



UNIVERSITI PUTRA MALAYSIA

***WOMEN'S CHILDHOOD EXPERIENCE AND ATTACHMENT TO
RECREATIONAL PARKS IN THE KLANG VALLEY, MALAYSIA***

NADZIRAH BINTI KHAIRRUSSALLEH

FRSB 2018 14



**WOMEN'S CHILDHOOD EXPERIENCE AND ATTACHMENT TO
RECREATIONAL PARKS IN THE KLANG VALLEY, MALAYSIA**

By

NADZIRAH BINTI KHAIRUSSALLEH

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

February 2018

All material contained within the thesis, including without limitation text, logos, icons, photographs and all other artwork, is copyright material of Universiti Putra Malaysia unless otherwise stated. Use may be made of any material contained within the thesis for non-commercial purposes from the copyright holder. Commercial use of material may only be made with the express, prior, written permission of Universiti Putra Malaysia.

Copyright © Universiti Putra Malaysia



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

WOMEN'S CHILDHOOD EXPERIENCE AND ATTACHMENT TO RECREATIONAL PARKS IN THE KLANG VALLEY, MALAYSIA

By

NADZIRAH BINTI KHAIRRUSSALLEH

February 2018

Chair: Norhuzailin binti Hussain, PhD
Faculty: Design and Architecture

Women's experience in childhood is important to determine the attachment to the recreational parks and urban green spaces in adulthood. Women's roles and responsibilities had limits their participation in the leisure and recreational activities, thus decrease their attachment to recreational parks. Studies have shown that the adult frequency of visiting recreational park is correlated with the frequent visit during their childhood. However, studies on the women's childhood experience and meaning of attachment to recreational parks were scarce. The aim of this study was to investigate how women from three main races in Malaysia which are Malay, Chinese, and Indian use and attach to recreational parks based on their childhood experience in nature. All data were collected by using the method of quota sampling which involved questionnaires distributed to 510 of respondents from two study sites: Bukit Kiara and Bukit Jalil Recreational Parks. The results show that there was a significant relationship between the women's with positive childhood experience in nature and the frequency of visiting recreational parks in adulthood. Besides, the women who had lived in the rural area attached more to the recreational parks in adulthood. This study also found that Chinese were the majority of numbers of visitors at both parks followed by Malay and Indian. The findings will give implications towards increasing the women's use of recreational parks by fulfilling the women's needs and demands towards recreational parks and green spaces thus add new knowledge to the women's use, childhood experience and meaning of attachment to the recreational parks in the Malaysian context, particularly in the Klang Valley area. Besides, add value to the women's health and quality of life and well-being.

Keywords: Nature; Place attachment; Recreational parks; Women's childhood experiences.



