

**CONSTRAINTS TO PARTICIPATION IN
OUTDOOR RECREATIONAL ACTIVITIES
AMONG MALAY FEMALES IN PULAU INDAH,
SELANGOR, MALAYSIA**

NOR AKMAR BINTI ABDUL AZIZ

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ACTIVITIES AMONG MALAY FEMALES IN PULAU INDAH, SELANGOR,
MALAYSIA**

By

NOR AKMAR BINTI ABDUL AZIZ

**Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia, in
Fulfilment of Requirement for the Degree of Master of Science**

May 2006

DEDICATION

-Specially dedicated to my-

Lovey Mum

Puan Hajah Chek Yan Mohd Sidi

Sisters and Brothers

Azlina Abdul Aziz

Saifulazmi Abdul Aziz

Amaliah Abdul Aziz

Engku Ghaz Adli Ku Abdul Halim

Niece

Engku Julia Humairah

Special friend

Mohd. Hariz Raymond

All my friends

'Thanks a lot for your patience, encouragement, supporting and loving me'

Abstract of thesis presented to the Senate of the Universiti Putra Malaysia in fulfilment of the requirement for the degree of Master of Science

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May 2006

Chairman : Manohar Mariapan, PhD

Faculty : Forestry

The study was carried out at four villages in Pulau Indah, Klang between December 2005 to March 2006. The data was collected by using a structured questionnaire. The purpose of this research is to identify the constraining factors affecting participation in outdoor recreational activities among Malay females. The objectives are to determine interpersonal, intrapersonal and structural constraining factors affecting Malay females level of participation in outdoor recreational activities at Pulau Indah, Klang, to identify the type of recreation activities Malay females are willing to participate in and to identify elements that would facilitate Malay females to participate in outdoor recreational activities based on their demographics profile and constraints. Interest in outdoor recreation and physical ability are the major factors in intrapersonal. Meanwhile for interpersonal constraints, the factors include friend's participation, friend's knowledge on the benefits of outdoor recreation and the respondent's concern on accidents or injuries with the involvement of incompetent friends. Busy with commitment, do not have own transportation, do not have strong financial support and

knowledge about the type of facilities provided which suit their preference are among the structural constraints for which the Malay females in Pulau Indah do not participate in outdoor recreation. The most serious constraint for Malay females in Pulau Indah is intrapersonal constraints. Respondents in Pulau Indah, Klang generally have the desire to participate in outdoor recreational activities, which are adventurous, challenging, and nature based such as rock climbing, trekking, jet skiing, sight-seeing and traveling. The different age group, occupation, marital status and education level provided the different types of outdoor recreation activity preferences. Malay females in Pulau Indah, reported that the key measure needed to encourage Malay females participation in outdoor recreational activities is through the dissemination of information concerning the benefits and importance of outdoor recreation. Activities offered should also be suitable with the Malay custom and culture, and that parks should provide good and comfortable facilities. Besides that, the parks also need to provide complete and proper equipments. Fitness, physical ability, the availability of time and safety also influence their participation in outdoor recreational activities. Respondents also suggested that Majlis Perbandaran Klang (MPK) provide quality recreational parks to attract their participation in outdoor recreational activities.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk ijazah Master Sains

**HALANGAN UNTUK MELIBATKAN DIRI DALAM AKTIVITI REKREASI
LUAR DI KALANGAN WANITA MELAYU DI PULAU INDAH, SELANGOR,
MALAYSIA**

Oleh

NOR AKMAR BINTI ABDUL AZIZ

Mei 2006

Pengerusi : Manohar Mariapan, PhD

Fakulti : Perhutanan

Kajian ini dijalankan di empat kampung di Pulau Indah pada Disember 2005 hingga Mac 2006. Data dikumpulkan dengan menggunakan borang soal selidik. Tujuan kajian ini adalah untuk mengenalpasti faktor-faktor yang menghalang wanita Melayu melibatkan diri dalam rekreasi luar. Objektif kajian ini adalah untuk menentukan faktor-faktor 'intrapersonal', 'interpersonal' dan 'structural' yang menghalang penglibatan di kalangan wanita Melayu di Pulau Indah, Klang, mengenalpasti jenis rekreasi luar yang ingin disertai oleh wanita Melayu dan mengenalpasti elemen-elemen yang membolehkan wanita Melayu melibatkan diri dalam rekreasi luar berdasarkan profil demografi dan faktor penghalang yang dikenalpasti. Minat di dalam rekreasi luar dan kemampuan fizikal adalah antara faktor utama dalam 'intrapersonal'. Sementara itu, dalam 'interpersonal' ianya merangkumi penglibatan kawan, pengetahuan kawan tentang kebaikan rekreasi luar dan kerisauan responden sekiranya berlaku kecederaan atau kemalangan apabila terlibat dengan kawan yang kompeten dalam rekreasi luar. Sibuk dengan komitmen, tidak mempunyai kenderaan sendiri, tidak mempunyai

