

A Study of Participation Motive in Outdoor Recreational Activities

M.Adli Mohd Sidi
Wirdati Mohd Radzi
Mohd Salleh Aman
Mazuki Mohd Yassim

Sport Centre, University of Malaya, 51603 Kuala Lumpur, Malaysia
Faculty Of Sports Science And Coaching, Universiti Pendidikan Sultan Idris,
35900 Tanjung Malim, Perak, Malaysia

DOI: 10.6007/IJARBSS/v7-i3/2865 URL: <http://dx.doi.org/10.6007/IJARBSS/v7-i3/2865>

Abstract

The purpose of the study is to identify the students' participation motive in outdoor recreation activities at private city campus University at Kuala Lumpur. Demand for outdoor recreation activities among Malaysians is rising but there has been lack of survey being conducted focusing on outdoor recreation for students from the private University especially from the City Campus students. The data was collected from 120 students who are studying at this City Campus. Subjects were randomly selected for the survey which consisted of the students from Faculty of Science and Faculty of Non Science. The questionnaire developed by Shazali & Hanim,(2012) was being used to study the motivation in outdoor recreation activity for Science and Non Science students at University Putra Malaysia, Selangor, Malaysia. The data was analyzed using the non-parametric measure by Mann Whitney U Test. Result indicated that the subject highly agreed that the main motivation for outdoor recreation participation for Private City Campus University in Kuala Lumpur for the Faculty of Science are the Accessibility to the Recreation Area, Healthy and As a Necessities of Life. For the subjects from the Faculty of Non Science, they are looking for New Experience, Enjoy the Nature and Looking for Self Confident. The conclusion is that the value of outdoor natural environment is seen important by the subject and they enjoy participating in outdoor recreation activities in order to enrich the value in the student life for self-development.

Keyword: Participation Motive, Outdoor Recreation

Background

Recreational activities are generally pursued for a person enjoyment during individual leisure time without being forced from others. Outdoor recreation and outdoor leisure activities include gardening, walking, animal watching, hunting, nature photography, adventurous activities and many more. These recreation activities are pursuit to fulfill their leisure time or in the recreation term, that activities that comes with a positive values and benefits to the peoples. Outdoor recreation is providing a positive impact for the peoples who are involved

with the recreation activities; they are able to gain a valuable recreational experience from all the recreational activities.

Over the last 20 years, participation in outdoor recreational activities has increased and that involves a large population and categories of population from the elders, adults, adolescent and also the children. In fact, many people realize the benefits of participating in outdoor recreation such as maintaining their physical health and also getting physiological fitness.

During participating in outdoor recreational activities, a recreationist are highly involved with the originality of the nature consisted of the forest, mountain, hill, lakes, and many more typology of the natural resources. According to Ilhespy (2009), the students involvement in the outdoor recreation program is important in order to improve their self confidence, positive thinking and more perfectness. Outdoor recreation has been proven useful in promoting academic achievement, work commitment, critical thinking and in preventing delinquency. It's also a channel to gain the recreational experience and also enjoying the outdoors activities in the natural settings.

However, the study of and research of outdoor recreation and the participation motive in outdoor recreation are still lacking in Malaysia. Hence, this research is focusing on the participation motive in outdoor recreation for the students in higher private Institution in City Campus in Kuala Lumpur.

Introduction

Recently, the world modernization with the high development of sophisticated information technology and communication device is strongly giving the negative impact to the adolescents mostly for the students due to the existence of smart phones and many more gadgets. This sophistication was confiscates the quality time for these adolescents to get active by participating in sports and recreation and at the same time destroys their healthy lifestyle.

According to Poff, Stanger, and Stuessy (2005), outdoor recreation programs are the main priority in conducting the orientation program for the students in the University and more than 400 outdoor recreation activities have been conducted in all Universities in United States. Nevertheless, different situation is seen in Malaysia, the level of exposure in outdoor recreation is still low even at University level (Yahya, Maruthaveeran, 2012). The outdoor recreation research in Malaysia only conducted at few higher public Universities, and for the higher private Universities the research was still very limited.