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

**PENGALAMAN ZAMAN KANAK-KANAK DAN TARIKAN TERHADAP
TAMAN REKREASI DALAM KALANGAN WANITA DI LEMBAH KLANG,
MALAYSIA**

Oleh

NADZIRAH BINTI KHAIRUSSALLEH

Februari 2018

Pengerusi: Norhuzailin binti Hussain, PhD
Fakulti: Rekabentuk dan Senibina

Pengalaman wanita semasa zaman kanak-kanak adalah penting dalam menentukan tarikan terhadap taman rekreasi dan kawasan hijau bandar ketika dewasa. Tugas dan tanggungjawab wanita telah menghadkan penyertaan wanita dalam aktiviti rekreasi, seterusnya telah mengurangkan tarikan terhadap taman rekreasi. Kajian telah membuktikan bahawa frekuensi lawatan semasa dewasa ke taman rekreasi berhubung kait dengan kekerapan lawatan semasa zaman kanak-kanak mereka. Walaubagaimanapun, kajian mengenai pengalaman zaman kanak-kanak dan taman rekreasi oleh pengguna wanita sukar didapati. Tujuan kajian ini adalah untuk mengenalpasti bagaimana wanita dari tiga kaum utama di Malaysia iaitu Melayu, Cina, dan India menggunakan dan tertarik terhadap taman rekreasi berdasarkan pengalaman zaman kanak-kanak mereka. Semua data dikumpulkan dengan menggunakan kaedah persampelan rawak kuota yang melibatkan 510 soal selidik diedarkan kepada responden dari dua tapak kajian: Taman Rekreasi Bukit Kiara dan Taman Rekreasi Bukit Jalil. Keputusan menunjukkan wujudnya hubungan antara pengalaman positif zaman kanak-kanak wanita terhadap alam semulajadi dengan kekerapan berkunjung ke taman rekreasi ketika dewasa. Selain itu, wanita yang pernah tinggal di kawasan luar bandar mempunyai lebih tarikan terhadap taman rekreasi ketika dewasa. Kajian ini juga mendapati kaum Cina ialah majoriti bilangan pelawat di kedua-dua taman diikuti oleh kaum Melayu dan kaum India. Hasil kajian ini akan memberi implikasi ke arah meningkatkan penggunaan taman-taman rekreasi dan kawasan-kawasan hijau dalam kalangan wanita dengan memenuhi semua keperluan dan permintaan wanita seterusnya meluaskan bidang ilmu baru berkaitan penggunaan, dan makna tarikan terhadap taman rekreasi dalam konteks Malaysia terutamanya dalam kawasan Lembah Klang oleh wanita. Selain itu, dapat menambah nilai kesihatan dan kualiti hidup serta kesejahteraan wanita khususnya.

Kata kunci: Alam semulajadi; Tarikan terhadap tempat; Taman rekreasi; Pengalaman zaman kanak-kanak wanita.



ACKNOWLEDGEMENTS

BISMILLAHIRAHMANIRRAHIM...

My deepest gratitude goes to my supervisor, Dr. Norhuzailin binti Hussain and co-supervisor, Dr Mohd Yazid bin Mohd Yunos who encouraged and guided me throughout the research program. I would like to give my special honour to both of my parents, family and friends for the best moral support. Special thanks to my husband, Mohd Hafizzullah bin Tajul Arus for the full supports and helps in many ways in completing my research journey.

Not to forget, a very warm thank you to all of the faculty staffs at the Faculty of Design and Architecture, for their willingness in giving me so much hands during my research that required a lot of hard work and commitments. And finally, a blessing for each of the lecturers, staffs and the graduate students of Universiti Putra Malaysia who were directly or indirectly helping me throughout my research.

Thank you.

I certify that a Thesis Examination Committee has met on 19 February 2018 to conduct the final examination of (Nadzirah binti Khairussalleh) on her thesis entitled "Women's Childhood Experience and Attachment to Recreational Parks in the Klang Valley, Malaysia" in accordance with the Universities and University Colleges Act 1971 and the Constitution of the Universiti Putra Malaysia [P.U.(A) 106] 15 March 1998. The Committee recommends that the student be awarded the Master of Science.

Members of the Thesis Examination Committee were as follows:

Mohd Johari bin Mohd Yusof, PhD

Associate Professor
Faculty of Design and Architecture
Universiti Putra Malaysia
(Chairman)

Norsidah binti Ujang, PhD

Associate Professor
Faculty of Design and Architecture
Universiti Putra Malaysia
(Internal Examiner)

Mazlina binti Mansor, PhD

Associate Professor
International Islamic University Malaysia
Malaysia
(External Examiner)

NOR AINI AB. SHUKOR, PhD

Professor and Deputy Dean
School of Graduate Studies
Universiti Putra Malaysia

Date: 28 June 2018

This thesis was 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 were as follows:

Norhuzailin binti Hussain, PhD

Senior Lecturer
Faculty of Design and Architecture
Universiti Putra Malaysia
(Chairman)

Mohd Yazid bin Mohd Yunos, PhD

Senior Lecturer
Faculty of Design and Architecture
Universiti Putra Malaysia
(Member)

