the snowball sampling method, with potential interviewees being introduced to the researcher by the previous participants. Carmen, the aunt of the researcher's friend, was the first participant; she was a typical Chinese immigrant woman and she helped identify the next interview participants due to her social circle in Richmond. Owning a jade store in Richmond, Carmen has lived in Richmond for over ten years. She lives in Richmond without the company of her husband and has many Chinese immigrant women friends and customers who visit her jade store.

To identify other participants after the first purposive interview, the snowball technique was used. It referred back to the purposive technique when the snowball process did not result in any interviews. First, the interview participant contacted the prospective interview participant; then she introduced the prospective interview participant to the researcher; then, the prospective interview participant was contacted by the researcher by phone. Before each interview, the participant was confirmed to be a qualified interview participant, and she was introduced to the study consistent with a 'semi-structured interview recruitment script', (Appendix A). Next, the participant was asked if she was willing to participate in an interview, with a date and time set and place determined that was convenient to both the researcher and the interviewee.

Before the start of each interview, the interviewee was given two copies of the Chinese-version research consent form (Appendix D). The interviewer reviewed the form with the

participant and provided any additional information or explanation needed. Once she agreed to participate in an interview, the participant was asked to sign the two Research Consent forms, (Appendix D), with one copy given to the participant and one copy given to researcher after the interview. Each interview participant was asked to provide herself with a pseudonym. It is believed that giving a participant a pseudonym is a basic and necessary method to protect her/his confidentiality and privacy (Johnston, 2015; Nursing and Midwifery Council, 2008).

Twelve women were interviewed in either the jade store owned by Carmen, the Richmond Public Library or the Richmond City Hall. The semi-structured interviews were recorded and then the personal information of the participants was sorted (see Table 2.).

Table 2.

Personal Information of Semi-Structured Interview Participants

<u>Interviewee (Pseudonym Identifier)</u>	<u>Length in Canada (years)</u>	<u>Number of children</u>	<u>Frequency of meeting spouse (times per year)</u>	<u>Employed</u>	<u>Assisted by family members</u>
Carrie	1	1	1	Yes	No
Carmen	10	1	2	Yes	No
Lili	1	2	2	No	Yes
Magritte	2	1	2	No	No
Ms. Feng	23	2	2	Yes	No
Lily	8	1	2 to 3	Yes	No
May	2	2	3	No	Yes
Michelle	5	3	3	No	No
Minnie	13	1	3	Yes	No
Rebecca	3	1	3	No	No
Little D	9	2	3 to 4	Yes	No
Carol	9	1	4	No	No

3.2.3.2. Interview process. Before conducting the twelve semi-structured interviews, the researcher designed a Semi-Structured Interviews Protocol (see Appendix B) which every semi-structured interview followed. There are four parts to the protocol: 1) Participant's background information was collected. 2) The participant indicated her current leisure preferences and

changes to her leisure preferences after immigration. Current leisure preferences and changes to leisure preferences were discussed to give the participant an opportunity to think about the leisure constraints to her current leisure preferences, and the possible leisure constraints causing the changes of preferences, post immigration. 3) The participant described the leisure constraints she experienced when starting and maintaining her leisure preferences post immigration. The participant was prompted to describe how she had been affected by these leisure constraints, and asked to describe the perceived causes of these constraints. 4) The participant was asked to describe what negotiation strategies she used to begin or improve her leisure participation. In this section of the protocol, the interviewees were also asked to provide suggestions they might have for others to improve their negotiation of leisure constraints. They were also asked to provide any recommendations they might have for improving communication with the City of Richmond or other stakeholders.

During each interview, the informant was interviewed employing the semi-structured interviews protocol (see Appendix B). With the participant's preference, the interviews were conducted in Cantonese or Mandarin. Each interview was digitally recorded using two digital recorders: one mobile phone and one digital voice recorder. All of the electronic data was sorted and kept in folders. Additionally, copies of the 'Research Consent Form for Semi-Structured Interviews/半結構化訪談同意書 (Chinese Version)' (Appendix D), signed by participants, have been kept in an envelope which has been locked in the drawer in the researcher's room.

When the semi-structured interview method was applied, certain risks were taken into consideration. Neuman (2012) believed that an interviewee can possibly be influenced by the interviewer's interaction. In preparation and prior to the interviews, the researcher did readings associated with the issue mentioned above, to know and prepare to embrace different thoughts and stands. When preparing the semi-structured interview protocol, the researcher designed open research questions. During the interviews, the researcher kept open to the viewpoints of the interviewees and avoided leading interviewees in a certain direction. The interview questions for

this study were designed to explore the immigration impacts to Chinese immigrant women's leisure preferences and leisure constraints, and their efforts to negotiate leisure constraints (see Appendix B).

3.2.3.3. Interview analysis. Transcribed pieces of key information were first divided into two categories: leisure preferences and leisure constraints. In the first part of the interview, the interviewee was asked to provide the information about leisure preferences. The gathered information considered: 1) preferred leisure activities that she no longer participated in after immigration; 2) preferred leisure activities with decreased participation since immigration; 3) currently preferred leisure activities that she is now participating in but were difficult or unable to access before immigration; 4) preferred leisure activities that she would like to get involved in but did not realize before immigration and; 5) preferred leisure activities that she currently enjoys participating in but is constrained to participate in. The participant's current leisure preferences and changes of leisure preferences after immigration were accessed and the participant was encouraged to discuss leisure activities she has been constrained to access.

Next, the data of the women's leisure constraints to maintaining and starting preferences were analyzed. Based on their answers and ideas of their leisure preferences, they were encouraged to provide their perceived leisure constraints, namely the leisure constraints that created barriers to leisure preference and leisure participation. Additionally, the data of the participant's leisure constraints were collected throughout the conversation in consideration of their motivations and constraints to beginning a new leisure preference.

Employing the model outlined in Figure 10, the researcher classified and analyzed the data of Chinese immigrant women's leisure constraints collected from the semi-structured interviews. As well, the leisure constraints directly revealed by interview participants were analyzed, and the hidden information was analyzed and presented. For example, a Chinese immigrant woman demonstrated the factor of time as the most significant leisure constraint because she needed to take care of her children. In this case, not only was the time constraint coded and analyzed as a

factor of structural constraints but also women's traditional role of taking care of children was coded as a cultural constraint and analyzed from the perspective of Chinese culture.

3.3. Research Ethics

The Application for Ethical Review of the present study was approved by the VIU Research Ethics Board (REB), October 6, 2014. Consistent with ethical standards and requirements, this study was conducted while every participant was given the greatest degree of protection. In consideration of participants' potentially experiencing unexpected emotional discomfort during or after the interviews, information was provided regarding counseling services.

CHAPTER 4: Results

Framed by the research question, “What are the leisure constraints of Chinese immigrant women whose spouses have remained in China?”, the data were collected from documents and twelve semi-structured interviews. Twelve Chinese immigrant women were interviewed in one of three locations: the jade store (belonging to the first interview participant), the Richmond Public Library, and the Richmond City Hall. Data, illustrating the personal information of the participants, were collected from the first part of the interviews. Data, on the changes of leisure preferences after immigration and current preferences, were collected from the second part of the interviews. The results are presented in Section 4.1. Data, pertaining to the participants’ leisure constraints in Richmond, were collected from the third part of the interviews. The results are shown in Section 4.2. Data related to the participants’ negotiation skills and recommendations for leisure negotiation in Richmond as part of their intrapersonal constraints, were collected from the fourth part of the interviews.

4.1. Perceptions of Leisure

Based on the participants’ responses to questions about their leisure preferences and their understanding of “leisure,” the results indicate that the participants’ concept of leisure varies and reflects the following three most common definitions of leisure. First, part of participants identified “leisure” as free time. For example, Michelle emphasized that the best leisure for her was the periods when she was free from taking care of her daughters. Second, the participants, such as Carmen, related leisure to activities they thought of as leisure pursuits. Carmen had difficulty in the beginning answering the question, “what is leisure?”, but she gave some examples such as, “travelling or playing Mahjongg is leisure”. Magritte generally summarized a certain kind of activity:

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

In my opinion, what I can do, different from what I am doing, is leisure. I have taken care of my daughter as the reason to avoid working but I am feeling my life is meaningless. I really want to escape from the current status of my life and do something else, like working. However, when I am tired of working, I think I would like to change again, ha ha... (Magritte)

Third, participants implied leisure is a “state of mind”. As Carmen explained, she thought of work as a leisure activity for the following reason: “I am of leisure and satisfaction when working because I am satisfied when making acquaintance with strangers and maintaining the relationship with my friends.” Purrington and Hickerson proposed that culture played an important role when people constructed their perception of leisure (2013). People from different cultures can view different periods of time, activities or states of mind as leisure. For instance, Rebecca perceived practicing Tai Chi as a leisure pursuit that may not be a leisure activity in other cultures. Moreover, the surrounding culture can change people’s leisure preferences. For example, Little D was not interested in pastry classes until she was immersed in western food culture.

4.2. Changes in leisure preferences

In analyzing the data of the participants’ leisure preferences, the results display changes in participants’ leisure preferences after immigration and their current leisure preferences. The changes in participants’ leisure preferences after immigration are presented from four perspectives: 1) leisure preferences which they did/could not participate in after immigration; 2) leisure preferences which they decreased their participation in after immigration; 3) leisure preferences which they have increased their participation in after immigration and; 4) leisure preferences they began after immigration. As a result of the changes, their current leisure preferences in Richmond are presented.

4.2.1. Non-participation after immigration. In analyzing the data from the interviews, seven participants mentioned various leisure preferences they stopped participating in after immigration. These consisted of hanging out with friends at night, watching movies in cinemas,

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

working, visiting relatives, kayaking, practicing Tai Chi, dancing, having a massage and shopping (see Table 3). One participant sited work as her leisure preference because she perceived leisure as a state of mind (see Section 2.3.1.).

Table 3

Non-participation after Immigration

<u>Activities</u>	<u>Number of participants recognizing</u>
Hanging out with friends at night	4
Watching movies in cinemas	2
Working	1
Visiting relatives	1
Kayaking	1
Practicing Tai-Chi	1
Dancing	1
Having a massage	1
Shopping	1

Importantly, the participants' social activities were the category of leisure preferences most severely influenced by immigration. Four participants stopped hanging out with friends at night and two participants no longer went to the cinema after immigration. Little D complained about her tedious nightlife after immigration:

Before immigration, I used to hang out with friends to have fun until late every Friday night. However, I no longer have this kind of activity and nightlife.
(Little D)

Following "hanging out with friends at night", the activity of "watching movies in cinemas" was ceased by two participants.

4.2.2. Decreased participation after immigration. Twelve of the participants decreased participation in their preferred leisure activities since immigration; they have participated less in visiting family members or relatives, shopping, watching movies in cinemas, hanging out with

friends, doing sports, reading, visiting facial or hair care centers, visiting China, playing badminton and travelling (see Table 4).

Table 4

Decreased Participation after Immigration

<u>Activities</u>	<u>Number of participants recognizing</u>
Visiting family members or relatives	7
Shopping	4
Watching movies in cinemas	2
Hanging out with friends	2
Visiting facial or hair care centers	2
Visiting China	2
Reading	1
Playing badminton	1
Travelling	1

The leisure preferences of visiting family members or relatives were the most constrained after immigration, followed by shopping in which four participants decreased participation. For instance, Lily said:

Family leisure activities have definitely decreased. For instance, the opportunities that our children stay with parents have decreased after immigration. This is frustrating but we could not figure out any resolutions. We hope this can be alleviated. (Lily)

4.2.3. Increased participation after immigration. While all of the participants acknowledged that immigration caused either decreased participation or non-participation in their pre-immigration leisure preferences, ten of the twelve participants showed that immigration had positive effects on their leisure lives in two ways: their participation in leisure preferences had been improved, and new leisure preferences had been added after immigration. Ten participants improved their participation in certain leisure preferences due to sufficient facilities and services.

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

Table 5 illustrates the nine leisure activities in which the interview participants increased participation. Seven participants' participation in outdoors activities/sports had been significantly improved. These outdoors activities/sports consisted of visiting the seashore, skating, accompanying husbands to hunt, playing golf, practicing yoga, doing sports to socialize, motorboat driving, skiing, horseback riding and hiking. For instance, Carrie liked driving motorboats and she said "My friends and I more often rent a motorboat, since it is easier and cheaper to rent a motorboat to go fishing or to visit some pretty tiny islands." Three participants believed that their preferred social activities had been improved due to the culture and environment of Richmond. For instance, Michelle and Ms. Feng liked to invite friends or neighbors to dinner in their homes. For Michelle, inviting friends to dinner was a common leisure activity, more common than dining out, as she did in Shenzhen, China. For Ms. Feng, her spacious residence in Richmond made it more convenient to invite friends to a potluck in her home than it was when she lived in Hong Kong.

I have more potluck suppers with friends in Richmond. We can rarely have these reunions in Hong Kong because our condos in Hong Kong have far less space than my house in Richmond. (Ms. Feng)

Table 5
Increased Participation after Immigration

<u>Activities</u>	<u>Number of recognizing participants</u>
Outdoor activities or sports	10
Inviting people to dinner at home	3
Learning baking/cooking	2
Volunteering	1
Chatting with friends	1
Visiting church	1
Studying	1
Raising dogs	1
Reading	1

4.2.4. Leisure preferences started after immigration. Immigration to Richmond has created new leisure preferences that eleven participants did not prefer in their places of origin. These eleven participants began six leisure activities after immigration, including “having family reunions”, “visiting China”, “outdoor activities or sports”, “learning cooking/baking”, “making friends” and “voting in elections” (Table 6). Due to abundant and diverse resources in Canada, three participants began new leisure preferences such as neighborhood walking, travelling to appreciate the Aurora Borealis, watching wildlife and fishing and boating. Second, due to a diverse food culture in Canada, three participants began leisure pursuits, such as cooking, and attending cooking or pastry classes.

I am attending some cooking and pastry classes held by a group made up with mothers. In China, no one organized these kinds of classes which tough people to cook by baking or to make pastry, and no people had time to attend them. Perhaps, western cooking methods are not popular in China. (Little D)

These new leisure preferences were relaxing and offered exposure to culture and various resources in Canada.

Table 6
Leisure Activities Begun after Immigration

<u>Activities</u>	<u>Number of participants recognizing</u>
Having family reunions	11
Visiting China	4
Outdoor activities or sports	3
Learning cooking/baking	3
Making friends	1
Voting in elections	1

Due to the scattered family structure, eleven participants developed the leisure preference of family reunions and four interview participants highlighted visiting China as one of their most desired leisure preferences. This illustrates how a leisure constraint can be inhibiting and

enabling (Shaw, 1999; Stodolska, 2000). Even though the scattered family structure caused by immigration leads to the decreased participation or non-participation of certain leisure preferences, it is also a necessary attribute to the leisure preferences of family reunions and visiting China. The participants enjoyed family reunions because they were reluctantly separated from their family members in China after immigration.