Then, there are the challenges to conduct outdoor recreation activities for City Campus Universities. The City Campus Universities are located in the heart of the city centre that are surrounded by a lot of physical development. The compactness of the building provides very limited spaces to have recreational activities for their students. The city campus universities also do not have their own recreational area, the outdoor recreational resources at the city

area are also very limited. In order to conduct any outdoor recreational activities, the management of city campus should provide an arrangement to send their students out from the city area to have their outdoor recreational activities for the students. As a higher institution they are required to provide their students with sports and recreational activities for the physical, mental, and spiritual development of the students.

According to Franklin and Hardin (2008), many students need a campus recreation program and the information should be delivered to the students. Due to the lack of academic study conducted in outdoor recreation for the higher private institution in Malaysia, the researcher hope that the findings of this research are able to get a new figure about the outdoor recreation involvement for higher private institution especially for the private university students in the city campus.

Objective

Generally, the objectives of this study were to identify the motivation in participation for outdoor recreation for the students at higher private city campus institution Kuala Lumpur. But the specific objective is to be able to differentiate the participation motive among the two faculties as follows:

1. To identify the participation motive for outdoor recreational activities for the students of Faculty of Science, City Campus, Kuala Lumpur.
2. To identify the participation motive for outdoor recreational activities for the students of Faculty of Non Science, City Campus, Kuala Lumpur.

Research Question

1. What are the participation motives in outdoor recreation activities among the students of Faculty of Science, City Campus, Kuala Lumpur.
2. What are the participation motives in outdoor recreation activities among the students of Faculty of Non Science, City Campus, Kuala Lumpur.

Recreation

The historic approach in defining the recreation term, the recreation also considered as an activity that able to restores and refreshes the peoples. On the other hand, recreation gives a relaxation value and enables peoples to put all the stress that they are facing at bay for a while, before commencing the new task or their normal routine. It is also commonly defined as any activity that is engaged that bring satisfaction to the peoples.

Brightbill (1961) states that "recreation is activity engaged in during leisure and primarily motivated by the satisfaction derived from it". Douglas (1980) expresses the concept of recreation as "the leisure activities of adults as well as children; all types of activities, active as

well as passive, sought by both children or adults for personal expression'. Jubenville(1976) meanwhile states that "recreation is any form of experience or activity in which an individual is engaged in by choice because of the personal enjoyment and satisfaction which it brings directly to him".

Recreations are the most common activities that the students are voluntarily involved during their leisure time, especially after having hectic life and facing stress during their study or during the semester break. For student activities, they commonly enjoy participating in outdoor recreation activities either the activities were conducted by themselves or conducted by the management of the university.

Outdoor Recreation

During their participation in outdoor recreation activities, they will highly being exposed to outdoor and the natural resources such as the forest, lakes, mountain and many more categories of the natural settings. These natural resources are the main attraction for the recreational activities involvement for these students due to as they don't have these resources in the City Campus that located at the heart of the City Centre. As much as they enjoy participating in the outdoor recreation activities, they also gain a valuable experiences and the enjoyment with the nature. Based on international research conducted by Garst, Schneider and Baker(2001), which studied on the adolescents who participated in outdoor recreation activities, they found that the individuals had a positive impacts on their perception while participating in outdoors activities. This brought positive values to the individuals and enhanced the individual quality and skill in order to facing the struggle and challenge in life (Barton, Griffin & Pretty, 2011).

Over many years, the outdoor recreation definitions have merged due to many resources of philosophy currently. One of the most common definition and interpretation of outdoor recreation is that it involves voluntary participation in free time and it's occurs in outdoors and involves the interaction with the natural resources and environment.

Students are strongly motivated while participating in outdoor activities. Once the outdoor recreation trip was announced to be conducted, the volumes of student's participation in any outdoor recreational activities are mostly high. The participation consisted from the juniors and also from the senior students, from their numbers of participation are highly increase from time to time for any form and categories of outdoor recreational activities. Hence, a research to study their participation motives should be conducted in order to have a better understanding and the excellent programs to be offered to the students thereof according to their needs.