Osman Mohd Tahir, PhD

Associate Professor LAr.
Faculty of Design and Architecture
Universiti Putra Malaysia
(Member)

ROBIAH BINTI YUNUS, PhD

Professor and Dean
School of Graduate Studies
Universiti Putra Malaysia

Date:

Declaration by Graduate Student

I hereby confirm that:

- This thesis is my original work;
- Quotations, illustrations and citations have been duly referenced;
- This thesis has not been submitted previously or concurrently for any other degree at any other institutions;
- Intellectual property from the thesis and copyright of thesis are fully-owned by Universiti Putra Malaysia, as according to the Universiti Putra Malaysia (Research) Rules 2012;
- Written permission must be obtained from supervisor and the office of Deputy Vice-Chancellor (Research and Innovation) before thesis is published (in the form of written, printed or in electronic form) including books, journals, modules, proceedings, popular writings, seminar papers, manuscripts, posters, reports, lecture notes, learning modules or any other materials as stated in the Universiti Putra Malaysia (Research) Rules 2012;
- There is no plagiarism or data falsification/fabrication in the thesis, and scholarly integrity is upheld as according to the Universiti Putra Malaysia (Graduate Studies) Rules 2003 (Revision 2012-2013) and the Universiti Putra Malaysia (Research) Rules 2012. The thesis has undergone plagiarism detection software.

Signature: _____ Date: _____

Name and Matric No.: Nadzirah Binti Khairussalleh, GS43993

Declaration by Members of Supervisory Committee

This is to confirm that:

- The research conducted and the writing of this thesis was under supervision;
- Supervision responsibilities as stated in the Universiti Putra Malaysia (Graduate Studies) Rules 2003 (Revision 2012-2013) are adhered to.

Signature: _____
Name of Chairman of Supervisory Committee: _____

Signature: _____
Name of Member of Supervisory Committee: _____

Signature: _____
Name of Member of Supervisory Committee: _____

TABLE OF CONTENTS

ABSTRACT	Page
<i>ABSTRAK</i>	i
ACKNOWLEDGEMENTS	iii
APPROVAL	v
DECLARATION	vi
LIST OF TABLES	viii
LIST OF FIGURES	xii
	xiii

CHAPTER

1. INTRODUCTION	1
1.1 Research Background	1
1.2 Problem Statement	3
1.3 Research Objectives	4
1.4 Research Questions	4
1.5 Definitions of Terms	4
1.6 Research Design	5
1.7 Scope, Limitation and Assumptions of the Study	6
1.8 Thesis Structure	6
2. LITERATURE REVIEW	7
2.1 An Overview of Urban Recreational Parks and Green Spaces Use	7
2.2 Women's Recreation and Use of Green Spaces	9
2.2.1 Types of Women's Recreational Activity	10
2.2.2 Women's Constraint in Recreational Activity	11
2.2.3 Factors Lead to Women's Participation in Recreational Activity	12
2.3 Childhood Experience with Nature	13
2.4 Women and Place	14
2.5 Place Attachment Theory	15
2.6 Meaning and Use of Places and Green Spaces	17
2.7 Conclusion	18
3. METHODOLOGY	20
3.1 Research Framework	20
3.1.1 Preliminary Data Collection	22
3.1.2 Questionnaire Survey	23
3.2 Study Locations	25
3.2.1 Bukit Kiara Recreational Park	25
3.2.2 Bukit Jalil Recreational Park	29
3.3 Statistical Analyses	33
3.4 Conclusion	33