4.2.5. Leisure preferences in Richmond. In the twelve interviews, the participants were able to demonstrate their leisure preferences in Richmond. As a result, fifty-three leisure preferences were collected. Travelling was the leisure preference most mentioned. Ten participants viewed taking long trips as stress relieving. When Minnie was asked about her most expected leisure activity, she answered the following:

I have been always expecting the family trips with my husband and son. Depending on the destinations, we would have once to twice family trips each year. When my husband stays with us and we go to take an over half-a-month trip, we enjoy ourselves. That is a period that my husband escapes from his job, my son escapes from his study and I escape from the annoying domestics trifles.
(Minnie)

The next favourite leisure preferences were hiking and children related leisure activities. Six participants liked hiking because they liked to experience nature in or around Richmond. Six participants preferred to combine their leisure with their children's needs in leisure activities they could participate in together. As they mentioned the leisure activities which they would like to participate in with their children, the researcher interpreted and categorized these activities to be child-related leisure activities.

To take a walk with my daughters. We just need to walk 10 minutes to the beach from my house... Thanks to the fresh air and my well-behave daughters, it is very comfortable to walk on the street here. (Michelle)

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

The participants' leisure preferences can be divided into eight categories: cultural preferences, home-based preferences, child-related leisure activities, social activities, sports, travelling, visiting China and Chinese traditional activities (see Table 7).

Table 7

Leisure Preferences in Richmond

<u>Categories</u>	<u>Number of participants recognizing</u>
Sports	12
Travelling	10
Home-based activities	10
Social activities	8
Child-related leisure activities	6
Visiting China	6
Chinese traditional activities	2

Sports was mentioned as the leisure preference of twelve interview participants. Hiking, walking, badminton and yoga were popular among the participants.

Based on participants' description of where and how they did leisure activities, they preferred to do the activities at home which included watching movies, reading, practicing guitar, painting, mean gardening or garden appreciation, cooking, practicing Chinese calligraphy, having potluck suppers with friends or neighbours, dubbing for fun, listening to music, listening to fiction, raising dogs, having family reunions, making pastry, and playing Mahjongg. For instance, Rebecca cheerfully said "Recently, it is so fun that my daughter and I like using an app in our smartphone to dubbing films or series at home". These activities were interpreted and categorized as home-based activities. Home-based activities were preferred by ten participants. These results in accordance with the outcomes from Sivan, Robertson and Walker's article (2005) demonstrate that Chinese from Hong Kong showed a high preference for participation in home-based activities.

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

A unique leisure preference shared by the participants is visiting China. After showing their preference for visiting China, the six participants explained that unlike their time in Richmond, visits to China were like carefree vacations.

Visiting China is of course a leisure pursuit. I am happy to stay with my parents and husband who have remained in China. I cherish the time spent with them without taking the responsibility of taking care of my daughter alone in Canada. (Lily)

Lily gladly spoke of her vacations in China. From her perspective, staying with family and extended family members as well as sharing the childcare responsibility increased her joy and decrease her pressure. Thus she looked forward to visiting China while she was in Richmond. However, the participants' leisure preferences are accompanied with leisure constraints which inhibit them from maintaining or starting their preferences.

4.3. Leisure Constraints

4.3.1. Leisure constraints to maintaining leisure preferences. In this section, the barriers to leisure participation are explored. The interviews particularly illustrated female Chinese residents' leisure constraints while the collected documents presented ethnically Chinese residents' leisure constraints, although the results from the document analysis were not completely consistent with those from the interviews.

Using the method of document analysis, the researcher found three documents from the City of Richmond providing information about ethnically Chinese residents' leisure constraints in Richmond. Foremost, time was the most significant leisure constraint to the twenty-four activities, such as cycling, visit the public library, special events, etc., surveyed in PRCS Community Needs Final Report (Concerto Research & PERC, 2009). The residents with Chinese backgrounds were also concerned with the factor of access (“distance or transportation”) (Concerto Research & PERC, 2009). The three documents from Concerto Research and PERC (2009), Chia (2014), and Richmond Intercultural Advisory Committee (2011) emphasized

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

language barriers as important to Chinese immigrants. Furthermore, Concerto Research and PERC (2009) claimed that language constraints led to another leisure constraint - access to information (“awareness”).

By the participants in the interviews, all seven factors of leisure constraints in T-LCQ (see Figure 8), including lack of partners, individual or psychological, lack of interest, lack of knowledge, accessibility or financial, facilities or services and time, were mentioned.

Intrapersonal constraints			Interpersonal constraints	Structural constraints		
Individual /Psychological	Lack of Knowledge	Lack of Interest	Lack of Partners	Facilities /Services	Accessibility/ Financial	Time

Figure 8. Conceptual Classification of the Factors (Alexandris & Carroll, 1997).

Importantly, time was the most significant leisure constraint noted by twelve participants, followed by the constraints of lack of partners and accessibility/ financial. Moreover, two participants, Magritte and Rebecca, reported constraints to Chinese cultural activities. However, as they explained, the barriers to Chinese cultural activities were not significant. For instance, Magritte was constrained from receiving Chinese style massage because of cultural constraints instead of structural constraints:

I stopped having massage after immigration. Many institute, clinic or people are providing the services of Chinese style massage here. However, the massage here is not the massage I preferred. Receiving massage in Canada is solely functional. For example, I have massage because my back is sore. Unlikely, receiving massage in China is a recreational and social activity. When my and I having massage in China, we were relaxed to talk and enjoy. Anyway, this is unavoidable due to the changes of environment. And I already anticipated some slight changes before moving to Canada. (Magritte)

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

Consistent with the City of Richmond PRCS Community Needs Final Report (Concerto Research & PERC, 2009), the factor of time in structural constraints significantly hindered leisure participation. Since a variety of reasons can lead to Chinese immigrant women's time constraints, the participants were encouraged and provided opportunity to describe their experience of time constraints. Generally, two causes were found in the interviews: eight participants viewed the responsibilities of caring for their families as the major cause of their shortage of leisure time. Three participants' shortage of leisure time was due to their jobs. The remaining one could not clarify the cause of her time pressure.

Not recognized by Concerto Research & PERC (2009), the participants' second most significant category of leisure constraints was interpersonal constraints. Ten participants reported interpersonal constraints including lack of friends, lack of partners with same leisure preferences, and lack of same-level players.

The third most significant category of leisure constraints was access constraints. Accessibility or financial constraints to leisure were experienced by nearly all the participants. Analyzing accessibility and financial constraints as one constraint was not appropriate as participants viewed money and accessibility as two independent leisure constraints. Nine interviewees who did not have financial constraints were constrained from leisure activities due to transportation or accessibility. Magritte perceived access constraints to a leisure activity :

I do not think I have financial constraints. Besides my own savings, my husband, leaving me a debit card, supports me... If I go to the pub and drink some alcohol with my friends, it is very difficult get back home. For one, I feel it inappropriate to find someone to come to the pub to drive me home. For another, it is impossible for me to take public transportation because the public transportation is poor, compare my city in China. (Magritte)

Likewise, Concerto Research & PERC (2009) agreed that the factor of access ("distance or transportation"), for ethnically Chinese residents, was one of the most important recreation

barriers to various leisure activities. For example, 29% of ethnically Chinese residents were constrained from visiting the Richmond Nature Park due to the factor of “distance or transportation”, the second most important factor following “time”.

4.3.1.1. Time constraints. To get a fuller picture of time constraints in Canadian society, the researcher collected and analyzed how Canadians used their time between 1998 and 2010. Zuzanek (2005) compared the General Social Surveys of 1986, 1992 and 1998 to reveal the time use of Canadians (see section 2.3.1.2.). As the data were outdated, the researcher continued the comparison with the General Social Surveys of 2005 and 2010 (see Table 8).

Table 8

The Time Use of Canadians 1998-2010 (minutes/day per person)

Year	Workload (paid and unpaid work)	Free time	Household work and related activities
1998	463	348	192
2005	474	330	186
2010	466	327	191

Note: Data for the time use of Canadians in 1998 from Statistics Canada (1999), in 2005 from Statistics Canada (2006), in 2010 from Statistics Canada (2011).

As shown in the above table, considering the total amount of free time figures, time constraints have increased for Canadians. The amounts of time spent on workload, and household work and related activities have stabilized with fluctuations but free time has decreased since 1988, from 345 minutes per day to 327 minutes per day (Statistics Canada, 1999; Statistics Canada, 2006; Statistics Canada, 2011b). Those participants with less or no workload also met time constraints. For instance, Little D answered, “I want to learn the new skills, like making Fondant Cakes, but I do not have spare time.”

Two of the participants, Rebecca and Carol, felt that time pressure had paradoxically both decreased and increased since immigration. At the beginning of the interviews, they indicated that they felt they had more free time to manage after immigration. As an example, Rebecca claimed, “I have more time since I do not need to work.” However, as the interviews progressed,

their description of their time use changed. They attributed their low level of satisfaction with their leisure participation or non-participation to a shortage of free time or shortage of vacations. “I am unable to participate in the activities in the evening because I do not have time in evening and have to stay with my daughter” (Rebecca). The participants were similarly encountering time constraints as were married women in China. Both groups were experiencing less free time because women accept the family role of being wives, and they took increasing domestic tasks (China Tourism Academy, 2013).

Chinese immigrant women’s use of free time can be summarized by three main points: 1) ten of the participants were not free from domestic tasks and childcare during their free time (except Ms. Feng and Carmen whose children were over 19 years old). 2) twelve of the participants spent most of their free time in Richmond without the company of their spouses; 3) twelve of the participants’ leisure time was cut into pieces. It was evident that participants had to synchronize their time use with their children’s schedules. Importantly, compared with that in China, the length of the school day in Richmond restricted the participants’ ability to make good use of their leisure time and to have long enough leisure intervals to participate in their preferred leisure activities. In contrast, in China, parents have a longer period of time free from their children in a school day as the length of the school day is from 7:30am to 4:30pm (Yang, 2014, p.6). For example, Lili thought that her daughter getting off school at 3pm. constrained her leisure participation:

The school time is of course too short. Classes are over so early that I can hardly do a thing during the period that she is in school. Moreover, her schedule is tight now. I need to take her to learn English after picking her up from the school.
(Lili).

In this case, Lili’s free time is fragmented. After dropping off her daughter at school in the morning, she had a period of free time. However, the available amount of time was too short and she explained how it was difficult to participate in a leisure activity in the available time.

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

Afterward, she had approximately 1½ hours of free time after picking up her daughter from school and taking her to the extra-curricular classes. However, it was also difficult to make good use of the 1½ hours before picking up her daughter from her after-school extra-curricular classes.

As well, participants had difficulty making good use of their time during school holidays as the length of holiday time was also too short. For Magritte, the length of the vacation time constrains her and her daughter from travelling:

My child needs to go to school during semesters while her vacations are short. She has two months of vacations in total. However, we actually have a month because she needs to take summer school (to catch up with the learning progress of her classmates). We do not have enough time to take a long trip during vacations.
(Magritte)

New to the host country, the children from new Chinese immigrant families need to take time to adapt to a new language and to catch up with the learning progress of their peers. As a leisure constraint, shorter vacations can influence their mothers' plans for the vacations.

Some Chinese immigrant women feel strongly that their time does not belong to them. Lili states emotionally, "As I told you, I have stopped a lot of leisure activities. As I must take care of my children, I rarely have my time and life." Along with the shortage of leisure time perceived by the participants, they not only encounter the factor of "lack of time", but also the time constraints caused by low-quality free time, caused by the issues of leisure dilution, absent partner/spouse and leisure fragmentation.

4.3.1.2. Constraints from responsibilities. When prompted to describe why and how they were time constrained, the participants discussed the responsibilities involved with caring for their families as a contributor. Eight interview participants said they were constrained due to their responsibility to domestic tasks and childcare. It is premised that participants did not work or had limited work commitments due to the need to take care their families, especially children. Six of the twelve participants were not working but were they were busy with dealing with

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

domestic responsibilities and childcare. For example, Lili did not have a job and her main task was taking care of her children after immigration.

I used to work in China even after I gave birth to my daughters. Nevertheless, I ceased working and started focusing on taking care of my daughters. (Lili)

The remaining six participants were working but they had significantly limited work commitment after immigration. They prioritized their domestic issues and childcare over their jobs in Richmond. Carmen, owner and operator of a jade store, explained her reasons for building her business:

I built it not because of the needs of making life but the other two reasons. Above all, unlike operating a restaurant before, I can take care of my family while I am relaxed and flexible to sell these products. Additionally, I, of course, have the techniques of selling these products. (Carmen)

In order to maintain their families in the new host community, the participants thought it necessary to sacrifice not only their careers but also their own needs and attend to the family obligations they perceived. For instance, Lili was not satisfied with her social circle in Richmond because she felt that she had no choice but to make acquaintance with the people beneficial to her daughters' growth. She said:

I have no choice to make the friends I want. Nearly all my friends here are the mothers of my daughters' classmates. In terms of building my social network, I have to compromise to my daughters' needs. I could not have any rights until their demands are satisfied. (Lili)

In this case, Lili felt strongly obligated to her daughters' needs so she sacrificed her socializing time and opportunities to her daughters.

Chinese immigrant women are more constrained by responsibilities after immigration also because they could not access their husband's assistance, had little or no help from extended

family members, and needed to allocate most of their time and energy to fulfilling their caregiving responsibilities:

Many mothers are taking care of their children by their own here. Our lives are tough now. Before immigration, my parents and nannies can help when I was in Mainland China but their assistance was gone. I am the only one taking the responsibilities... In order not to make my husband worried about us in Canada, I need to deal with the issues here independently (without telling him) (Rebecca)

Affected by the scattered family structure, the participants have taken on more responsibilities without adequate appreciation or assistance from their families. With the absenteeism of their husbands, the women are challenged to negotiate the obligations and responsibilities they shoulder. Many aspects of the participants' lives, such as working, time use and socializing, have been limited by their domestic tasks and responsibilities.

4.3.1.3. Interpersonal constraints. The participants demonstrated interpersonal constraints in two ways. First, they experienced interpersonal constraints caused by the factor of a "lack of partner(s)", with fewer friends in their new home community. For example, two interviewees had difficulty finding partners with common leisure preferences among their friends, and one participant's satisfaction to leisure participation was restricted because her partner could not perform as well as she could. Secondly, the participants' limited friendships in Richmond hindered their communication and exchanges, which constrained their leisure participation with these newly-made friends.