Motivation Theory

According to Maslow(1943), the general motivation theory is the actual actuation from the human perspective and the conceptual is to fulfill the basic needs for the humanistic perspective. He has identified the 5 basic needs for human that are mentioned in the hierarchy system consisted by physiological, safety, belonging, self esteem and self actualization. All the categories should be fulfilled before deciding to fulfill the next categories of needs or the higher class of needs. The basic needs are categorized in the lower categories in the pyramid and the physiological needs are categorized in the higher categories (Plummer,2005). That 5 categories are arranged in the hierarchy system as stated in the figure 1.0 below

This is a useful theory for human motivation priority. According to this hierarchy, the human motivation needs are getting higher from the basic needs in the bottom to the maximum self-satisfaction on the top. Even the motivation has been shown, but the human needs and their motivation is different due to every person they’re having their own motives and objectives for every single action and decision. This means that, every person is having a different priority in all of their decision and also participation. Therefore, this study is important in order to know what are the priority in the participation motives in outdoor recreational activities for among students who are studying in the city campus.



Figure 1.0 : Maslow’s Hierarchy of Needs

- i) Physiological Needs - Related with survival, foods, shelter
- ii) Safety Needs - Related with physical safety, job security
- iii) Social Needs - Related with feel to & to be belonging, acceptance
- iv) Self Esteem Needs - Related with recognition, prestige, reputation
- v) Self-Actualization Needs - Related with use of abilities, aptitude

Participation Motive In Outdoor Recreation

Bricker and Kerstetter (2002), studied on the sense of place gained by whitewater boaters and found that the sense of place is able to create feelings of meaning and belonging. This shows, the outdoor recreationist participated in outdoor recreation activities is also to get a personal satisfactory value and that value is also related directly with the environmental surroundings that the recreationist involves while participating in the activities with nature.

According to Bentley (2005), participation motives in Outdoor Recreation among students at Midwest University of United States are to Enjoy The Nature, Interact With Community and Release The Stress. It's clearly shown that the students participation in outdoor recreation is not just to fulfill their leisure time, it also give a purpose or motive. Hence, the research on the participation motive among students in Malaysia should also be focused as the recreation research is still new in Malaysia.

According to Berger and Tobar (2007), the recreation activities also have a relationship with the human life quality including improving the physical function, a good health, stress management, enjoyment and the meaningful to the individual. By participating in outdoor recreation, individuals are able to reduce the possibilities of the failure in physical function, by having a healthy lifestyle and also able to create a better physical fitness as well as soul satisfaction.

This statement also supported by Landers and Arent (2007), they found that the individual cognitive function will be improved by the positive mood, anxiety will be reduce from the participation in physical activities.

According to Nurul (2011), the main factor that affect visitors motivation to participate in recreation at Malaysia Agricultural Park were the availability of the leisure time and the favorable weather condition. Without the leisure time, nobody are able to participate in recreational activities with pleasure and get the satisfaction from the recreational experience. Meanwhile, Mahirah (2011) also reported the undergraduates of Science Program at Universiti Putra Malaysia participated in outdoor recreation activities is for exercise purposes.

Methodology

This study was conducted among the students at private City Campus in Kuala Lumpur on the first week of April 2016. The questionnaire was distributed to the students before the subjects departed to the outdoor recreational program offered to them by the management of the University.

The subjects were gathered in the hall in order to brief them about the study. The researcher also got a consent and cooperation from the students to be subjects in this study. Then, the research objectives as well as the explanation on each section in the questionnaire were deliberated. The purpose of the explanation is to avoid any misunderstandings or any confusion on any statement that are written in the questionnaires. After all has been explained perfectly, the subjects commenced to answer the questionnaire given.