4.	RESULTS	34
4.1	Observations Results	34
4.2	Respondent's Background	37
4.2.1	Respondent's Background for each of the Recreational Parks	39
4.3	Nature of Visit	41
4.3.1	First Visit	41
4.3.2	Mode of Transport	42
4.3.3	Day and Frequency of Visit	42
4.3.4	Time of Visit	43
4.3.5	Length of Visit	44
4.3.6	Companions of visit	45
4.3.7	Proximity to the Recreational Parks	46
4.3.8	Recreational Activities	47
4.3.9	Parks Attachment	49
4.3.10	Nature of Visit for each of the Recreational Parks	51
4.4	Feelings in the Recreational Park	58
4.5	Childhood Experience with Nature	60
4.6	Meanings Attach to Recreational Parks	62
4.7	Conclusion	66
5.	DISCUSSION AND CONCLUSIONS	67
5.1	Findings According to Research Questions	67
5.1.1	The Recreational Activities and Pattern of Park Use by Women	67
5.1.2	The Women's Attachment to the Parks	70
5.1.3	The Women's Childhood Experiences	72
5.1.4	The Social and Physical Improvement	74
5.2	Implications of the Study	75
5.3	Recommendations	76
5.4	Future Research	77
5.5	Conclusions	77
	REFERENCES	79
	APPENDICES	91
	BIODATA OF STUDENT	100
	LIST OF PUBLICATIONS	101

LIST OF TABLES

Table		Page
3.1:	Total number of samples and the percentage according to ethnic groups in each parks.	24
4.1:	The summary of the preliminary results.	35
4.2:	Age group of the respondents	38
4.3:	Ethnicity of the respondents.	38
4.4:	Marital status of the respondents.	38
4.5:	Employment status of the respondents.	38
4.6:	Educational level of the respondents	39
4.7:	The comparison between the respondent's age and marital status.	39
4.8:	The respondent's employment status and educational level in both parks.	40
4.9:	The day of visit of the respondents.	43
4.10:	The feelings of the respondents while in the recreational parks.	59
4.11:	The feelings of the respondents while in the recreational parks based on the ethnicity.	59
4.12:	Items in the questionnaires related to the childhood experience.	62
4.13:	Meanings attach to recreational parks by the respondents.	62
4.14:	Meanings attach to recreational parks by the respondents based on ethnicity.	63
4.15:	The childhood experiences by the respondents.	65

LIST OF FIGURES

Figure		Page
2.1:	The conceptual framework	18
3.1:	Flowchart of Research Framework	21
3.2:	Bukit Kiara Recreational Park	26
3.3:	Peaceful view of Bukit Kiara Recreational Park.	27
3.4:	The jogging activities in Bukit Kiara Recreational Park	27
3.5:	The children's playground in Bukit Kiara Recreational Park.	28
3.6:	The facilities and equipment provided at Bukit Kiara Recreational Park.	28
3.7:	The exercising equipment provided in Bukit Kiara Recreational Park.	29
3.8:	Bukit Jalil Recreational Park	30
3.9:	The views of water fountain in Bukit Jalil Recreational Park.	30
3.10:	The activities at the playground area of Bukit Jalil Recreational Park	31
3.11:	The beautiful view of the water fountain at Bukit Jalil Recreational	31
3.12:	The view towards Holland's Garden at the International Garden of Bukit Jalil Recreational Park	32
3.13:	The front of traditional house at International Garden of Bukit Jalil Recreational Park.	32
4.1:	A women user is exercising near the playground.	36
4.2:	A women user is jogging at the track.	36
4.3:	A women user is exercising with the equipment provided at the park.	37
4.4:	The respondent's first visit to the parks.	41
4.5:	Mode of transport of the respondents.	42