4.3.1.3.1. Lack of leisure companions. Ten of the informants encountered the interpersonal constraint of "lack of partners". In examining the collected data, this constraint was experienced by Chinese immigrant women as a scarcity of people with whom they could participate in leisure activities, but also they were constrained by the lack of partners who were interested in similar activities and who could perform as well as they could. Initially, the interview participants, like

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

Carmen, were constrained in their leisure participation because they had fewer friends in Richmond:

I decreased the participation in playing badminton and ping pong ball. This is mainly because I do not have as many friends as I have in Mainland China.
(Carmen)

Furthermore, the shortage of the partners with similar interests contributed to two of the participants' interpersonal constraints. Ms. Feng and Nomi had difficulties to find partners in certain leisure activities:

I like hiking. However, the hiking trails are far away from where I live. As I could not drive there, I could not go hiking without the rides given by my friends. However, they do not really like hiking.... As a result, I seldom go hiking. (Ms. Feng)

In Minnie's case, how well partners perform in an activity was perceived as a leisure constraint. Even though Minnie and her friends participated in hiking together, Minnie was frustrated because her partners' physical abilities were different from hers.

I would like to do more hiking with my friends but...my friends and I are with different physical qualities. I sometimes feel limited when hiking with them. If possible, I would like to join a hiking group mostly incorporating people in 30s or early 40s, for they have more energy than the average people in my age, meanwhile we have common topics to talk about. (Minnie)

In her opinion, the more energetic partners had less enjoyment of the activity as they needed to slow down to wait for others while the less energetic partners had less enjoyment in needing to continuously catch up with others:

4.3.1.3.2. Limited female friendships in Richmond. From the participants' descriptions of the differences between their friends in China and Canada, it could be summarized that they

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

communicated and exchanged less with friends made in Richmond, compared with friends in China. This was because the friendships in Richmond were newer, and they were motivated to convey a positive image of themselves to their friends and of their friends.

Therefore, the participants perceived their friendships in Richmond differently from those in China and, unlike their friends in China, most of the participants' friends in Richmond were newly-formed friendships made after immigration.

In my social circle in China, I have my relatives, co-workers and classmates. Our friendship has been rather stable for dozens of years. In Canada, I have newly made acquaintances with the people from different circles. (Carrie)

Next, their social circles were mainly made up of females, especially mothers. The participants attribute the monotony to their high concentration on their domestic responsibilities or childcare. For instances, Lili mainly made the friends according to her children's needs:

My friends here are not the friends whom I would like to make. We became friends most because of our children. As my children need to find some friends at her age, her friends' mothers and I became friends. (Lili)

Additionally, the participants deliberately limited their communications with their friends to maintain a positive image of their friends to themselves. By the participants, limiting communication were assumed as a common good measure to protection each other. For example, when the researcher asked Lily why she was not willing to participate in the focus group discussion, even if she knew the other participants, she answered as follows:

We are friends and we will help each other but we do not want our friends to know too much about our private lives, especially the bad things in our family. I think besides I, my friends do not want to show too many things to other people as well, including the friends here (in Richmond). So I also do not want to acquire too much information from my new friends (in Richmond). (Lily)

As the main caregivers to their children and/or other family members in Richmond, the participants' female-only circles were interrupted by their children and other domestic issues. Part of the role of these new friendships in Richmond was based on mutual assistance or companionship in a new environment after immigration.

Of course, the friends in Richmond are different from those in China. You will get closer with the friends in Richmond who have been your friends in China. The friend you make acquainted here will not tell you everything. Still, we will help each other, for we are in a strange place. (May)

In conclusion, the participants' friendship bonds in Richmond were weaker than the friendship bonds in China. They had less communication and restricted exchanges with their friends in Richmond; their friendships were built, maintained and integrated with a focus around the issues of childcare.

4.3.1.4. *Enabling or inhibiting husbands?* In the twelve interviews, the topic of visits by husbands was discussed between the researcher and the participants. Above all, the participants found their lives influenced and changed while their husbands visited in Richmond:

I can do whatever I want when my husband is not around. However, it is quite normal that my life will more or less be busier when my husband is in Richmond. I have to take care of him in the way he likes. For example, I need to cook and have meals at home because he like homemade foods but my daughter and I sometimes would like to go to restaurants when he is not in Richmond. (Lily)

Various descriptions evaluating the visits paid by their husbands were collected from the interviews. Noticeably, some participant had negative attitudes towards their husbands' visits:

After (being apart for) a few years, a couple are politer to each other. Like a guest, my husband just stays for a month every time, I would do my best to make him happier during this period and in this relationship. After he left, everything gets back what it is like, doesn't it? (Lily)

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

This result correlates with Ley's (2010) description of the attitudes of wives from "astronaut families" towards their husbands' visits. Chinese immigrant women whose spouses have remained in Hong Kong or Taiwan, experience their husbands' visits negatively affecting their daily lives after they have adjusted to their new home communities (Ley, 2010). Therefore, not all Chinese immigrant women would like to be visited by their husbands, contrary to belief.

Nevertheless, it is very likely that Chinese immigrant women both dislike and like the visits paid by their husbands. From the outcomes of the data analysis, they did not think that their husbands' visits in Richmond were solely negative to their leisure lives. For instance, Little D's leisure participation was influenced by her husband's visits and said: "The month during which my husband was in Richmond, I would decrease the participation of the activities with my friends and some social activities." However, husbands' visits were also perceived as enabling participants' leisure participation. In some cases, husbands' visits relieved participants' three most significant leisure constraints (time, access and interpersonal constraints). Some husbands were willing to provide participants with assistance with domestic tasks and childcare, relieving the participants time pressure.

When my husband is in Canada, I have more time to do my things. This is because he can help take care of children. Ha-ha... he is very good at cooking and taking care of children. When he is looking after children, I am able to watch a movie or do some readings. (Michelle)

Second, the women's access constraints decreased with their husbands driving them to where they needed to go. For example, May and Lili were not able to drive before immigration and were not confident in their driving skills after immigration; when with their husbands, their range of leisure activities would be greater due to more ease of accessibility provided by their husbands acting as chauffeurs:

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

I just learned to drive in Canada. I doubt my driving skills so I dare not to drive for a long way. For example, I never drive to hike or ski with my friends as I have to drive over an hour to the destinations. Also, I never go to Seattle without my husband driving. (May)

Third, interpersonal constraints are alleviated, when husbands are with their families. From Minnie's perspective, the visits paid by her husband can facilitate more family leisure:

My husband, son and I travel once to twice every year whatever before or after immigration. The frequency has not changed but the destinations have changed. Before immigration, we most traveled within China but now we are very convenient to go to different places around the world. My son and I are happier to have a family tour after my husband arrives in Canada. (Minnie)

In short, if the visits paid by the women's husbands are enabling or prohibiting depends on individual circumstances.

4.3.2. Leisure constraints to beginning leisure preferences. Leisure constraints not only act on leisure participation but also on beginning leisure preferences. According to Figure 11, intrapersonal constraints mainly influence the formation and maintenance of leisure preferences.

In this study, the most significant category of leisure constraints was represented by financial constraints which four participants reported experiencing. They were concerned with having partners and money to initiate leisure preferences in the future. As supported by the data gathered from three of the interview participants, the category of intrapersonal constraints, including the individual or psychological factor in T-LCQ, was the second most important category of leisure constraints to starting leisure preferences.

4.3.2.1. Financial Factors. In order to examine Chinese immigrant women's leisure constraints to starting leisure preferences in the future, the question, "what will you take into consideration for starting and maintaining a leisure activity in the future?", was answered by every interview participant. The finding was that the participants had future financial constraints for starting leisure preferences but not current financial constraints for maintaining leisure

preferences. Two of the interviewees, Ms. Feng, and Minnie, explicitly indicated that they were now constrained by financial factors in Richmond. From the answers of eight of the interviews which tagged financial constraints, two patterns were found: 1) some participants did not realize their financial constraints until the researcher deliberately discussed with them their thoughts on the role of money in their leisure lives; 2) many participants did identify financial constraints in the interviews but they viewed financial constraints as a category of constraints in the future rather than in the present. Some participants, like Lily and May, were contented with their current financial circumstances:

My husband is responsible for the financial support for the family. I do not need to be worried too much about it. It is now good enough to lead a normal life here, isn't it? I should not be wasteful and burden my family so I do not need ask for a wealth of money. (Lily)

The participants interestingly predicted possible financial constraints for their plans in the future. For instance, Rebecca has an expectation or a brief plan for her retired life with her husband. However, they are concerned with the possible financial constraints to carry out their plan:

After my husband and I retire and when our children are independent, we would sell our houses to stay at different nursing houses in different places. We can travel to various places by this way. Of course, we need to consider about our financial circumstance and what services we will need because we do not know what will happen, and we could not ask our children to physically and financially take care of us. (Rebecca)

Likely, eight of the participants mentioned money when they talked about their plans for the future. To implement these plans, they thought an adequate amount of money was important.

4.3.3. A leisure constraint to maintaining and beginning leisure preferences.

Intrapersonal constraints can threaten to maintain long-practiced leisure preferences and the

creation of new leisure preferences. This category of constraints was able to cease and decrease participation in leisure preferences. The factor of “lack of interest” in intrapersonal constraints prohibited seven participants from beginning leisure preferences.

4.3.3.1. Intrapersonal constraints. Five participants attributed their non-participation to intrapersonal constraints. Seven participants have not started some leisure preferences due to their intrapersonal constraints. Ms. Feng and Rebecca stopped participating in some leisure activities because of intrapersonal constraints:

I like hiking. However, the hiking trails are far away from where I live. As I could not drive there, I could not go hiking without the rides given by my friends. However, they do not really like hiking and they are very busy. So I feel bad to ask them to go with me, especially when they just want to satisfy you and they personally do want to go hiking. As a result, I seldom go hiking. (Ms. Feng)

Even though Ms. Feng did attribute her non-participation in hiking to interpersonal reasons, her anticipated interpersonal constraint (she thought her friends busy) can be viewed as an intrapersonal constraint. Ms. Feng encountered the interpersonal constraint during past participation, which may not be the one for future participation. However, Ms. Feng anticipated that this interpersonal constraint would be inhibiting to hiking, and decreased the participation of this leisure activity due to the anticipation. As explained with Jackson et al.’s (1993) argument, Ms. Feng’s assumption or anticipation of constraint stemmed from herself, which may or may not be the reality. She decided to stop participation after evaluating the balance between her “desire” and anticipated constraint for hiking. Anticipation of interpersonal constraints is Ms. Feng’s intrapersonal constraint.

Intrapersonal constraints were very important to beginning leisure preferences. Seven of the participants have not started some of their leisure preferences because of an intrapersonal limitation, such as lack of momentum and determination.

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

I planned to learn photography for a long time. However, I have not taken action to find a teacher to learn. Perhaps... I think...my time has been taken over by other issues, such as taking care of children, volunteering and etc. Also, it is likely because I prioritize other issues, or my motivation of learning photography is not strong enough. (May)

Further, anticipation of leisure constraints can be a constraint to beginning a new leisure preference. For instance, Carmen has planned to take a pilgrimage. Yet, she has never started because she has time constraints anticipated. She said “I really hope to have a pilgrimage with my friends in China but, as you can see, I need to take care of my business and have not had time to conduct it.” Moreover, Carrie, Carmen, and Kitty believed that if and how they began a leisure preference mainly depends on themselves. As Carmen explains:

Those are the leisure activities I prefer. It is the matter of myself. There is no need to ask some organizations or departments to help me. If I would like to have more leisure, I just need to improve by myself. So self-improvement is the most important. (Carmen)

Carmen believed that interpersonal constraints was the most important category of leisure constraints which can be negotiated to improve leisure participations.

4.4. Summary

To present a picture of their leisure preferences, the interview participants were asked to talk about the changes of leisure preferences after immigration, and to reflect on them before the conversations about the leisure constraints began. As the result, twelve of the participants had a variety of preferred leisure activities in Richmond. Cultural leisure preferences, like Tai Chi and having a massage, were found to be negatively influenced by immigration but the participants' cultural constraints were not strong. Instead, social leisure preferences were the most constrained category of leisure preferences after immigration. Twelve of the participants stopped or decreased participation in activities, such as visiting family members/relatives or hanging out with friends at night.

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

Post-immigration life has supported existing leisure preferences and created new ones. The natural environment and sufficient resources in Richmond enhance participation in outdoor activities and sports. Canadian culture improves the studied group's exposure to social leisure activities, such as having potlucks/dinner with people at home. Moreover, new leisure preferences began after immigration. As demonstrated in the interviews, three of the participants began to appreciate the environment. They viewed the availability and proximity of nature valuable, for instance, the accessibility to the Aurora Borealis in this country. As home-based leisure activities, three participants started having fun when cooking and baking. However, the eleven participants' happiness from "visiting relatives and family members", and "visiting China" was constrained by their scattered family structure.

The participants' leisure constraints to maintaining and starting leisure preferences were explored. The time factor as a structural constraint was the most significant constraint to the participants. Every participant was affected by it. The vast majority, eight of the participants, attributed time constraints to the responsibilities of caregiving, which were strengthened by the society and Chinese culture. Access constraints were significant leisure constraints for nine participants, which agreed with the results from the community needs assessment report (Concerto Research & PERC, 2009). Ten of the participants encountered interpersonal constraints which included lack of friends, lack of partners with same leisure preferences, and lack of same-level players. Different from their major leisure constraints to maintaining leisure preferences (time, interpersonal and access constraints), intrapersonal, financial, and interpersonal constraints were identified by the participants as obstacles to beginning leisure preferences.

CHAPTER 5: Discussion

In this chapter, the results of time constraints, constraints from responsibilities, interpersonal constraints, financial constraints, and intrapersonal constraints are discussed. Above all, the two most important leisure constraints to maintaining leisure preferences, time and interpersonal constraints, are discussed. Regarding the major cause of the participants' time constraints, their constraints arising from responsibilities were explored, as well as influences from Chinese culture. The participants' interpersonal constraints are discussed, referring to their isolated social circles with absent husbands, and limited communication or exchanges with their friends caused by the factor of "mutual-face" in Chinese culture. Furthermore, the reasons why the participants were concerned with financial constraints (while they were contented with their current financial circumstances) were analyzed through the lens of Chinese concepts of financial management. Lastly, referring to participation strength and leisure negotiation, intrapersonal constraints was discussed. As the City of Richmond PRCS Community Needs Assessment Final Report (Concerto Research & PERC, 2009) and the data from the interviews revealed, the inherent effects from Chinese culture influenced the participants' leisure constraints in a foreign context. The analysis is gathered from the data from the semi-structured interviews and the literature from China and Canada.

