

Journal Review Podcast Transcript

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Howdy! My name is Michael Gerhard, and I am a graduate student at Angelo State University in the Guidance and Counseling Program. Today's podcast will provide listeners with a synopsis and feedback of "Leisure Activities in Unemployed Emerging Adults: Links to Career Adaptability and Subjective Well-Being," a study by Selda Celen-Demirtas, Varda Konstam, and Sara Tomek. This study was published September 2015 in *Career Development Quarterly*, Volume 63, Issue 3, on pages 209 through 222.

Emerging adults, individuals from ages 18-29 years of ages, are vulnerable to emotional difficulties such as depression and behavioral disorders; they also suffer a lower degree of well-being than adults (Celen-Demirtas, Konstam, & Tomek, 2015). Unemployment presents its own risks for emerging adult by developing psychological difficulties such as depression and anxiety (Celen-Demirtas et al., 2015). This study, involving 184 unemployed emerging adults between the ages of 21 and 29, focused on leisure activities' ability to promote subjective well-being and career adaptability.

The authors of this study built upon previous research by focusing on issues related to understanding the processes that account for leisure's contribution to well-being (Celen-Demirtas et al., 2015). According to Jahoda's latent deprivation theory, the distress caused by unemployment is because of the deprivation of latent functions appearing naturally in work conditions (Celen-Demirtas et al., 2015). This study focused on examining the relationship between quality and frequency of leisure activity and subjective well-being among unemployed emerging adults.

The study found skills learned during leisure activities inform job skills development; emerging adults explore interests and skills while building career related adaptability competencies (Celen-Demirtas et al., 2015). The frequency of leisure activities was found to

have no correlation with subjective well-being or career adaptability; however, the quality of leisure activities was found to have a profound effect (Celen-Demirtas et al., 2015). The quality of social leisure activities arose as the single significant predictor of life satisfaction and positive affect (Celen-Demirtas et al., 2015). The finding is logical as unemployed individuals are more likely to experience feelings of social isolation and are deprived of typical human contact found in a career. An additional finding showed the quality of achievement and social leisure activities predicted the career adaptability skills of the individual (Celen-Demirtas et al., 2015).

Consequently, the authors' findings underscore the importance of achievement and social leisure activities and their ability to provide alternative methods of satisfying latent factors typically supplemented by work conditions.

The authors' research is strongly founded on previous studies and developed through their own method of assessment. Their findings are also intuitively satisfying; it makes perfect sense that an emerging adult would feel negative emotions related to their unemployment especially when it comes to their personal identity, self-worth, and social abilities. Leisure activities, when performed with purpose, satiate these latent factors otherwise provided within in an occupation. It is critical for counselors to focus on increasing possibilities for experiences that are likely to produce high quality social interaction and connections. Counselors can also work with emerging adults to introduce leisure activities with the intent of improving their understanding of themselves and assisting subjective well-being and career adaptability.

References

Celen-Demirtas, S., Konstam, V., & Tomek, S. (2015). *Leisure activities in unemployed emerging adults: links to career adaptability and subjective well-being*. *Career Development Quarterly*, 63(3), 209-222. doi:10.1002/cdq.12014.