Data Collection

Stratified Random Sampling method is applied in this study. Respondents are selected randomly from the first semester students until the last semester students. Then, the students were divided into two groups in order to differentiate their faculties which consisted of Faculty of Science and the Faculty of Non Science. These are the two faculties in this City Campus. The total respondents involved in this study are 120 students. 60 students selected from each faculty. For the decision on the numbers of samples, the Ryan Method (1995) was used. The formula is in the Figure 2 below:

$$n = \frac{N(Pq)}{(N-1)\beta^2 + Pq}$$

- n = Sample Size
- N = Population Size
- P = Estimate Population (0.90)
- q = 1 – P
- β = Sampling Error (0.05)
- Z = Desired Confidence Level (1.96)

Based on the above formula, the minimum sample size required for that population is 116 respondents. The figure is based on the total population size of 720 students. In order to reduce the errors, the total data collected is 120 respondents. The sampling errors has been decided at the earlier stage of the study in order to reduce the error rate and try to get the better accuracy of the data.

Subject

Subject for this study consist of physically active students at the higher private institution, City Campus, Kuala Lumpur. The subjects were selected from the registered students from Faculty of Science and Faculty of Non Science. The total subject is 120 subjects from two faculties where the 60 respondents from the each faculties of Science and Non Science. The subjects are selected randomly from those who are frequently involved in the co-curriculum activities organized by the University.

Data Analysis

Descriptive method is applicable in this data analysis. All the data collected were transferred and analyzed using the Statistical Package for Social Science version 17.0. The data was also analyzed using the descriptive method and the Mann Whitney U Test in order to categorized the differences for each variables for each different faculty. The frequency and percentages were measured in order to get the actual figure of all the variables that we focus in this study. The raw material was collected using the questionnaires that were distributed to the respondents.

Instrument

According to Hanim (2012), the instrument was tested against the student of Faculty of Forestry and the Faculty of Communication and Modern Languages, Universiti Putra Malaysia in order to test the reliability of the instrument. The result shows, the reliability value of that instrument is 0.85, hence this instrument was selected to be used due to it's reliability. The research instrument for this study was created by Nurul & Shazali(2012). 5 Points Likert Scales was used to identify and evaluate the dependent variables in this study. The instrument consisted of 3 sections, which are:

- A : Demographic Characteristic of the respondents
- B : Categories of Outdoor Recreation Activities
- C : Categories of Participation Motive in Outdoor Recreation

Result and Discussion

Demographic Characteristic

The respondents consisted of the male (71%) and female (29%). Respondents ages are from 19 to 22 years old from the different races namely, Malay(56%), Indian(18%), Chinese (12%) and others (14%) as per Table 1

No.	Races	Percent(%)
1.	Malay	56
2.	Indian	18
3.	Chinese	12
4.	Others	14

Table 1: The Races Distribution.

Participation Motive in Outdoor Recreation Activities

Table 2 shows the total frequencies for the both faculties on the participation motive in outdoor recreation and the significance different were expressed in the P value. Based on the 22 participation motives elements given in the questionnaires, only 5 elements are significant in this study with the P value were less than 0.05.

No.	Motivation in Outdoor Recreation	Faculty Science	of	Faculty of Non Science	P Value
1.	Enjoy The Nature	3.51		4.00	.019
2.	Looking For A New Experience	3.48		4.10	.001
3.	Interact With Community	3.60		3.85	.238
4.	To Take The Challenge	3.43		3.83	.021
5.	Looking For Self Confidence	3.56		3.96	.095
6.	As A Necessities of Life	3.70		3.70	.788
7.	Showing off Talent	3.63		3.41	.244
8.	Avoid From Responsibility	3.96		3.56	.095
9.	For Health	3.86		3.78	.440
10.	As A Physical Training	3.58		3.90	.099
11.	As A Social Needs	3.28		3.61	.047
12.	Spending Leisure Time	3.63		3.66	.709
13.	Experiences Achievement	3.55		3.81	.269
14.	Release Bored Feeling	3.40		3.70	.071

15.	Past Recreation Experience	3.61	3.35	.142
16.	Showing Off Social Status & Position	2.85	2.76	.449
17.	Friends Influences	3.23	3.43	.341
18.	Long Semester Break Period	3.66	3.51	.451
19.	Excess of Pocket Money	3.81	3.55	.269
20.	Low Cost of Recreation	3.13	3.00	.414
21.	The Current Trend of Outdoor Recreation	3.51	3.66	.451
22.	Accessibility To The Recreation Area	4.05	3.55	.003

From the list of participation motives in outdoor recreational activities were studied, there are only 5 elements of the participation motives that were identified as significant participation motives. The 5 elements are Enjoy the Nature, Looking For New Experience, To Take The Challenge, As A Social Needs, and Accessibility To the Recreation Area as shown in Figure 3 below. This show that, these 5 criteria are the main factors that influenced the participation motive in outdoor recreational activities among the students at the city campus in Kuala Lumpur.