5.1. Leisure constraints to maintaining leisure preferences

The participants' leisure constraints to maintaining their leisure preferences are discussed in accordance with Figure 12. To explain this graph, the participants' time and interpersonal constraints are explicitly shown and assessed during the interviews. As well, there were cultural factors contributing to them. The source of the participants' time constraints was their low quality free time. Strengthened by Chinese culture, "time dilution", "leisure with partner/spouse" and "leisure fragmentation" were the causes of the low quality of the free time. Two factors, participants' social isolation and limited communication and exchanges with their friends in

Richmond, contributed to interpersonal constraints which were indirectly influenced by Chinese culture.

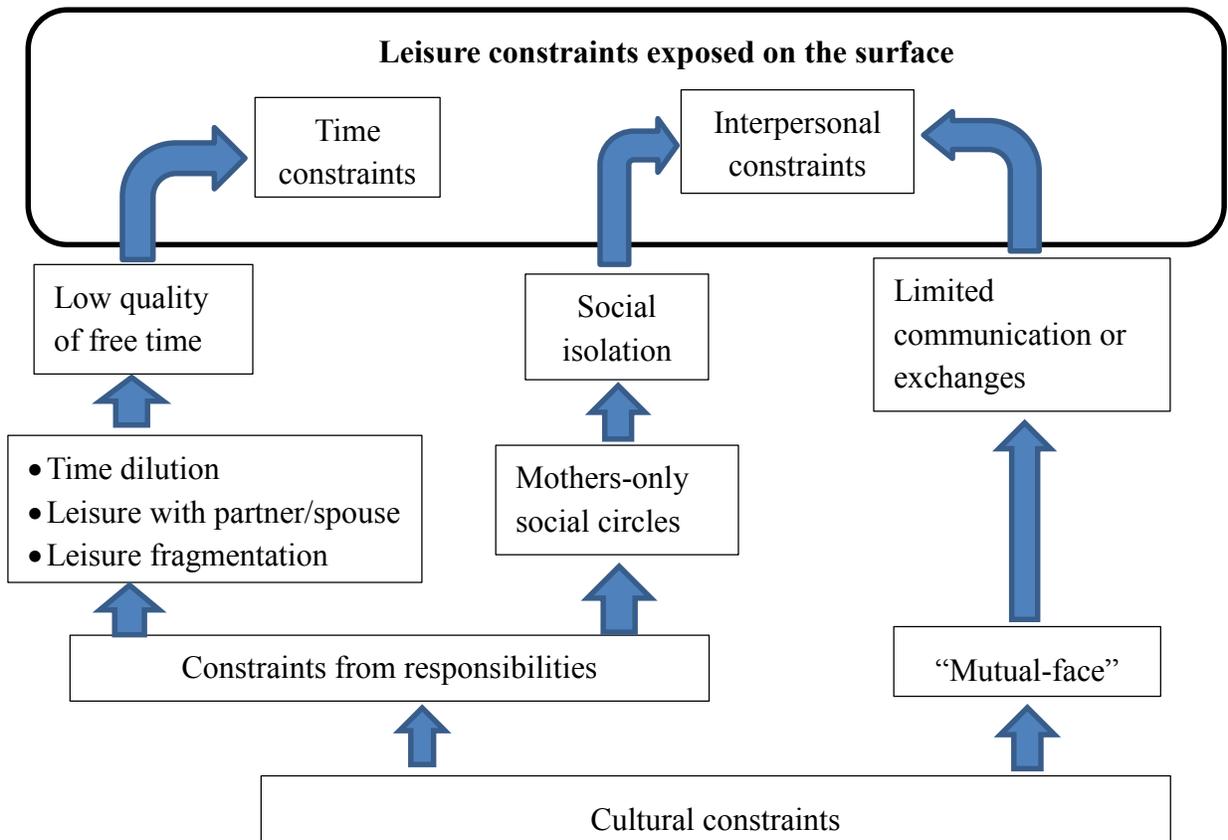


Figure 12. Summary findings of leisure constraints to maintaining preferences

5.1.1. Time Constraints. Even with sufficient financial support from their husbands in China and with sufficient time available in Canada, the participants were constrained in their new home community. Not limited to the cause of “lack of time”, their time constraints to leisure participation and leisure satisfaction are complicated and worthy of analysis.

Similar to the well-educated Chinese immigrant women in Toronto who were stressed by time because of increasing household work (Chen, 2013), Chinese women in Richmond significantly suffered from time constraints because of domestic tasks and the responsibilities of

childcare. Even though the participants, with part-time work or no career, perceived that they had more free time, their time constraints still existed, and should be assessed and explored.

The participants' time constraints were different from the results of document analysis. Through comparing the General Social Surveys of 1998, 2005 and 2010, it was shown that regular Canadians met time constraints due partly to the decrease in the amount of free time (Statistics Canada, 1999; Statistics Canada, 2006; Statistics Canada, 2011b). However, for the participants in this study, time constraints have been met differently. Perceiving more free time after immigration, with part-time work or no career, they still experienced time constraints due to the low quality of their free time. The results from document analysis and the data from the interviews are different possibly because the survey participants in those documents were regular Canadians across the country while the interview participants were limited to Chinese immigrant women in Richmond, whose spouses have remained in China.

Sevilla et al.'s (2012) three indicators of satisfaction with leisure time explain the three features of the participants' use of time and time constraints: 1. leisure satisfaction decreases when "pure leisure" decreases, which represents the ratio between leisure and non-leisure during a period of free time; 2. when "co-present leisure", with two aspects of "leisure with spouse/partner" and "leisure with other adults", worsen due to the absence of spouse/partner or other adults; 3. when "leisure fragmentation" is getting more severe in that the number of leisure intervals increases during a period of free time. In terms of leisure dilution, the level of the informants' "pure leisure" was rather low. The proportion of leisure decreased during free time because domestic tasks and obligations interfered with their free time. This is because family and identifying as mothers have been the core values of the participants and impacted their leisure lives (Fox, 2009), Considering their "co-present leisure", participants' satisfaction with their leisure time decreased due to the absence of their spouse/partner, which significantly undermined the indicator of "leisure with spouse/partner", for their family leisure declined without the companionship of their husbands. "Leisure with other adults" can be influenced since the

participants' social circles are limited, and a large part of their friends are mothers, busy with domestic tasks and childcare (Fox, 2009). Finally, "leisure fragmentation" was an explicit and salient factor influential to the participants' satisfaction of leisure time. The participants had difficulty utilizing their free time each day because it was fragmented by numerous domestic tasks and childcare.

Consistent with Fox's (2009) observation, the participants felt like losing control of their time belonged to them because of their time pressure. Aside from the shortage of leisure time, the participants experienced time constraints because the quality of their leisure time was low. This was caused by low "leisure dilution", "co-present leisure" and severe "leisure fragmentation". This feedback from the participants confirmed what Stodolska and Yi-Kook (2005) and Chen (2013) revealed. The interviewed Chinese immigrant women had time constraints, which were also commonly found in the general population, but this specific ethnic group were affected differently.

5.1.2. Constraints from Responsibilities. All the interview participants suffered from time constraints because of the low quality of free time. As Fox (2009) described, due to a perceived shortage of time, they had less personal time and fewer relaxing activities. When the participants' time constraints were examined and analyzed through data collection, the most remarkable cause of the participants' low quality of free time was their commitments to personal and family responsibilities. Although financially supported by their spouses, the majority of the participants accepted and were assigned to the responsibility of taking care of their children. The participants engaged in intensive mothering and continuously suffered from time constraints while allocating an increasing amount of time to domestic tasks and childcare work. Although they may not identify themselves as 'intensive mothers', the participants believed in and prioritized child care, and distributed the majority of their time and energy to this responsibility, as interpreted from the patterns of their time use and responsibilities (see Section 4.3.1.1. and Section 4.3.1.2.), Fox (2009) argued in her study, that time pressure was more serious for

intensive mothers without careers or with less career than for mothers with occupations. The participants' time constraints stem from responsibilities, which are worth discussing from the perspective of Chinese culture.

The participants remain in Richmond and their husbands in China largely due to Chinese cultural beliefs that purport wives are relegated to deal with domestic issues and husbands in charge of external issues, like making money (Cheung, 2014). Husbands make the decisions and wives are obedient (Cheung, 2014). Given that husbands perceived that their careers are more important than their wives', both husbands and wives were more likely to agree that wives should be the ones who abandon their careers if necessary (Cheung, 2014). Therefore, as shown in Section 4.3.1.2., the participants left or decreased their careers to take the role as a main caregiver to fulfill their domestic and child care responsibilities in their post immigration lives.

The participants have been influenced by a Chinese traditional and stereotyped ideology of women in a traditional gender role that has lasted for hundreds of years. Chinese wives are supposed to burden the majority of domestic tasks. They are still tightly bound to family obligations today (Cheung, 2014). However, today, Chinese men and women have more modern ideologies about their roles in family and there is more negotiation on the distribution of household work (Kim, Laroche, & Tomiuk, 2004). In a foreign context, Yu (2011) claimed that after immigration, Chinese couples have changed their perceptions about their gender roles. With the increase of the level of acculturation in foreign countries, Chinese husbands take on a larger share of the tasks which were presumed to belong to wives and wives take a larger share of the supposed husband's tasks (Kim et al., 2004). In the case of this study, however, these changes in the distribution of domestic tasks and gender roles do not impact the participants since their husbands remain in China.

With the concept of *Jen* (仁) in Confucianism, the participants valued their families as their core value, and played the main role as caregivers without communicating with their family members about their needs. They believed in the stability and harmony of their families;

moreover, their desire to maintain this stability was stronger after settling down in their new home country (Yu, 2011) and, as a result, they were more concentrated on domestic and childcare responsibilities. They had to sacrifice their needs and respond to family obligations they perceived, seldom speaking of their leisure needs. For instance, Lili sacrificed her needs to make the friends she wanted to maintain the connection with the mothers of her daughters' classmates (see Section 4.3.1.2.).

To summarize, Chinese traditional culture has significant effects on the participants and influences their leisure lives and time use in their new home community. The participants have suffered more constraints from responsibilities of childcare and domestic obligations, amplified by Chinese traditional culture and a scattered family structure in a new home country.

5.1.3. Interpersonal Constraints. Providing women a leisure “site”, women’s friendships function positively in three ways for women (Green, 1998). First, through exchange in conversation, women can acquire knowledge. Second, by learning from and influencing same-sex friends, women can strength their gender identity in their female friendships. Third, women are able to build a female environment to free themselves from stereotyped female roles.

In the case of the participants in Richmond, however, these three influences may function differently. Above all, the knowledge increased by female exchange is restricted because of the participants’ limited exchanges and communication with their friends in Richmond. This limitation is caused by the short length of the friendships and the maintenance of “mutual-face”. With the shorter length of friendship, revealed in Section 4.2.1.3., the participants were less satisfied with their new friends and less willing to disclose themselves to their new friends (Wada, 2001).

The participants’ friendships in Richmond were weakened from the effects of “mutual-face” a concept in Chinese culture. It should be noted that the participants were middle-aged women from China, affected by both factors of “status” and “mutual-face”. The women in their thirties and forties were highly concerned with their “status” from their friends’ perspective

(Candy et al., 1981). In consideration of “mutual-face”, the participants were willing to make efforts to maintain their self-image in their friends’ minds as well as, their friends’ images in their minds (Zane & Yeh, 2002). Hence, the participants’ experienced limited “intimacy-assistance” in their communication with their new friends in Richmond as both parties were highly concerned with maintaining their self-image. As a result, participants’ friendships in Richmond were weakened, which negatively influenced their interpersonal constraints. In the three most important elements of women’s friendship, “intimacy-assistance”, “status” and “power”, the participants’ desire to protect “status” worked to weaken the most important one, “intimacy-assistance”.

As most of the participants’ friends in Richmond were mothers, learning from and influencing same-sex friends, they strengthened not only their gender identity by their female friendships but also their ideology of ‘mother’ in their family. This was because, similar to the women in Chen’s (2013) study, the participants’ lives were family/children oriented. Their sense of isolation was reduced by sharing their experience of caregiving in their friendships but their overall satisfaction could not be improved when isolated from other social circles with limited sources of information. Solely concentrating on taking care of their families and children could not increase women’s satisfaction in their lives (Fox, 2009). By selflessly contributing to their families and maintaining their mother-only social circle, the participants could not relieve their interpersonal constraints, and instead, strengthened their isolation from other social circles.

The participants’ friendships were weakened by maintaining “mutual-face”, and by fulfilling domestic responsibilities and childcare. They have limited mutual communication to maintain “mutual-face”, and moreover, they have built and maintained their mother-only social circle because of their concentration on domestic obligations and childcare. This constrains the participants’ friendships, which is a significant interpersonal constraint to improve their leisure participation and leisure satisfaction.

5.2. Leisure constraints to beginning preferences

The participants' perceived financial constraints are most influential to beginning a new leisure preference. This section discusses the participants' financial constraints with Chinese culture (see Figure 13).

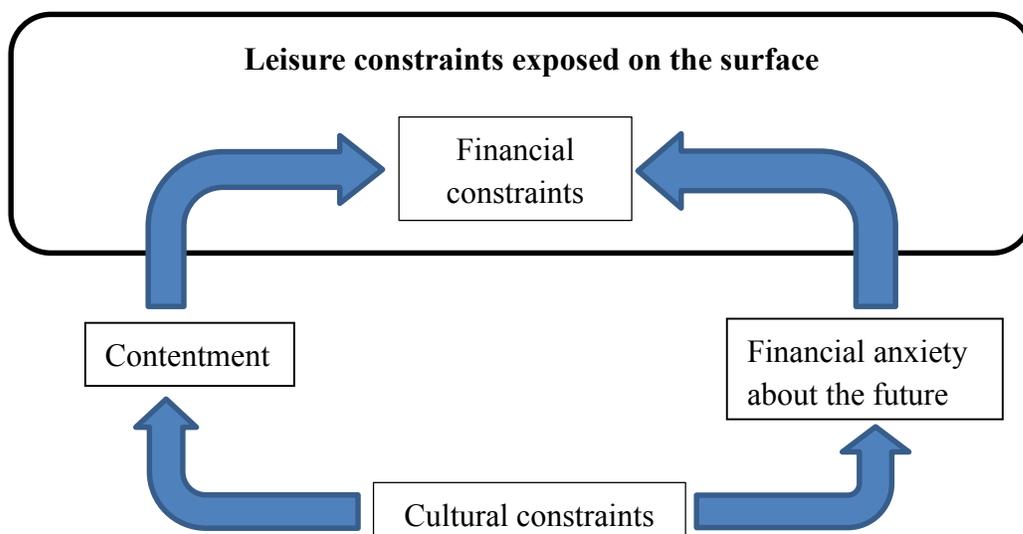


Figure 13. Summary findings of leisure constraints to beginning preferences.

