University of Groningen

In Need of Leisure

Kujanpää, Miika

DOI:
[10.33612/diss.202116237](https://doi.org/10.33612/diss.202116237)

IMPORTANT NOTE: You are advised to consult the publisher's version (publisher's PDF) if you wish to cite from it. Please check the document version below.

Document Version
Publisher's PDF, also known as Version of record

Publication date:
2022

[Link to publication in University of Groningen/UMCG research database](#)

Citation for published version (APA):
Kujanpää, M. (2022). *In Need of Leisure: Investigating the Relationship Between Off-job Crafting, Psychological Needs Satisfaction and Optimal Functioning*. [Thesis fully internal (DIV), University of Groningen]. University of Groningen, SOM research school. <https://doi.org/10.33612/diss.202116237>

Copyright

Other than for strictly personal use, it is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), unless the work is under an open content license (like Creative Commons).

The publication may also be distributed here under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license. More information can be found on the University of Groningen website: <https://www.rug.nl/library/open-access/self-archiving-pure/taverne-amendment>.

Take-down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

Downloaded from the University of Groningen/UMCG research database (Pure): <http://www.rug.nl/research/portal>. For technical reasons the number of authors shown on this cover page is limited to 10 maximum.

In Need of Leisure:

Investigating the Relationship Between Off-job Crafting,
Psychological Needs Satisfaction and Optimal Functioning

Miika Kujanpää

Publisher: University of Groningen, Groningen, The Netherlands

Printed by: Ipskamp Printing, Enschede, The Netherlands

© Miika Kujanpää

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system of any nature, or transmitted in any form or by any means, electronic, mechanical, now known or hereafter invented, including photocopying or recording, without written permission of the publisher.

university of
 groningen

In Need of Leisure

Investigating the Relationship Between Off-job Crafting,
Psychological Needs Satisfaction and Optimal Functioning

PhD thesis

to obtain the degree of PhD of the
University of Groningen
on the authority of the
Rector Magnificus Prof. C. Wijmenga
and in accordance with
the decision by the College of Deans

and

to obtain the degree of PhD of
Tampere University
on the authority of the
Faculty of Social Sciences
and in accordance with
the decision by Dean Juho Saari

Double PhD degree

This thesis will be defended in public on

Thursday 3 March 2022 at 16:15 hours

by

Miika Jaakko Kujanpää

born on 9 May 1992
in Lappeenranta, Finland

Supervisors

Prof. J. de Bloom

Prof. U. Kinnunen

Assessment committee

Prof. M. Vansteenkiste

Prof. S. Scheibe

Prof. O. Janssen

Prof. A. Oksanen

TABLE OF CONTENTS

1	Introduction	3
1.1	Psychological needs satisfaction.....	4
1.2	Crafting in job and off-job domains.....	7
1.3	Outcomes of crafting in the off-job domain.....	10
1.4	Individual and cultural antecedents of off-job crafting.....	13
1.5	Study aims	16
2	Methods	19
2.1	Participants and procedure.....	19
2.2	Measures.....	21
2.3	Statistical analyses in empirical Studies I, III and IV	24
3	Overview of the results	27
4	Discussion	34
4.1	Main findings.....	34
4.2	Limitations and directions for future research.....	42
4.3	Theoretical and practical implications	45
4.4	Ethical considerations	46
4.5	Conclusion	47
5	Publications	57
5.1	Author contributions.....	58
5.2	Publication I – Need Satisfaction and Optimal Functioning at Leisure and Work: A Longitudinal Validation Study of the DRAMMA Model	59
5.3	Publication II – An Identity-Based Integrative Needs Model of Crafting: Crafting Within and Across Life Domains	89
5.4	Publication III – Needs-based Off-job Crafting Across Different Life Domains and Contexts	133
5.5	Publication IV – The Forgotten Ones: Crafting for Meaning and for Affiliation in the Context of Finnish and Japanese Employees’ Off-job Lives	177
	Abbreviations	197
	Summary in English	199
	Samenvatting in het Nederlands	201
	Tiivistelmä suomeksi	203
	Curriculum vitae.....	205
	List of publications	206
	Acknowledgements	207