Enjoy the Nature

The result shows that the most significant participation motive for outdoor recreation for these subjects is to Enjoy The Nature. For the subjects from Faculty of Science ($m=3.51$) and for the subjects from Faculty of Non Science ($m=4.00$). These shows that, the subjects from the both faculties enjoy and appreciate the value of the natural environment while having the outdoors recreation activities. However, the desire for this participation motive is higher from the Faculty of Non Science compare with the Faculty of Science.

Looking For New Experience

The result also shows that another most significant participation motive for outdoor recreation for these subjects is Looking For New Experience. For the subjects from Faculty of Science ($m=3.48$) and for the subjects from Faculty of Non Science($m=4.10$). These show that, the subjects from the both faculties would like to for look for a new experience while having the outdoors recreation activities. However, the desire for this participation motive is higher from the Faculty of Non Science compare with the Faculty of Science.

To Take The Challenge

Another most significant participation motive found in this study, these subjects also would like to take challenge from outdoor recreation activities. Nevertheless, subjects from Faculty of Non Science have higher motive to take challenge in outdoor recreational activities ($m=3.83$) compared to the subject from the Faculty of Science ($m=3.43$). Meanings, the subjects from the both faculties are preferred to take the challenge while having the outdoors recreation activities.

Accessibility To The Recreation Area

Accessibility to the Recreation Areas also found to be one of the significant participation motive for outdoor recreation for these subjects. . Results show that students from both faculties prefer to do the outdoors recreation activities depended on the accessibility to the recreation area. Between the two faculties, subjects from the Faculty of Science had more significant desire for this participation motive ($m=4.05$) compared to the subjects from Faculty of Non Science ($m=3.55$)

As A Social Need

Finally, subjects from the both faculties have significant results in choosing to do the outdoor recreational activities as social needs. For the subjects from Faculty of Science ($m=3.28$) and for the subjects from Faculty of Non Science ($m=3.61$). Between the two groups, students from Faculty of Non Science put social needs as a higher motive to do outdoor recreation activities than subjects from Faculty of Science.

Conclusion & Recommendation

The purpose of this study was to identify the participation motive in outdoor recreation activities among students of higher private institution for the City Campus in Kuala Lumpur. This

study is important in order to know the participation motive for the student at private higher educational institute due to the research in this area is still lacking in this particular field in Malaysia. Although the previous research in outdoor recreation has been done, the research is limited to the public higher public institution only and was not conducted for private higher institution and also for the city campus students. Furthermore, the study for city campus student is very rare in Malaysia due to the number of city campus University in Malaysia is still very limited. For city Campus University, they do not have complete facilities for sports and recreation activities. Their location is in the middle of the city centre, and the fact they do not have a large space impose a challenge to provide all the sports and recreational facilities.

Based on the findings, the most significant participation motive in outdoor recreation activities among city campus students are To Enjoy The Nature, Looking For New Experience, To Take Challenge, As A Social Needs, and The Accessibility To the Recreation Area.

For the subjects from the Faculty of Science, their main priority for participation motives in outdoor recreation are the Accessibility To The Recreation Area, followed by Enjoy The Nature Looking For New Experience, To Take The Challenge and As A Social Needs. They prefer the accessible recreation area but at the same time the recreation places must have a good environmental quality in order to enjoy the nature value. The outdoor activities provided to them should also be challenging in order to them to gain a new recreation experience. Lastly, the participation in recreation activities are the medium for interaction as a social needs.