5.2.1. Financial Constraints. As one of the most important factors of leisure constraints to maintaining leisure preferences (leisure participation) in previous studies (e.g. Dong & Chick, 2012; Stodolska & Yi-Kook, 2005; Xiong, 2007), financial constraints were not significant for the participants' leisure participation but for their beginning leisure preferences. In this section, financial constraints for the future are discussed by way of two aspects: “contentment” and “financial anxiety about the future”. While participants were content with their individual financial situations, they were anxious about a possible financial crisis in the future.

Currently, the participants were satisfied with their financial circumstances and material lives, consistent with the concept of “contentment” in Chinese financial thought, which encourages Chinese people to pursue spiritual enjoyment and be satisfied with their material

circumstances. In Richmond, where they are not concerned materially, the participants, such as Lily, were content viewing this contentment as maintaining harmony in their family.

The participants were anxious about potential financial crises in the future. This can be explained by Chinese culture, which has developed for thousands of years in a specific environment creating Chinese people's anxiety about the unexpected future. As a typical agricultural society for thousands of years, a family, as a basic productivity unit, has been assumed to be responsible for its needs, risks and crises. The participants, like other Chinese people, expect to solve their own financial problems by their own efforts and the wealth that they accumulate. They were unable to assess how much wealth they currently have, and how much they would need for the future. As a result, the participants have been suffering from continuous financial constraints. As Rebecca explains:

After my husband and I retire and when our children are independent, we would sell our houses to stay at different nursing houses in different places. We can travel to various places by this way. Of course, we need to consider about our financial circumstance and what services we will need because we do not know what will happen, and we could not ask our children to physically and financially take care of us. (Rebecca)

Even if they did not perceive financial constraints as part of what was required to maintain their present leisure preferences, the women were constrained by financial constraints in terms of starting new leisure preferences.

5.3. Intrapersonal Constraints

In this section, the relationship between the participants' "desire" and their "interpersonal or structural constraints" is discussed using Jackson et al.'s (1993) propositions. Their propositions and model are useful to explain the participants' intrapersonal constraints for maintaining and beginning new leisure preferences.

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

According to Jackson et al.'s (1993) ideas, the participants' leisure constraints to maintaining their preferences are that their "desire" was outweighed by "interpersonal or structural constraints". For example, Ms. Feng rarely participated in hiking because her "desire" to go hiking was outweighed by the interpersonal constraint that her friends were too busy to go with her. It was an intrapersonal constraint to Ms. Feng decreased participation of hiking that her desire was not strong enough to overcome the interpersonal constraints.

Intrapersonal constraints also hinder the participants from starting new leisure preferences. Seven of the participants have not started their preferred leisure preferences because they anticipated that they were incapable to negotiate their current leisure constraints. For example, Carmen has never started a pilgrimage because she anticipated that she did not have time because she needed to take care of her jade selling business. She said "I really hope to have a pilgrimage with my friends in China but, as you can see, I need to take care of my business and have not had time to conduct it." Evaluated with Jackson et al.'s (1993) concepts, Carmen met an intrapersonal constraint, instead of a time constraint. This is because Carmen was blocked from starting a pilgrimage by her anticipation of time constraints. She has never suffered from time constraints when conducting a pilgrimage; her anticipated constraints may or may not exist, as they arose from her own evaluation. Thus, Carmen met an intrapersonal constraint to starting a pilgrimage.

However, it would be simplistic to evaluate leisure constraints with only the measure of the strength of their desire and their intrapersonal constraints. In the case of the women in this study, since Chinese culture believes in self-improvement and self-refinement (see Section 2.3.2.3.2.), Carmen and Kitty hold the belief that they are responsible to negotiate or solve the problem of a leisure constraint and, as a result, overlook the real structural constraints and the improvements that can be made by others. Therefore, to enhance the development of leisure constraints research, we study both sides of the wrestling balance between desire and

interpersonal/structural constraints. That is, people's intrapersonal constraints as well as interpersonal/structural constraints should be explored.

5.4. Summary

The participants' constraints to maintaining leisure preferences, from time, responsibilities, interpersonal relationships, finance, and individuals, were discussed with literature and the results from the analysis of qualitative data. More precisely, the participants not only met the constraints caused by the shortage of leisure time, but also they were constrained by low-quality free time, caused mainly by the increase of their household and childcare responsibilities after immigration. Turning to their constraints from responsibilities, the participants' leisure lives have been influenced by women's constraints from mothering, common to Canadian society, as well as Chinese women's constraints from Chinese cultural beliefs about women, Chinese traditional gender roles and responsibilities handed down by Chinese culture. Moreover, hindering the development of friendship, Chinese culture also impacts interpersonal constraints. Being mothers, the participants had a stable, social circle which impeded them from exchanging with other social groups, and, within their social circle, each woman tended to limit intimate communication and exchanges with each other, instead preserving a positive self-image of themselves in friends' minds and friends' positive images in their minds.

Besides, for starting preferences, the participants were secure with their current financial circumstances but they were insecure about possible future financial crises creating financial constraints, consistent with Chinese culture. Finally, participants had the factor of the lack of desire in intrapersonal constraints and their anticipation of interpersonal/structural constraints also created a barrier to starting and maintaining leisure preferences.

When examining Chinese women's leisure constraints, it is important to look into their constraints from both sides of the wrestling balance between desire and interpersonal/structural constraints, in reference to Jackson et al.'s (1993) concepts. It is also important to study Chinese immigrant women's interpersonal, structural and cultural constraints as well as intrapersonal

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

constraints because a leisure constraint can be sorted into more than one category of leisure constraints and various leisure constraints overlap and are inter-related.

CHAPTER 6: Conclusion

In this study, the leisure constraints of Chinese immigrant women whose spouses remain in China were explored. The large population of Chinese immigrants residing in Canada has been recognized (e.g. Statistics Canada, 2013; Strategic Research and Statistics, 2005). However, the statistics of scattered families in which the wives live in Canada while their spouses remain in China do not exist. This segment in the Chinese immigrant community has received little attention from government census and academics. The outcomes of this study can enhance what is known about leisure constraints, enhance the research on leisure constraints experienced by Chinese immigrants to Canada and other receiving countries, and draw attention to the population of Chinese immigrant women, an important component among the increasing number of Chinese immigrants around the globe.

At present, only a few qualitative studies have been conducted which explore Chinese perceived leisure constraints (e.g. Dong & Chick, 2012). Most of the studies on leisure constraints of Chinese people (China Tourism Academy, 2013; Walker et al., 2007) as well as Chinese immigrants in foreign countries (e.g. Tsai & Coleman, 1999; Xiong, 2007) were conducted using quantitative research methods. As a result, there is a lack of understanding of ethnically Chinese people's leisure constraints; whether in China or overseas, they have not had enough opportunity to speak of their leisure constraints. Recently, in a qualitative study of twelve participants' post-immigration life, Chen (2013) specifically revealed that the time constraints of Chinese educated, middle class, immigrant women, were caused by increased household work after immigration. Yet, the leisure constraints of the participants with absent husbands have never been explored. With qualitative research methods, this study fills this gap by exploring the leisure constraints of this common but under-studied population.

Using semi-structured interviews, the participants' leisure preferences and constraints in Richmond were explored. The results are that the participants' leisure constraints to maintaining their leisure preferences were mainly time, interpersonal and access constraints; and that their

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

leisure constraints to starting leisure preferences were interpersonal, financial and intrapersonal constraints. Further, the official documents were analyzed and compared with the results of leisure constraints for maintaining leisure preferences from semi-structured interviews. The data from semi-structured interviews and analysis of the community needs report suggest that the participants' time and access constraints were significant to maintaining leisure preferences. However, Concerto Research and PERC (2009) did not identify interpersonal constraints which were perceived to be very important by the participants. Underscored by the documents (Concerto Research & PERC, 2009; Chia, 2014; Richmond Intercultural Advisory Committee, 2011), language constraints were not significant among the information.

It is not appropriate to analyze and illustrate Chinese immigrant women's leisure constraints only by the factors in the Turkish Leisure Constraints Questionnaire (Alexandris & Carroll, 1997), as the purpose of the present study is to qualitatively present a detailed outline of participants' leisure constraints. Six leisure constraints perceived by twelve interviewed women were thoroughly discussed.

Four of the six leisure constraints are the barriers which inhibited the participants from maintaining their leisure preferences. First, through analyzing the description of participants, it was hypothesized that the quality of their leisure time was poor because they had low levels of "pure leisure", a shortage of "co-present leisure" and severe "leisure fragmentation". This means that a) they could not enjoy themselves during free time due to interference from domestic tasks and childcare issues; b) they could not conduct their leisure pursuits with their partner/spouse; c) it was difficult to utilize their free time because it was cut into many leisure intervals. Second, the constraints from responsibilities had influential effects on the twelve interview participants' time constraints. This is because they shouldered the burden of the responsibilities of domestic tasks and childcare. Their burden was mainly due to intensive mothering, their gendered ideology of women, and Chinese traditional gender roles. Third, interview participants had interpersonal constraints friends in Richmond influenced by embedded Chinese culture, their

intimate exchanges with each other were limited by the need to maintain their “mutual-faces”, and by the limitations of their social circle made up exclusively of mothers, and therefore, the participants were isolated from other circles. Fourth, and somewhat compatible with Ley’s (2010) finding, the visits from the participants’ husbands had negative effects on their leisure lives, while at the same time, the visits were beneficial to the participants’ leisure negotiations of time, access and interpersonal constraints.

The fifth leisure constraint, financial constraints, was concerned and anticipated by the participants for starting leisure preferences. The participants had leisure preferences they would like to start in the future; however, due to their cultural view of financial management, they specifically anticipated financial constraints. Influenced by Chinese culture, they had significant financial anxiety about an uncertain future, even though they were rather content with their current financial circumstances.

Sixth, the data of participants’ intrapersonal constraints, as a constraint to maintaining and starting leisure preferences, were disclosed and discussed with Jackson et al.’s (1993) arguments and propositions. The participants’ strength of leisure participation on certain leisure preferences were the result of the functions of desire and interpersonal or structural constraints, and that anticipation of leisure constraints played a very important role in the loop of leisure participation.

6.1. Contributions

This study makes contributions to leisure constraints theory and the field of leisure. This study integrates the models of leisure constraints, examines women’s leisure constraints from feminist perspectives, identifies the leisure constraints of a specific female population, explores leisure constraints with a qualitative approach, and enriches the research on cultural constraints. Contributing to the field of leisure, this study attracts stakeholders’ attention to the studied population, and provides potential immigrant families with information about the post-immigration leisure constraints of the interview participants whose spouses have remained China.

6.1.1. Contributions to theory. This study makes contributions to theory in five ways. First, preceding models of leisure constraints were integrated in this study. Having combined the models from Alexandris and Carroll (1997), Crawford, Jackson and Godbey (1991), and Dong and Chick (2004, p. 4), a new model (Figure 10) was created to summarize and support the outcomes of the development of leisure constraints models.

Cultural Constraints						
Constraints on Individual Decisions				Structural constraints		
Intrapersonal constraints			Interpersonal constraints			
Individual /Psychological	Lack of Knowledge	Lack of Interest	Lack of Partners	Facilities /Services	Accessibility /Financial	Time

Figure 10. Refined Conceptual Classification of the Factors (Alexandris & Carroll, 1997; Dong & Chick, 2005;).

Second, this study contributes to the research on our knowledge of immigrant women’s leisure constraints research from feminist perspectives. The researcher disclosed the leisure constraints of the immigrant women whose husbands were less influential to their leisure constraints because they were in China, were away from the women.

Third, this study enriches female leisure constraints research, in accordance with Jackson and Henderson’s (1995), and Scott’s (1988) suggestions. This study recognized a specific population among females and explored their leisure constraints, taking into consideration their culture and family structure.

Forth, contributing to the research of ethnic immigrants’ leisure constraints, this study explores Chinese immigrant women’s leisure constraints using qualitative research methods. These methods allow Chinese immigrant women’s perceived leisure constraints to be explored in a way that gives them a voice.

Fifth, using the theory of cultural constraints, this study innovatively connects Chinese culture and Chinese leisure constraints. Albeit, the concept of cultural constraints was put forward by Dong and Chick (2005) over ten years ago, the influences of culture factors on the leisure constraints met by Chinese have rarely been revealed due to a lack of qualitative research, inductively exploring the connections between Chinese leisure constraints and Chinese culture. Based on the interpretation of the participants' voices and the review of the literature of Chinese culture, the researcher explored the influences of Chinese culture on the participants' leisure constraints.

6.1.2. Contributions to the field of leisure. As the first study exploring the leisure constraints of Chinese immigrant women whose spouses have remained in China, this study expects to attract more attention to the leisure constraints and post-immigration lives of this growing population of Chinese immigrants. With an increasing attention from academics, more leisure research will be done to explore the post-immigration lives of the women in a variety of ways. With growing attention from the immigration settlement workers, and an increase in leisure facilities and services providers, more recognition and efforts will be made to satisfy women's leisure needs.

Moreover, this study provides potential immigrant families with information about what to expect of their leisure experience, post-immigration leisure lives. These immigrant families, especially the wives, can know more about their leisure constraints after immigration, and make material and psychological preparation. This can help them get through the adaptation period after immigration.

6.2. Future Research

Based on the results found in this study, and the analysis and discussion presented, four suggestions for future research are proposed. First, Chinese immigrant women's interpersonal constraints should be specifically explored. In 2007, Walker, Deng et al. identified Chinese Canadians' intrapersonal constraints Chinese Canadians' and Anglo-Canadians' leisure attitudes.

However, the assumption of homogeneity of minority populations has limited the research on immigrants' leisure lives (Sasidharan, 2002). It is necessary to place our attention on the intrapersonal constraints of specific subgroups, such as women and their different post-immigration situations.