4.6:	The frequency of visit of the respondents.	43
4.7:	Time of visit to the recreational park by the respondents.	44
4.8:	Length of time spent and the respondent's frequency to the park.	45
4.9:	The companion preferences of the respondents to visit recreational parks.	46
4.10:	Proximity to the parks by respondents.	47
4.11:	The recreational activities done by the respondents in the recreational parks.	48
4.12:	The recreational activities preferred based on the ethnicity.	49
4.13:	Feel of attachment by the respondents.	50
4.14:	Attributes of attachment by the respondents.	50
4.15:	The attributes of attachment based on the ethnicity.	51
4.16:	Frequency of visit of the respondents at each of the recreational parks.	52
4.17:	Day of visit of the respondents at each of the park.	53
4.18:	Time of visit of the respondents at each of the park	54
4.19:	Length of visit of the respondents at each of the park.	55
4.20:	Mode of transportation of the respondents at each of the park.	56
4.21:	Companion preference of the respondents at each of the park.	56
4.22:	The recreational activities done by the respondents in each of the parks.	57
4.23:	Attributes of attachment at each of the park.	58
4.24:	The childhood visit to the recreational parks by the respondents.	60
4.25:	Frequency of the recreational park visits according to how often respondents visited in childhood.	61
4.26:	The respondents' agreement on childhood experience related to the park attachment in adulthood	64

CHAPTER 1

INTRODUCTION

This chapter gives some brief exposure about Malaysian women in the context of participation in recreational activities and attachment to the green spaces of recreational parks in Malaysia. Besides, this chapter provides the research background on the women's childhood experience and attachment to the recreational parks. The objectives of this research and the research questions are also introduced. This chapter also explains the research design and the thesis structure.

1.1 Research Background

Malaysia, comprising Peninsular Malaysia, Sabah and Sarawak is a multi-ethnic and multi-cultural country consisted of three main races, which are, Malay, Chinese and Indian. The population of Malaysia was 28.3 million in 2010 consisting of 91.8% Malaysian citizens and 8.2% non-citizens. The Malaysian citizen comprised of Malay included Bumiputera (67.4%), Chinese (24.6%), Indian (7.3%) and others (0.7%). The Malay was the predominant ethnic group in Peninsular Malaysia which constituted 51.0% and other ethnic who largely live in Sabah and Sarawak such as Kadazan and Iban constituted 12.0% (Department of Statistics, 2010). In the terms of gender among the Malaysian citizens, men outnumbered the women population. The total population of Malaysian in 2016 was estimated at 31.7 million people, which consisted of 16.4 million of men population and 15.3 million of women population (Department of Statistics Malaysia, 2016).

Women play an important role in the socioeconomic aspect of the country as the population has achieved 48.7% of the total citizens and 61% of the students in Malaysia (11th Malaysia Plan). Ahmad (1998) also stated that Malaysian women are highly important contributors to the country's economic and social development. Representation of women in management positions in the public sector also rose from 30.5% in 2010 to 32.5% in 2014 (11th Malaysian Plan). In Malaysia, women constituted nearly half of the number of the Malaysian population. They contribute the biggest role in the development of a new generation and also being apart in the improvement of the economic sector. The labour force participation rate in Malaysian women aged ranging from 15 to 64 years old also increased from 53.7% in 2014 to 54.1% in 2015 (Department of Statistics Malaysia, 2015).

Due to this realization of Malaysian women, the government always gives a wide opportunity to the women to be placed in the social, economic, and the politic sector. The Malaysian government also had established many institutions for the development of the women, such as "Majlis Penasihat Kebangsaan Mengenai Integrasi Wanita Dalam Pembangunan (NACIWID)" in 1976, and "Urusetia Hal Ehwal Wanita (HAWA)" in 1983. The activities for the women development also are supported by

the government organization and also by the non-government organization such as “Majlis Kebangsaan Pertubuhan-pertubuhan Wanita (NCWO)”, “Perkumpulan Wanita (WI)”, “Pertubuhan Tindakan Wanita Islam (PERTIWI)”, and “Pertubuhan Bantuan Wanita Islam”. Participation of women in the development of the country is realized as very important, thus the Malaysian government has enacted “Dasar Wanita Negara (DWN)” (Dasar Wanita Negara, 1989). To the recent, “Kementerian Pembangunan Wanita, Keluarga, dan Masyarakat” (formerly known as “Kementerian Hal Ehwal Wanita” was established in 2001 which had shown how important the women in the country (Kementerian Pembangunan Wanita, Keluarga, dan Masyarakat, 2016).