kewangan yang kukuh dan tidak mengetahui tentang jenis kemudahan yang disediakan bersesuaian dengan kehendak responden adalah antara faktor 'structural' yang menghalang penglibatan wanita Melayu di Pulau Indah. 'Intrapersonal' adalah faktor utama yang menghalang penglibatan wanita Melayu di Pulau Indah dalam aktiviti rekreasi luar. Secara umumnya, responden ingin melibatkan diri dalam aktiviti rekreasi luar yang berbentuk lasak, mencabar dan berasaskan alam semulajadi seperti 'rock climbing', trekking, bermain jet-ski, bersiar-siar dan melancong. Perbezaan dalam kumpulan umur, pekerjaan, taraf perkahwinan dan taraf pendidikan menimbulkan keinginan jenis aktiviti yang pelbagai. Wanita Melayu di Pulau Indah, menyatakan aspek yang penting untuk megalakkan penglibatan wanita Melayu adalah melalui penyebaran maklumat mengenai kebaikan dan kepentingan rekreasi luar. Aktiviti yang ditawarkan perlulah bersesuaian dengan adat dan budaya orang Melayu selain menyediakan kemudahan yang baik dan selesa. Selain itu, responden memerlukan peralatan yang lengkap disamping mempunyai kecerdasan fizikal, kelapangan masa dan keselamatan terjamin untuk mempengaruhi penglibatan responden dalam rekreasi luar. Responden juga telah mencadangkan pada Majlis Perbandaran Klang (MPK) untuk menyediakan taman rekreasi yang berkualiti bagi menarik minat mereka untuk menyertai aktiviti rekreasi luar.

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I certify that an Examination Committee met on 30th May 2006 to conduct the final examination of Nor Akmar Binti Abdul Aziz on her Master of Science thesis entitled “Constraints to Participation in Outdoor Recreational Activities Among Malay Females in Pulau Indah, Selangor” in accordance with Universiti Pertanian Malaysia (Higher Degree) Act 1980 And Universiti Pertanian Malaysia (Higher Degree) Regulation 1981. The Committee recommends that the candidate be awarded the relevant degree. Members of the Examination Committee are as follows:

SRIDAR A/L RAMACHANDRAN, PhD

Faculty of Economics and Management
Universiti Putra Malaysia
(Chairman)

ABDULLAH MOHD, PhD

Associate Professor
Faculty of Forestry
Universiti Putra Malaysia
(Internal Examiner)

AHMAD SHUIB, PhD

Associate Professor
Faculty of Economics and Management
Universiti Putra Malaysia
(Internal Examiner)

NOOR AZLIN YAHAYA, PhD

Forest Research Institute of Malaysia
Kepong (FRIM), Selangor
(External Examiner)

HASANAH MOHD. GHAZALI, PhD

Professor/Deputy Dean
School of Graduate Studies
Universiti Putra Malaysia

Date:

This thesis submitted to the Senate of Universiti Putra Malaysia and has been accepted as fulfilment of the requirement for the degree of Master of Science. The members of the Supervisory Committee are as follows:

MANOHAR MARIAPAN, PhD

Lecturer
Faculty of Forestry
Universiti Putra Malaysia
(Chairman)

SHUKRI MOHAMMED, PhD

Associate Professor
Faculty of Forestry
Universiti Putra Malaysia
(Member)

AZLIZAM AZIZ, PhD

Lecturer
Faculty of Forestry
Universiti Putra Malaysia
(Member)

AINI IDERIS, PhD
Associate Professor/Dean
School of Graduate Studies
Universiti Putra Malaysia

Date:

DECLARATION

I hereby declare that the thesis is based on my original work except for quotations and citations which have been duly acknowledged. I also declare that it has not been previously or concurrently submitted for any other degree at UPM or other institutions.

NOR AKMAR BINTI ABDUL AZIZ

Date:

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