On the other hand, for the subjects from Faculty of Non Science, their main priority in outdoor recreation participation are Looking For New Experience, followed by Enjoy The Nature, To Take The challenge, As A Social Needs and the Accessibility To The Recreation Areas. They were highly motivated to participate in outdoor recreation activities where they choose a new experience as a top priority. The outdoor recreational activities conducted should have the environmental value in order for them to enjoy the nature. At the same time they are interested to take the challenge and regard these activities as social needs to them. The accessibility to the recreation areas is also a priority.

Overall, the students from higher private city campus institution is really interested in participating in outdoor recreation activities despite their study area has very limited places to do so in the city centre. Due to the nature of living in the city campus areas, they are considering recreation areas with better accessibility. They prefer the challenging activities as well as those activities that give new experience in the outdoor. At the same time, their participation in outdoor recreational activities is also considered as a medium for social interaction as a part of social needs in life.

References

Barton, J., Griffin, & Pretty J. (2011). Exercise, nature and socially interactive based initiatives improve mood and self esteem in clinical population. *Perspectives in Public Health*

Bentley, A. (2005). Why DO students participate in collegiate outdoor programs?. *Association Of Outdoor Recreation & Education Conference Proceedings*, 20-31.

Berger, B. G. & Tobar, D. A. (2007). Physical activity and quality of life:Key considerations. In G. Tenenbaum & R. C. Eklund (Eds.),*Handbook of sport psychology* (3rd ed., pp. 598-620). New York

Chubb, M., Chubb, H.R, (1981). *One Third of Our Time. An intrdoduction to Recreation Behabiors and Resources.*

Clawson, Knetsch, J.L (1966) *Economic For Outdoor Recreation.* Baltimore: Johns Hopkins University Press

Clayne R. J., Steven P. G. (2006) *Outdoor Recreation in America, 6th Edition.*

Franklin, D.S., & Hardin (2008). *Philosophical And Theorical Foundation of Campus Recreation. Campus Recreation: Essentials for the Professional*

Gafor, A. (2007). *Kejurulatihan dan sains sukan.* Kuala Lumpur:Ut usan Publications & Distributors Sdn Bhd.

Ilhespy, I. (2009). Issues in the development of an inclusive curriculum: Listening to student voices in the evaluation of reusable learning objects in the subject areas of sport, leisure and outdoor adventure. *Journal Of Hospitality, Leisure, Sport & Tourism Education* (Oxford Brookes University)

Landers, D.M. & Arent, S.M. (2007). Physical activity and mental health. In G. Tenenbaum & R.C. Eklund (Eds.), *Handbook of sport psychology* (3rd ed., pp. 469-491).

Lindsay, J. J., & Ogle, R. A. (1972). Socioeconomic patterns of outdoor recreation use near urban areas. *Journal of Leisure Research*, 4(2), 19–24.

Kraus, R. (2001). *Recreation and Leisure in Modern Society.*(6th Edition)Boston, Jones and Bartlett.

Nash, J. B. (1965). *The Philosophy of Recreation and Leisure.* Dubuque, IA: Brown

Poff, R., Stenger-Ramsey, T., & Stuessy, T. (2005). The Current Status of Outdoor Recreation

Programs in the U.S. Association Of Outdoor Recreation & Education Conference Proceedings, 122-127.

Mahirah, (2011). Motivation for Outdoor Recreation Participation Among Undergraduates Students in Universiti Putra Malaysia. Unpublished Bachelor Thesis, Universiti Putra Malaysia

Maslow, A. (1970). Motivation and Personality(2nd Edition). New York: Harper & Row

Nurul, H. Z. (2011). Visitors Motives For Outdoor Recreation Participation in the Malaysia Agricultural Park. Unpublished Bachelor Thesis, Universiti Putra Malaysia

Yahya, N. & Maruthaveeran, S. (2012). Recreation within a forest ambience - Forest Research Institute Malaysia. *Australasian Parks & Leisure*, 15(2), 30-31.

Wolfe, K. L. (2002). Investigating Seeking and Escaping Aspects of tourists' Motivation and Specific Barriers of Travel. University of Kansa State

Acknowledgement

This research was supported and funded by below institution in order to complete the research.

Postgraduate Research Fund (PPP) PG256-2016A
University of Malaya