The Malaysian women play an important roles towards the development of the new generations that will lead the country in the future. Therefore, it is important that the Malaysian women are in a good state, physically, mentally and psychologically. The participation of women in the recreational activities can lead to the increasing of the women’s physical and emotional health level, besides reducing their stress and work pressure. However, Malaysian women have a lower physical activity level (10%) compared to Malaysian men (15%) (Poh et al, 2010). Women in Malaysia have a different ethnicity, cultural and beliefs, thus they also have different background and lifestyle during childhood and the way they experienced it will differ in a family. The Malaysian women were found more interested “to do something together with family and friends” or basically spend more time with their husbands and kids while in the parks (Maruthaveeran, 2017). Therefore, they were more likely to involve in more passive activities such as walking.

The childhood experience is important in determining the preference and the use of urban green spaces and urban parks in the later adulthood. Experience is something that cannot be touched but only can be felt by the one who faced it whether it was a good or bad experience. While the relationship between people and place such as a recreational park is defined as place attachment and it has two main dimensions, which are the functional and emotional (Ayeghi & Ujang, 2014). In the study by Rollero and De Picolli (2010) stated that the relationship between people and places is characterized by affective and cognitive dimensions, defined, respectively, as place attachment and identification.

A wide range of research on recreational needs has been presented (De Grazia, 1962; Csikszentmihalyi, 1975; Iso-Ahola, 1980) since the early 1960s. A study by Ward Thompson et al. (2008) explores the significance of childhood experience of green spaces in relation to adult’s visits to green places. While Wells and Lekies (2006) identified the connections between childhood involvement with the natural environment and adult environmentalism from a life course perspective. There are limited studies had focusing on the women and recreation in the Malaysian context, however, in the Western, the significant research focusing on women has risen (Thompson, 1990). In the 1970’s and 1980’s, The Council for Recreation and Sport encouraged more research on women and recreation, in 1981, they sponsored a national conference in Wellington on women and recreation (Simpson, 1991).

According to the National Health and Morbidity Survey, over the previous 30 years, rates of physical activity among the Malaysian population have decreased dramatically (Institute for Public Health, 2008). Otherwise, the women's participation and attachment to recreational parks depend on their cultural background and behaviour. Due to Malaysia has multicultural population identifying as Malay, Chinese, and Indian, it is important to understand how such cultural factors relate to recreational activity. It is important to investigate how women use and attach to recreational park across multiracial cultures in the Malaysian context.

The previous studies on place attachment usually focus on the factors that affect the dimensions of place attachment. Some of the studies revealed a relationship between activity involvement behavior and place attachment (Wu, Tsai, Hsu & Chen, 2010). In another study, Lewicka (2010) revealed the effect of place scale on place attachment. Studies on urban recreational parks and open spaces were also conducted, for them affected the characteristics of the place itself. In the recent, Abd Ghani, Mohamed and Ujang (2015) explored the landscape heritage elements and the place attachment. Nevertheless previous studies of places have not really focused on the women's childhood experience that may determine place attachment. This study is important in determining the relationship between women's childhood experience and attachment to recreational parks in the multiracial culture background of Malaysian context. Thus, this study is important to maximize the use of parks among women users in order to maintain a healthy lifestyle and well-being.

1.2 Problem Statement

Green spaces in urban areas provide many benefits to people in many aspects of life such as social, environmental, psychological, and economical benefits. People who use and participate in active recreation enhance a positive health and well-being, social capital, community development and economic growth. The previous research mentioned that women are less engage in leisure and recreational activities than do men due to many constraints (Miller & Brown, 2005; Wells & Lekies, 2006). The participations of women in recreational activities were limited due to the women's roles and responsibilities towards household work and family.