Second, Chinese immigrant women's interpersonal and structural constraints should be examined when taking into consideration their intrapersonal constraints. In reference to Jackson et al. (1993), when wrestling the balance between desire and interpersonal/structural constraints, it is helpful to emphasize desire, as women's leisure constraints can be negotiated when they render their desires strong enough to outweigh their anticipated constraints, including responsibilities of care. Hence, we should study both sides of the relationship proposed by Jackson et al. (1993). Although this study gives a new lens on Chinese immigrant women's leisure constraints, more studies in the future should be done to compare their wrestling balance between desire and interpersonal/structural constraints. In this sense, the scales assessing the strength of Chinese immigrant women's interpersonal and structural constraints, and the scales assessing their intrapersonal constraints would be worth developing for a comparison between the strength of non-intrapersonal constraints and that of intrapersonal constraints.

Third, research should be done specifically on the influences from husbands and children to the immigrant women's leisure constraints. Their husbands' decision to compromise their families to their careers and financial needs by remaining in China should be explored as a source of Chinese immigrant women's leisure constraints. In addition, the core responsibility, after immigration, of taking care of their families, is assigned to Chinese immigrant women by their husbands. Therefore, their husbands and children play rather important roles in various aspects in Chinese immigrant women's post-immigration lives in Richmond. To better understand Chinese immigrant women's leisure constraints, it is very important to explore the influences that husbands and children have on Chinese immigrant women specifically in the context of Chinese immigrant women's leisure constraints.

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

Finally, Chinese immigrant women's time constraints need to be specifically examined in new studies. From the results regarding time constraints in this study, the participants were most significantly constrained by the time factor, in limited amount of leisure time but also in low quality of leisure time. However, this study could not comprehensively and precisely address the quality of Chinese immigrant women's free time. It would be fruitful to have subsequent studies on Chinese immigrant women's quality of leisure time with new or proven methods. Sevilla et al.'s (2012) assessment method would be one of the available methods. A survey could be utilized to uncover the women's "leisure dilution" (the proportion of non-leisure in their free time) and "leisure fragmentation" (the numbers of leisure intervals during a certain period). Additionally, their "co-present leisure" could be tested by conducting a demographic statistic to reveal how many Chinese immigrant women are living in Richmond without the company of their partners/spouses.

References

- Alexandris, K., & Carroll, B. (1997). An analysis of leisure constraints based on different recreational sport participation levels: Results from a study in Greece. *Leisure Sciences, 19*(1), 1-15.
- Allison, M. T., & Geiger, C. (1993). The nature of leisure activities among the Chinese-American elderly. *Leisure Science, 10*, 247-259.
- Atkinson, R., & Flint, J. (2004) Snowball sampling. In: M. S. Lewis-Beck, A. Bryman & T. F. Liao (eds.), *The Encyclopaedia of Social Science Research Methods* (pp.1044 - 1045). Thousand Oaks, Calif.: Sage.
- Bank, B. J., & Hansford, S. L. (2000). Gender and friendship: Why are men's best same - sex friendships less intimate and supportive? *Personal Relationships, 7*(1), 63-78.
- Bhopal, K. (1997). *Gender, 'Race' and Patriarchy: a study of South Asian women*. Ashgate: Pub Ltd.
- Bruce, M. J., & Katzmarzyk, P. T. (2002). Canadian population trends in leisure-time physical activity levels, 1981-1998. *Canadian Journal of Applied Physiology, 27*(6), 681-690.
- Bulent, G., Fatih, Y. I., Beyza, A. M., & Suat, K. (2010). Measuring constraints to leisure activities: Demographic differences. *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health, 10*(2), 362.
- Candy, S. G., Troll, L. E., & Levy, S. G. (1981). A Developmental Exploration of Friendship Functions in Women. *Psychology of Women Quarterly, 5*(3), 456-472.
<http://doi.org/10.1111/j.1471-6402.1981.tb00586.x>
- Castaneda, D., & Burns-Glover, A. L. (2008). Women's friendships and romantic relationships. In F. Denmark & M. A. Paludi (Eds.), *Psychology of women: A handbook of issues and theories* (pp. 332-350). Westport, Conn: Praeger.
- Chambers, D. A. (1986). The constraints of work and domestic schedules on women's leisure. *Leisure Studies, 5*(3), 309-325

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

- Chen, C. W. (2013). *More Work, Less Play: Power, Household Work and Leisure Experiences of Chinese Immigrant Women in Canada* (Doctoral dissertation). Retrieved from TSpace. (2013-03-18T15:40:42Z)
- Cheung, D. S. (2014). *Changing gender: Gender role, class and the experience of Chinese female immigrants* (Doctoral dissertation). Retrieved from ProQuest Dissertations & Theses Global. (1507461928)
- Chiang, F. S. C. (2001). *The Intersection of Class, Race, Ethnicity, Gender and Migration: A Case Study of Hong Kong Chinese Immigrant Women Entrepreneurs Richmond, British Columbia* (Doctoral dissertation). Retrieved from ProQuest Dissertations & Theses Global. (304776722)
- China Tourism Academy (2013). Zhongguo xiuxian fazhan niandu baogao (2012-2013) [Annual Report of China Leisure Development 2012-2013]. *Tourism Education Press*.
- Chia, E. (2014). *Connecting immigrant communities to local government: The case of Richmond, BC [G]*. doi:<http://dx.doi.org/10.14288/1.0075861>
- Cleary, M., Horsfall, J., & Hayter, M. (2014). Data collection and sampling in qualitative research: Does size matter? *Journal of Advanced Nursing*, 70(3), 473-475. doi:10.1111/jan.12163
- Cohen, L., Manion, L., & Morrison, K. (2013). *Research methods in education (7th ed.)*. Hoboken: Taylor and Francis.
- Cohen, N., & Arieli, T. (2011). Field research in conflict environments: Methodological challenges and snowball sampling. *Journal of Peace Research*, 48(4), 423-435.
- Collins, J. W., & O'Brien, N. P. (2011). *The greenwood dictionary of education*. Santa Barbara, Calif: Greenwood.
- Concerto Research & PERC (2009). City of Richmond PRCS Community Needs Final Report. Retrieved from the City of Richmond: http://www.richmond.ca/__shared/assets/2009_Community_Needs_Assessment26227.pdf

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

- Craig, C. L., Cameron, C., Russell, S. J., & Beaulieu, A. (2001). Increasing physical activity: Building a supportive recreation and sport system. *Ottawa, ON: Canadian Fitness and Lifestyle Research Institute, 94.*
- Crawford, D. W., & Godbey, G. (1987). Reconceptualizing barriers to family leisure. *Leisure sciences, 9*(2), 119-127.
- Crawford, D. W., Jackson, E. L., & Godbey, G. (1991). A hierarchical model of leisure constraints. *Leisure sciences, 13*(4), 309-320.
- Cronin, A. M. (2015). 'Domestic friends': Women's friendships, motherhood and inclusive intimacy. *The Sociological Review, 63*(3), 662-679. doi:10.1111/1467-954X.12255
- Cutcliffe, J. R., & McKenna, H. P. (1999). Establishing the credibility of qualitative research findings: The plot thickens. *Journal of Advanced Nursing, 30*(2), 374-380. doi:10.1046/j.1365-2648.1999.01090.x
- Davies, D., & Dodd, J. (2002). Qualitative research and the question of rigor. *Qualitative Health Research, 12*(2), 279-289.
- Denton, F., Feaver, C., & Spencer, B. (1999). Immigration and population aging. *Canadian Business Economics, 7*(1), 39-57.
- Denzin, N. K., & Lincoln, Y. S. (2005). Introduction: the discipline and practice of qualitative research. In N. K. Denzin & Y. S. Lincoln (Eds), *The SAGE handbook of qualitative research* (pp. 1-32). Thousand Oaks: Sage Publications.
- DiCicco-Bloom, B., & Crabtree, B. F. (2006). The qualitative research interview. *Medical education, 40*(4), 314-321.
- Dominguez, L. A. (2003). *Constraints and constraint negotiation by women sea kayakers participating in a women-only course* (Doctoral dissertation). Retrieved from ProQuest Dissertations & Theses Global. (305329635)

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

- Dong, E., & Chick, G. (2005). Culture constraints on leisure through cross-cultural research. In *Proceedings of the Eleventh Canadian Congress on Leisure Research*. Nanaimo, BC: Malaspina University-College.
- Dong, E., & Chick, G. (2012). Leisure constraints in six Chinese cities. *Leisure Sciences, 34*(5), 417-435.
- Edgington, D. W., Hanna, B., Hutton, T., & Thompson, S. (2003). *Research on Immigration and Integration in the Metropolis: The Hong Kong Chinese in Vancouver*. Vancouver Centre of Excellence.
- Elston, J., & Fulop, N. (2002). Perceptions of partnership. A documentary analysis of Health Improvement Programmes. *Public health, 116*(4), 207-213.
- Fehr, B. (2004). Intimacy expectations in same-sex friendships: A prototype interaction-pattern model. *Journal of Personality and Social Psychology, 86*(2), 265-284. doi:10.1037/0022-3514.86.2.265
- Firestone, J., & Shelton, B. A. (1994). A comparison of women's and men's leisure time: Subtle effects of the double day. *Leisure Sciences, 16*(1), 45-60.
- Fox, B. (2009). *When couples become parents: The creation of gender in the transition to parenthood*. Toronto [Ont.]: University of Toronto Press. doi:10.3138/9781442697515
- Galletta, A. (2012). *Mastering the semi-structured interview and beyond: From research design to analysis and publication*. New York: New York University Press.
- Gao, G. (1998). An initial analysis of the effects of face and concern for “other” in Chinese interpersonal communication. *International Journal of Intercultural Relations, 22*, 467–482.
- Glaser, B., & Strauss, A. (1967). The discovery of grounded theory. *London: Weidenfeld and Nicholson, 24*(25), 288-304.

- Castaneda, D., & Burns-Glover, A. L. (2008). Women's friendships and romantic relationships. In F. Denmark & M. A. Paludi (Eds.), *Psychology of women: A handbook of issues and theories* (pp. 332-350). Westport, Conn: Praeger.
- Godbey, G., Crawford, D. W., & Shen, X. S. (2010). Assessing hierarchical leisure constraints theory after two decades. *Journal of Leisure Research*, 42(1), 111.
- Golob, M. I., & Giles, A. R. (2011). Canadian multicultural citizenship: constraints on immigrants' leisure pursuits. *World leisure journal*, 53(4), 312-321.
- Goodson, L., & Phillimore, J (2004). The inquiry paradigm in qualitative tourism research. In J Phillimore & L. Goodson, (Eds.), *Qualitative research in tourism: Ontologies, epistemologies and methodologies* (pp. 30-45). New York; London: Routledge.
- Government of Canada; Natural Resources Canada; Earth Sciences Sector, & The Atlas of Canada, (2009). *2010 Olympic Sites*. Retrieved from Natural Resources Canada: http://ftp2.ctis.nrcan.gc.ca/pub/geott/atlas/archives/english/poster/olympic_sites_map_2010.jpg
- Grandori, A. (2014). Heuristics as Methods: Validity, Reliability and Velocity. In E. Ippoliti. *Heuristic reasoning* (pp. 127-161). Cham: Springer International Publishing.
- Green, E. (1998). "Women Doing Friendship": an analysis of women's leisure as a site of identity construction, empowerment and resistance. *Leisure Studies*, 17(3), 171-185. <http://doi.org/10.1080/026143698375114>
- Guba, E. G., & Lincoln, Y. S. (1989). *Fourth generation evaluation*. Newbury Park, CA: Sage.
- Haraway, D. (1988). Situated knowledges: The science question in feminism and the privilege of partial perspective. *Feminist Studies*, 14, 575-599.
- Harding, S. (1991). *Whose science? Whose knowledge? Thinking from women's lives*. Milton Keynes, UK: Open University Press.
- Harvey, N. (2007). Use of heuristics: Insights from forecasting research. *Thinking & Reasoning*, 13(1), 5-24. doi:10.1080/13546780600872502

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

- Hawkins, F. (1988). *Canada and immigration: Public policy and public concern*. Kingston and Montreal: McGill-Queen's Press-MQUP.
- Henderson, K. A., & Allen, K. R. (1991). The ethic of care: Leisure possibilities and constraints for women. *Loisir et societe/Society and Leisure*, 14(1), 97-113.
- Ho, C., & Card, J. A. (2001). Older Chinese women immigrants and their leisure experiences: Before and after emigration to the United States. In S. Todd (Ed.), *Proceedings of the 2001 Northeastern Recreation Research Symposium* (pp. 291-297). New York: State University of New York.
- Ho, D.Y.F. (1976). On the concept of face. *The American Journal of Sociology*, 81, 867-884.
- Hu, H.C. (2004). Zhongguoren de mianziguang [Face, from a Chinese perspective]. In H.C. Hu & G.G. Huang (Eds.), *Face: Chinese power games* (pp. 57-83). Beijing: China Renmin University Press.
- Jackson, E. L., & Henderson, K. A. (1995). Gender-based analysis of leisure constraints. *Leisure Sciences*, 17(1), 31-51.
- Jackson, E. L. (1988). Leisure constraints*: A survey of past research. *Leisure sciences*, 10(3), 203-215.
- Jackson, E. L., Crawford, D. W., & Godbey, G. (1993). Negotiation of leisure constraints. *Leisure Sciences*, 15(1), 1-11.
- Jackson, E. L. (1991). Special issue introduction: Leisure constraints/constrained leisure. *Leisure Sciences*. 13, 273-278.
- Jackson, E. L. (2005). Leisure constraints research: Overview of a developing theme in leisure studies. In E. L. Jackson (Ed.), *Constraints to Leisure* (pp. 3-19). State College, PA: Venture.
- James, N., & Busher, H. (2006). Credibility, authenticity and voice: Dilemmas in online interviewing. *Qualitative Research*, 6(3), 403-420. doi:10.1177/1468794106065010