Research in Malaysia suggests that there are many constraints that limit women engagement in recreation and use of green spaces such as cultural values (Abdullah, Nor & Wok, 2008), domestic responsibilities, physical capability, lack of transportation to recreational facilities and unavailability of recreational facilities and space (Aziz, 2006; Minhat, 2014), safety issue (Minhat, 2014), career commitment, fatigue, distances to be travelled and family commitments (Zainun & Zoraini, 1996).

To date, there is lack of research on the women use and meaning attachment to recreational green space use across multiracial culture in the Malaysian context. Most studies in women's recreation in Malaysia have been conducted on the constraint to participation in recreational activities, determinants and factors of recreational activities participation (Minhat, 2014; Miller & Brown, 2005; Wells & Lekies, 2006).

Besides, studies on the urban recreational park in Malaysia have been conducted on park usage, and landscape preferences (Mustafa Kamal, 2000; Suhardi, 2002; Othman, 2004; Abdul Aziz, 2012). Thus, this study is important to determine the meaning of attachment among Malaysian women based on their childhood experiences in nature.

1.3 Research Objectives

The goal of this study is to investigate how women from three ethnicities (Malays, Chinese and Indians) use and attach to recreational parks based on their childhood experiences.

The objectives are:

- 1) To identify the types of activities and the pattern of use of recreational parks by women users (Malays, Chinese and Indians).
- 2) To identify feelings and meanings attach to green spaces by women users who have lived in urban and villages/rural areas.
- 3) To determine the relationship between women's childhood experience and use of recreational parks.
- 4) To recommend physical and social improvements to increase use of urban recreational parks in the Klang Valley by women.

1.4 Research Questions

The following research questions are addressed in this study:

- 1) What are the activities done by women in the recreational parks?
- 2) What are the feelings and meanings attach to recreational parks by women been lived in urban and rural areas?
- 3) What is the relationship between women's childhood experience and use of recreational parks?
- 4) What is the physical and social improvement required in the recreational parks in the Klang Valley?

1.5 Definitions of Terms

The concept of place attachment is defined by Tuan (1977) as the connections of people to their environment. Later, place attachment is defined as an integrating concept incorporating several interrelated and inseparable aspects of people-place bonding (Altman & Low, 1992). Place attachment is also defined as the relationship between people and place (Ayeghi & Ujang, 2014).

Recreation is any form of play or amusement used for a refreshment of body and mind. According to Yukic (1970), the meaning of recreation can be described as an act or experience, selected by the individual during his leisure time, to meet a personal want or desire, primarily for his own satisfaction. Recreation is also defined as an activity through which leisure may be experienced and enjoyed but it also seen as a social institution, socially organized for social purposes (Grant & Allan, 1990). In other words, recreation is the individual participation in recreational activities undertaken during the free time other than their daily routines (Aman, Omar & Mohamed, 2007). The urban recreational park is a designated urban open space that is usually enclosed by a permeable or semi-permeable boundary barriers and maintained in a natural or semi-natural landscapes features for a recreational purpose (Hilborn, 2009).

Leisure is the conditions of having one's time free from the demands of work or duty. According to Charles (1960), the meaning of leisure is defined as a block of unoccupied time, spare time, or free time when we are free to rest or do what we choose. Leisure is also defined as a state of mind which ordinarily is organized by unobligated time and willing optimism, which involve an extensive activity or no activity (Australian Council for Health, 1980). Meanwhile, leisure is also simply defined as free time. Besides, leisure is defined as a state of perceived freedom during which a person may choose to experience an altered state of well-being (Jewell, 1997).

Green spaces are defined as any public outdoor space with amenities that provide social, health, environmental and economic benefits to the user and community (Wright, Zarger, and Mihelcic, 2012). Urban parks are defined as delineated open space areas, mostly dominated by vegetation and water, and generally reserved for public use. Urban parks are mostly larger, but can also have the shape of smaller 'pocket parks'. Urban parks are usually locally defined by authorities as 'parks' (Konijnendijk, Annerstedt, Nielsen, & Maruthaveeran, 2013). The term 'women' in this study was used referred to a group of people aging from 18 to 57 years old and above which included adolescents, middle-aged, and elderly.