- Johnston, B. (2015). Confidentiality and qualitative research. *International Journal of Palliative Nursing, 21*(1), 3-3. doi:10.12968/ijpn.2015.21.1.3
- Karlis, G. (2011). *Leisure and recreation in Canadian society: An introduction*. Toronto: Thompson Educational Pub.
- Katzmarzyk, P. T., & Tremblay, M. S. (2007). Limitations of Canada's physical activity data: Implications for monitoring trends. *Applied Physiology, Nutrition, and Metabolism, 32*, S185.
- Keele, R. (2010). *Nursing research and evidence-based practice*. Sudbury, MA: Jones & Bartlett Learning.
- Kim, C., Laroche, M., & Tomiuk, M. a. (2004). The Chinese in Canada: a study in ethnic change with emphasis on gender roles. *The Journal of Social Psychology, 144*(March 2015), 5–29. <http://doi.org/10.3200/SOCP.144.1.5-29>
- Laforest, J., Bouchard, L. M., & Maurice, P. (2012). *Guide to Organizing Semi-Structured Interviews with Key Informants: Safety Diagnosis Tool Kit for Local Communities*. Institut national de santé publique Québec avec la collaboration de Ministère de la sécurité publique.
- Leitner, M. J., & Leitner, S. F. (2012). *Leisure enhancement (4th ed.)*. Urbana, IL: Sagamore Pub.
- Ley, D. (2011). *Millionaire migrants: Trans-Pacific life lines* (Vol. 97). John Wiley & Sons.
- Liamputtong, P. (2010). *Performing qualitative cross-cultural research*. New York: Cambridge University Press.
- Liang, H., & Walker, G. J. (2011). Does "face" constrain mainland Chinese people from starting new leisure activities? *Leisure/loisir, 35*(2), 211-225. doi:10.1080/14927713.2011.578399
- Liu, H., Yeh, C., Chick, G., & Zinn, H. (2008). An exploration of meanings of leisure: A Chinese perspective. *Leisure Sciences, 30*(5), 482-488. doi:10.1080/01490400802353257

- Maxwell, J. A. (2012). *Qualitative research design: An interactive approach: An interactive approach*. Thousand Oaks, CA.: Sage.
- Merriam, S. B. (2009). *Qualitative research: A guide to design and implementation*. San Francisco, CA: John Wiley & Sons.
- McGuire, F. A. (1984). A factor analytic study of leisure constraints in advanced adulthood. *Leisure Science*, 6(3), 313-326.
- Morrison, K. S. (2008). *Moving beyond constraints: Understanding how and why physically active women make leisure a priority* (Master's Thesis). Retrieved from ProQuest Dissertations & Theses Global. (839933452)
- Morrow, S. L. (2005). Quality and trustworthiness in qualitative research in counseling psychology. *Journal of Counseling Psychology*, 52(2), 250-260. doi:10.1037/0022-0167.52.2.250
- Nadirova, A., & Jackson, E. L. (2000). Alternative criterion variables against which to assess the impacts of constraints to leisure. *Journal of leisure research*, 32(4), 396.
- Neuman, W. L. (2012). *Designing the face-to-face survey*. (pp. 227-248). New York, NY: Springer New York.
- Nolan, M., & Behi, R. (1995). Alternative approaches to establishing reliability and validity. *British journal of nursing (Mark Allen Publishing)*, 4(10), 587.
- Nursing and Midwifery Council. (2008). *The Code: Standards of conduct, performance and ethics for nurses and midwives*. NMC, London.
- Payne, G., & Payne, J. (2004). *Key concepts in social research*. Thousand Oaks, Calif: Sage Publications.
- Phillimore, J., & Goodson, L. (2004). Progress in qualitative research in tourism: Epistemology, ontology and methodology. In J Phillimore & L. Goodson, (Eds.), *Qualitative research in tourism: Ontologies, epistemologies and methodologies* (pp. 3-29). New York; London: Routledge.

- Purrington, A., & Hickerson, B. (2013). Leisure as a cross-cultural concept. *World Leisure Journal*, 55(2), 125-137. doi:10.1080/04419057.2013.782564
- Qing, Q. L. (2007). Leisure Industry: the Issues of Concept, Scope and Statistics. *Tourism Tribune*, 2007(8)
- Rapley, T. (2008). *Doing conversation, discourse and document analysis*. London: Sage.
- Richmond Intercultural Advisory Committee. (2011). *2012-2015 Richmond Intercultural Strategic Plan and Work Program*. Retrieved from: http://www.richmond.ca/_share/d/assets/RIAC_Strategic_Plan_and_Work_Program_2012-201532514.pdf
- Sasidharan, V. (2002). Special issue introduction: Understanding recreation and the environment within the context of culture. *Leisure Sciences*, 24, 1-11.
- Scott, D. (1991). The problematic nature of participation in contract bridge: A qualitative study of group-related constraints. *Leisure Sciences*, 13, 321-336.
- Scott, J. (1988). Deconstructing equality-versus-difference: Or, the uses of poststructuralist theory for feminism. *Feminist Studies*, 14(1), 33-50.
- Scott, J. (1990). *A Matter of Record*. London: Polity Press.
- Sevilla, A., Gimenez-Nadal, J. I., & Gershuny, J. (2012). Leisure inequality in the united states: 1965—2003. *Demography*, 49(3), 939-964. doi:10.1007/s13524-012-0100-5
- Shaw, S. (1985). The meaning of leisure in everyday life. *Leisure Sciences*, 7, 1–24
- Shaw, S. M. (1986). Leisure, recreation or free time? Measuring time usage. *Journal of Leisure Research*, 18(3), 177.
- Shaw, S. M. (1999) *Gender and leisure, in Leisure Studies: Prospects for the 21st Century (edited by E. Jackson and T. Burton)*, Venture Press, State College, P A, pp. 299–321.
- Shaw, S. M., & Dawson, D. (2001). Purposive leisure: Examining parental discourses on family activities. *Leisure Sciences*, 23(4), 217-231. doi:10.1080/01490400152809098
- Shaw, S., Elston, J., & Abbott, S. (2004). Comparative analysis of health policy implementation: the use of documentary analysis. *Policy Studies*, 25(4), 259-266.

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

- Shaw S. M., & Henderson K. (2005). Gender Analysis and Leisure Constraints: An Uneasy Alliance. In E. L. Jackson (Ed.), *Constraints to Leisure* (pp. 23-34). State College, PA: Venture.
- Shogan, D. (2002). Characterizing constraints of leisure: A Foucaultian analysis of leisure constraints. *Leisure Studies*, 21(1), 27-38.
- Siu, O. L., & Phillips, D. R. (2002). A study of family support, friendship, and psychological well-being among older women in Hong Kong. *Int J Aging Hum Dev*, 55(4), 299–319.
- Sivan, A., Robertson, B., & Walker, S., (2005). Hong Kong. In Cushman, G., Veal, A. J., & Zuzanek, J. (2005). *Free time and leisure participation: International perspectives* (pp. 127-140). Wallingford, Oxfordshire, UK: CABI Pub. doi:10.1079/9780851996202.0000
- Smale, B., Donohoe, H., Pelot, C., Croxford, A., & Auger, D. (2010). *Leisure and culture: A report of the Canadian index of wellbeing (CIW)*. Toronto, Ont.: Canadian Index of Wellbeing.
- Smith, D. (1987). *The everyday world as problematic: A feminist sociology*. Boston: Northeastern University Press.
- Smith. T., (2008). Immigration boosts Canadian population growth. *The Gazette*, pp. A.14.
- Stodolska, M. (2000). Changes in leisure participation patterns after immigration. *Leisure Sciences*, 22(1), 39-63.
- Stodolska, M., & Yi-Kook, J. (2005). Ethnicity, Immigration, and Constraints. In E. L. Jackson (Ed.), *Constraints to Leisure* (pp. 53-72). State College, PA: Venture.
- Statistics Canada, (1999). *General Social Survey, Cycle 12: Time Use (1998): Public Use Microdata File*. (Catalogue number 12M0012GPE). Retrieved March 9, 2016 from Statistics Canada: <http://www5.statcan.gc.ca/olccel/olc.action?objId=12M0012GPE&objType=2&lang=en&limit=0>

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

- Statistics Canada. (2005). *Population and growth components (1851-2001 Censuses)*. Retrieved January 18, 2015 from: <http://www.statcan.gc.ca/tables-tableaux/sumsotm/l01/cst01/demo03-eng.htm>
- Statistics Canada, (2006). *General Social Survey, Cycle 19: Time Use (2005): Public Use Microdata File*. (Catalogue number 12M0019X). Retrieved March 9, 2016 from Statistics Canada: <http://www5.statcan.gc.ca/olccel/olc.action?objId=12M0019X&objType=2&lang=en&limit=0>
- Statistics Canada. (2011a). *Figures for population growth: Canada, provinces and territories, 2010*. (Catalogue number 91-209-X). Retrieved January 18, 2015 from Statistics Canada: <http://www.statcan.gc.ca/pub/91-209-x/2011001/article/11508/figures/pop-fig-eng.htm#a1>
- Statistics Canada, (2011b). *General Social Survey, Cycle 24: Time Stress and Well-Being, 2010: Public Use Microdata Files*. (Catalogue number 12M0024X). Retrieved March 9, 2016 from Statistics Canada: <http://www5.statcan.gc.ca/olccel/olc.action?objId=12M0024X&objType=2&lang=en&limit=0>
- Statistics Canada. (2013a). NHS Profile, Richmond, CY, British Columbia, 2011. (Catalogue number 99-010-X2011005). Retrieved January 18, 2015 From: <http://www12.statcan.gc.ca/nhs-enm/2011/as-sa/fogsspg/Pages/FOG.cfm?lang=E&level=4&GeoCode=5915015>
- Statistics Canada. (2013b). 2011 National Household Survey: Data tables. (Catalogue number 99-010-X2011028). Retrieved March 31, 2016 From: <https://www12.statcan.gc.ca/nhs-enm/2011/dp-pd/dt-td/Rp-eng.cfm?TABID=2&LANG=E&APATH=3&DETAIL=0&DIM=0&FL=A&FREE=0&GC=0&GK=0&GRP=0&PID=105396&PRID=0&PTYPE=105277&S=0&SHOWALL=0&SUB=0&Temporal=2013&THEME=95&VID=0&VNAMEE=&VNAMEF=>
- Strategic Research and Statistics. (2005). *Recent Immigrants in Metropolitan Areas: Vancouver—A Comparative Profile Based on the 2001 Census*. Government of Canada. Retrieved from: <http://www.cic.gc.ca/english/pdf/research-stats/2001-vancouver.pdf>

- Sullivan, O. (1996). time co-ordination, the domestic division of labour and affective relations: Time use and the enjoyment of activities within couples. *Sociology*, 30(1), 79-100.
doi:10.1177/0038038596030001006
- Sussman, N. M. (2010). *Return migration and identity: A global phenomenon, a Hong Kong case*. Aberdeen, Hong Kong: Hong Kong University Press.
- Thomas, N. (2014). Heuristic Appraisal at the Frontier of Research. In E. Ippoliti. *Heuristic reasoning* (pp. 127-161). Cham: Springer International Publishing.
- Thompson, S. M. (1999). *Mother's taxi: Sport and women's labour*. Albany, U.S.A.: State University of New York Press.
- Ting-Toomey, S., & Oetzel, J.G. (2001). *Managing intercultural conflict effectively*. Newbury Park, CA: Sage.
- Tongco, M. D. C. (2007). Purposive sampling as a tool for informant selection. *Ethnobotany Research & Applications* 5:147-158.
- Tracy, S. J. (2012). *Qualitative research methods: Collecting evidence, crafting analysis, communicating impact*. Hoboken: Wiley.
- Tsai E., & Coleman, D. (1999). Leisure constraints of Chinese immigrants: An exploratory study. *Loisir & Societe-Society and Leisure*, 22(1), 243-264.
- Tsai C. L. (2010). The power game: Cultural influences on gender and leisure. *World Leisure Journal*, 52(2), 148-156. doi:10.1080/04419057.2010.9674639
- Tirone, S. C., & Shaw, S. M. (1997). At the center of their lives: Indo Canadian women, their families and leisure. *Journal of Leisure Research*, 29, 225-244.
- Tu, R. (2004). Zhong xi fang licai guannian de bijiao [comparison between Chinese and Western financial concepts]. *Capital University Economics and Business*.
- Van Maanen, J. (1979). Reclaiming qualitative methods for organizational research: A preface. *Administrative Science Quarterly*, 24(4), 520-526.

- Vogt, W. P., & Johnson, R. B. (2011). *Dictionary of statistics & methodology: A nontechnical guide for the social sciences*. Thousand Oaks, CA: Sage.
- Wada, M. (2001). Effects of gender and physical distance with an old friend on same-sex friendship. *Shinrigaku Kenkyu : The Japanese Journal of Psychology*, 72(3), 186-194. doi:10.4992/jjpsy.72.186
- Wang, X. (2010). Rujia de jiejian zhizhu xiaofeiguan ji qi xiandai jiazhi [the concept of thrifty in Confucianism and its modern value]. *Shehui kexuejia*, (2), 32-35.
- Walker, G. J., Jackson, E. L., & Deng, J. (2007). Culture and leisure constraints: A comparison of Canadian and mainland Chinese university students. *Journal of Leisure Research*, 39(4), 567.
- Walker, G. J., Deng, J., & Chapman, R. (2007). Leisure attitudes: A follow-up study comparing Canadians, Chinese in Canada, and Mainland Chinese. *World Leisure Journal*, 49(4), 207-215. doi:10.1080/04419057.2007.9674513
- Walzer, S. (1998). *Thinking about the baby: Gender and transitions into parenthood*. Philadelphia, Pa: Temple University Press.
- Wang, Y., & Liu, G. (2012). Zhongguo guoji yimin baogao (2012) [Annual Report on China International Migration (2012)]. *Social Science Academic Press*.
- Wang Y., & Liu G. (2014). Zhongguo guoji yimin baogao (2014) [Annual Report on China International Migration (2014)]. *Social Science Academic Press*.
- Waters, J. (2002). Flexible families? 'astronaut' households and the experiences of lone mothers in Vancouver, British Columbia. *Social & Cultural Geography*, 3(2), 117-134. doi:10.1080/14649360220133907
- Wearing, B. (1998). *Leisure and feminist theory*. Thousand Oaks, Calif: SAGE.
- Wiebe, E., Durepos, G., & Mills, A. J. (2010). *Encyclopedia of Case Study Research*. Los Angeles [Calif.]: SAGE Publications, Inc.

- Wong, L. L. (2003). Chinese business migration to Australia, Canada and the United States: State policy and the global immigration marketplace. *Asian and Pacific Migration Journal*, 12(3), 301-336.
- Xiong, F. (2007). *Constraints on leisure activities participation among Chinese immigrants in Canada* (Master's Thesis). Retrieved from ProQuest Dissertations & Theses Global. (304717933)
- Yang, X. (2014). Xiaoxue dinianji xuesheng de shijian fenpai [The time distribution of junior students in primary school]. *Inner Mongolia Normal University*
- Yu, Y. (2011). Reconstruction of gender role in marriage: Processes among chinese immigrant wives. *Journal of Comparative Family Studies*, 42(5), 651-668. http://www.richmond.ca/_shared/assets/RIAC_Strategic_Plan_and_Work_Program_2012-201532514.pdf
- Yuan, L. (2002). Ethics of care and concept of Jen: A reply to Chenyang Li. *Hypatia*, 17(1), 107-129. doi:10.1353/hyp.2002.0024
- Zane, N., & Yeh, M. (2002). The use of culturally-based variable in assessment: Studies on loss of face. In K. Kurasaki, S. Okazaki, & S. Sue (Eds.), *Asian American mental health: Assessment theories and methods* (pp. 123–140). Dordrecht, The Netherlands: Kluwer Academic
- Zhao, A. (2008). Licai guannian lun [Theory of financial concepts]. *Fudan University*.
- Zhang, K. (2010). *Flows of people and the Canada-China relationship*. Canadian International Council= Conseil international du Canada.
- Zuzanek, J. (2005). Canada. In G. Cushman, A. J. Veal & J. Zuzanek, *Free time and leisure participation: International perspectives* (pp. 41-60). Wallingford, Oxfordshire, UK: CABI Pub. doi:10.1079/9780851996202.0000

Appendix A

Semi-structured Interviews Recruitment Script

Student Researcher: Mingqi Yang, Program of Master of Arts in Sustainable Leisure Management, Vancouver Island University

Research Project Title: Absent Husbands, Settled Wives: A Study on the Leisure Constraints of Chinese Immigrant Women in Richmond, British Columbia, Canada

- Hello, my name is Mingqi Yang and I am a graduate student in the Program of Master of Arts in Sustainable Leisure Management at Vancouver Island University. I am conducting a research project on the leisure preferences and constraints of Chinese immigrant women to Canada whose spouses have remained in China.
- I learned about your contact information from the interview participant in the previous interview, _____,
- I would like to learn more about your leisure life. Your participation would involve meeting with me for a short interview. I will inquire about your leisure participation and leisure preferences before and after immigration. Lastly, I will ask some questions which will help me to explore your barriers to begin and to participate in leisure activities in Richmond after immigration.
- The interview will take between 30 and 60 minutes.
- The interview will be arranged at a time and place that are convenient for you; however, the interview must occur before October 30, 2015.

Consent:

- Would you be interested in participating in this interview?

If Yes:

- When is it convenient for you to meet in Richmond?

Date: _____

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

Time: _____

Location: _____

- We have arranged to meet in person: I will bring another two copies of the Consent Forms to the interview, one for us both to sign before the interview begins and another copy to be kept by you.
- Your participation is confidential. Your contact information will not be shared with anyone. If you decide to participate, your name will not be used in the research. Please refer to the Informed Consent Form.
- Do you have any questions?
- If you have any further questions, please do not hesitate to contact me by e-mail. (yeung_mk@stumail.viu.ca).
- I look forward to talking to you more about your experiences (at this date and time) _____. Thank you for participating.

If No:

- Thank you for your time and consideration.

Appendix B

Semi-structured Interviews Protocol

<p>Research question: What are the leisure constraints of Chinese immigrant women whose spouses have remained in China?</p> <p>Sub-questions: What are the changes of Chinese immigrant women’s leisure preferences after immigration? What are Chinese immigrant women’s leisure constraints in Richmond, Canada? What strategies do Chinese immigrant women use to the negotiation of leisure constraints?</p>	
<p>Theme I: Opening questions</p>	<ol style="list-style-type: none"> 1. When did you immigrate to Canada? 2. How often does your husband visit Canada? 3. Do you have a job? 4. Do you have any children? How many? 5. Could you speak English?
<p>Theme II: Changes of Chinese immigrant women’s leisure preferences after immigration.</p>	<ol style="list-style-type: none"> 1. What are the preferred leisure activities that you no longer participated in after immigration? 2. What are the preferred leisure activities that you have decreased participation since immigration? 3. What are the currently preferred leisure activities that you are now participating in but they were difficult or unable to access before immigration? 4. What are the preferred leisure activities that you currently enjoy participating in but they are constrained to participate in? 5. What are the preferred leisure activities that you would like to get involved in but you did not realize before immigration?
<p>Theme III: Chinese immigrant women’s leisure constraints in Richmond, Canada.</p>	<p>Subtheme 1: Leisure constraints to leisure participation</p> <ol style="list-style-type: none"> 1) Are there any leisure activities that you would like to spend more energy on? Why do you not participate more? 2) Are there any leisure activities that you would like to participate in but cannot? Why could not you participate? 3) Are there any leisure activities, especially the ones that you participated in before but you have decreased the

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

	<p>participation? Why have you decreased the participation in these activities?</p> <p>4) Are there any leisure activities, especially the ones you favored, that you participated in before but you no longer participate in? Why did you stop participating in these activities?</p> <p>5) Subtheme 2: Leisure constraints to leisure preferences</p> <p>6) As far as you are concerned, what do you care about to start a leisure pursuit?</p> <p>7) In the future, what else will you take into consideration before starting a leisure pursuit?</p>
<p>Theme IX: Negotiation strategies to leisure constraints.</p>	<p>1. In order to participate more in the leisure activities, you like, what have you done and what are you going to do?</p> <p>2. What suggestions do you have towards yourselves or others to improve your participation of favored leisure activities?</p>

Appendix C



**VANCOUVER ISLAND
UNIVERSITY**

Research Consent Form for Semi-Structured Interviews

ABSENT HUSBANDS, SETTLED WIVES:

**A STUDY ON THE LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN
IN RICHMOND, BRITISH COLUMBIA, CANADA**

Date of ethics approval: October 6, 2014

Mingqi Yang

Student

Master of Arts in Sustainable Leisure Management

Vancouver Island University,

yeung_mk@stumail.viu.ca

(778) 874 – 0691

Suzanne de la Barre, Ph. D.,

Supervisor

Department of Recreation and Tourism

Vancouver Island University

suzanne.delabarre@viu.ca

(250) 753-3245 (ext. 2833)

Purpose of Research: My name is Mingqi Yang and I am a student studying in the program of Master of Arts in Sustainable Leisure Management. As part of my degree, I am conducting a research project that explores the leisure preferences and constraints of Chinese immigrant women in Richmond whose spouses have remained in China. This research involves interviewing 12 Chinese immigrant women in Richmond. During these interviews, participants will be asked about their leisure preferences and leisure constraints.

Description of Research: I have invited you to participate in a semi-structured interview. Your interview will be in-person in Richmond. The interview will be arranged at a time that is convenient for you before September 15, 2015. In the semi-structured interview, you will be asked to answer a number of unstructured questions about your leisure participation, preferences and constraints so as to reveal Chinese immigrant women's leisure constraints in Richmond, BC. You will also be asked for some personal information, such as your English name and e-mail address. This interview will last roughly for 30 minutes.

Potential Harms: If the data are not well secured, there is a risk of the leakage of your private information which might leave negative effects on participants from two ways: First, participants are harmed by other people's discriminated views on their leisure participation and preferences. Second, participant's important personal and/or family information might be leaked and used by others.

Confidentiality: your anonymity will be assured in all of the research results. If quotes are used, you are allowed to choose a pseudonym and only I will know your real identity. The electronic data will be sorted and kept in secure folders. Electronic files and folders will be saved and locked with passwords in my personal computer and will be password protected including any data kept in a second, backup memory card. I have the only access to the data. Therefore, all the electronic data will be sorted and kept in secure folders. I guarantee that I am the only person who has access the data that will be destroyed after 2 years.

Potential Benefits: The possible benefits include increased knowledge about your leisure preferences and constraints, and access to leisure services in Richmond that you might enjoy.

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

Research findings will be sent to leisure organizations and planners in the City of Richmond. A research summary or the thesis itself will also be available to you.

Participation: Your participation is completely voluntary. You may withdraw at any time for any reasons without explanation and without penalty. You may choose not to answer any question for any reasons. If you withdraw before I begin my data analysis, the information you have provided will be removed from the study and destroyed.

Concerns About your Treatment in the Research: If you have any concerns about your treatment as a research participant in this study, please contact the VIU Research Ethics Officer, by telephone at 250-753-3245 (ext., 2665) or by email at reb@viu.ca.

Question? If you have any questions about this research project, or would like more information, please feel free to contact me at the e-mail address below:

Mingqi Yang
Sustainable Leisure Management Student
Vancouver Island University
yeung_mk@stumail.viu.ca
(778) 874 – 0691

Consent: I have read the above form, understand the information read, understand that I can ask questions or withdraw at any time. I consent to participate in today's research study.

Participant's Signature

Date

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

*Please consider contacting any of the following counselling services in the event that you experience distress during or after the interviews.

Dorcas Family Ministry

Address: 120-7451 Elmbridge Way Richmond, British Columbia, V6X 1B8

Phone: 604-270-2085

S.U.C.C.E.S.S. - Richmond Service Centre

Address: #220 Caring Place 7000 Minoru Boulevard, Richmond, B.C. V6Y 3Z5

Tel: 604-279-7180

Richmond Chinese Community Society

Address: SUITE 208-8171 PARK ROAD, RICHMOND, B.C., V6Y 1S9, Canada

Tel: (604) 270-7222

Fax: (604) 270-7252

CHIMO Newcomer Assistance Centre

Tel: 604 279 7077

Address: 120-7000 Minoru Blvd, Richmond, BC.

Touchstone Family Association

Address: 120 - 6411 Buswell Street Richmond, BC V6Y 2G5

Tel.: 604-207-5034

Fax: 604-279-1814

Appendix D



VANCOUVER ISLAND
UNIVERSITY

Research Consent Form for Semi-structured Interviews

半結構化訪談同意書 (Chinese Version)

離家的丈夫和留守的妻子：加拿大卑斯省列治文市中國移民女性休閒約束調查

通過倫理審查日期：2014 年 10 月 6 日

楊銘祺
在讀研究生
可持續休閒管理碩士課程
溫哥華島大學
yeung_mk@stumail.viu.ca
(778) 874 – 0691

Suzanne de la Barre, 博士
導師
休憩與旅遊部門
溫哥華島大學
suzanne.delabarre@viu.ca
(250) 753-3245 (ext. 2833)

研究目的：您好，我是楊銘祺，現在是一名在溫哥華島大學的可持續休閒管理碩士課程在讀研究生。作為獲得學位的一部分，我正在進行一項關於丈夫主要在中國的華人移民女性的休閒偏好和休閒約束的研究。這個研究會訪問 12 名在列治文生活的華人移民女性。在此之中，我會問到您在移民前後的休閒偏好和休閒約束。

研究描述：我已邀請您參與一次半結構化訪談。您地訪談將以面對面的形式在列治文進行。這個訪談將在 2015 年 9 月 15 日前進行，具體時間會安排在方便您的一個時間段。在一個訪談中，你將會被問到關於您休閒參與，休閒偏好和休閒約束的問題。你也可能被問到一些個人信息的問題，譬如英文名字和電郵地址。這個訪談大概持續 30 分鐘。

潛在威脅：如果這些信息不被嚴格保護，您個人信息的洩漏將引起兩方面的後果。其一，不良後果可能來自他人對您的休閒參與和休閒偏好的看法。其二，您和您家人的私隱被他人濫用。

保持匿名：所有信息將嚴格保密，我也會盡力去保證您的名字不會洩露，因此，這只會存在很少引起不良影響的可能性。如需引用您提供的信息，您將會給予或您可以給自己選擇一個化名，我將會唯一一個知道您真實身份的人。所有的電子數據將被分類和存放在保險文件夾，另外它們將會以密碼的方式保存在一張內存卡中。只有我有對這些信息使用和查看的渠道。所以我保證我將會是唯一接觸到這些數據。並且在研究完成兩年後，銷毀所有數據。

潛在獲益：您可能從研究當中獲取更多關於休閒偏好、休閒約束和列治文內休閒服務的信息。這研究結果將被送往列治文相關休閒設施和服務提供者以改善您以後的休閒參與體現。如您需要，您將獲得一份研究簡要。

參與：您將完全以自願的方式參與。您可以在任何時候以任何原因退出訪談并不予追究。您可以任何理由自行決定不回答特定問題。

對此研究之顧慮：您如有任何參與這個研究的顧慮，請撥打 250-753-3245（轉 2665）或電郵至 reb@viu.ca 聯繫溫哥華島大學研究倫理道德職員。

問題：您如果有任何關於這個研究項目的問題，或者想得到更多的信息，歡迎通過以下電郵地址聯繫本人。

楊銘祺

可持續休閒管理碩士課程在讀研究生

溫哥華島大學

yeung_mk@stumail.viu.ca

同意：我已閱讀以上表格，明白我可以在任何時候以任何理由退出或暫停訪談。我同意參與今天的研究訪談。

參與者簽名

日期

LEISURE CONSTRAINTS OF CHINESE IMMIGRANT WOMEN

以下為可提供諮詢服務的組織及其聯絡信息，僅提供予你以舒緩訪談過程中或之後所造成的可能的壓力。

多加幸福婚姻促進協會

地址: 120-7451 Elmbridge Way Richmond, British Columbia, V6X 1B8

電話: 604-270-2085

中僑互助會 列治文 服務中心

地址: 220 - 7000 Minoru Blvd, Richmond BC, V6Y 3Z5

電話: 604-279-7180

列治文華人文化協會

地址: SUITE 208-8171 PARK ROAD, RICHMOND, B.C.V6Y 1S9, Canada

電話: (604) 270-7222

傳真: (604) 270-7252

展望社會服務中心

地址: 120-7000 Minoru Blvd, Richmond, BC.

電話: 604 279 7077

Appendix E

Recommendations for Mitigating the Influence of Leisure Constraints

- To strengthen the collaboration between the stakeholders in leisure industry in Richmond be strengthened

With eight community centres, the City of Richmond is not the only one stakeholder in local leisure industry. Others facilities or services providers, such as badminton courts, shopping malls, restaurants and etc. are involved in Chinese immigrant women's leisure lives. The City of Richmond should play a more important role in enhancing the collaboration instead of being only a resources provider who was mainly a distributor of land for recreation usages (Concerto Research & PERC, 2009).

- To inform leisure facilities or service providers to provide Chinese immigrant women with the facilities or services they prefer during school hours

As disclosed in section 5.3.2., leisure fragmentation is a significant feature of Chinese immigrant women's time constraints. As they can only have their own free time when their children are having classes, leisure facilities and services providers can consider providing more leisure activities and services Chinese immigrant women prefer during their children's school time.

- To enhance the communication between the City of Richmond and Chinese immigrant

As for the difficulties of communication between Chinese immigrants and the City of Richmond (Richmond Intercultural Advisory Committee, 2011), twelve interview participants claimed that sending letter was the favorite means to convey information to Chinese immigrant women.

- To increase Chinese immigrant women's civic engagement.

Chia (2014) suggested that the City of Richmond should improve immigrants' civic engagement by recruiting translators in some committee meetings, arranging more city tours, and having more front-line staff with different cultural backgrounds.