1.6 Research Design

This study uses quantitative research method consisted of site observation and a questionnaire survey. The site observation was done by observing only the women users, age ranging from 18 to 56 years old and above, including the ethnicity and their activities. The sampling calculation technique was also done simultaneously. The data was collected with the help of an enumerator by fulfilling the forms. Besides, the site observation was done two times a day which were during morning and evening. The questionnaire survey required a prior pilot study as to test the construction of the questionnaire and survey form to ensure they are easy to understand and attend to the questions asked. Bukit Kiara Recreational Parks and Bukit Jalil Recreational Parks were selected as the study sites in this study which were located in the Klang Valley. These two recreational parks were selected as the study site based on the same characteristics of the park such as near to residential area and have the same facilities availability besides easy access to the parks make the parks popular to the visitors. Both park also situated in the urban area of Klang Valley.

1.7 Scope, Limitation and Assumptions of the Study

This study is scoped around the women's users from three main ethnicities in Malaysia towards their childhood experience and attachment to two recreational parks in the Klang Valley area. The study will be limited to only the park user because the respondents were chosen from the women visitors of two recreational parks in the Klang Valley, which are Bukit Kiara Recreational Park and Bukit Jalil Recreational Park. Both parks have the same characteristics such as easily accessible to the visitors and located near to the neighbourhood area. Other parks may have different characteristics compared to both of these parks. It is assumed that women who had childhood experience with nature attach more with the recreational parks, and have personal meaning attach to recreational parks. Cultural values also play a role in women's use of green spaces whether they were lived in rural or urban areas.

1.8 Thesis Structure

This thesis consists of six chapters. Chapter 1 provides some background of the study, statement of the problem, research objectives, research questions, research framework and research design. Chapter 2 discusses the literature review on the related topic of the research which covers the previous research related to urban green spaces and women's recreation and the context of the childhood experience from various disciplines such as psychology, recreation, and social science. Chapter 3 outlines the methodology of the research which consists of quantitative research method approach. By using quota sampling, the number of questionnaires is determined which is 280 at Bukit Kiara Recreational Park and 230 at Bukit Jalil Recreational Park. The data is analysed by using IBM SPSS Statistics Version 23 (Predictive Analytics Software). This chapter also describes the background and the location of the study sites. Chapter 4 provides the respondent's characteristics, observation results and the overall data analysis from the questionnaire in which details the quantitative results regarding women's recreation behaviours and the childhood experience in the recreational parks. It also examines the general pattern of the recreational parks use, the impact of childhood experience and attachment to recreational parks. Lastly, Chapter 5 provides the discussion of the key findings, as follows: the type of activities and pattern of use by women in the recreational parks, the feeling and meanings attached to recreational parks by women been lived in urban and rural areas, the relationship between women's childhood experience and use of recreation, and the recommendations on the physical and social improvements in the recreational parks. Besides, the conclusion of the study which indicates the research's contribution and makes suggestions for the future research.

REFERENCES

- Abdullah, K., Noor, N. M. & Wok, S. (2008). The perception of women's roles and progress: A study of Malay women. *Social Indicators Research*, 89, 439-455.
- Abd Gani, N. H., Mohamed, N., & Ujang, N. (2015). Association between landscape heritage elements and place attachment among visitors in Taiping Lake Garden. *Journal of Tropical Resources and Sustainable Science*, 3, 154-163.
- Abdul Aziz, N. A. (2012). *Green space use and management in Malaysia*. PhD Thesis, University of Copenhagen, Copenhagen.
- Adevi, A. A. & Grahn, P. (2011). Attachment to certain natural environments: A basis for choice of recreational settings, activities, and restoration from stress? *Environment and Natural Resources Research*, 1(1), 36-52.
- Agresti, A. (2007). *An introduction to categorical data analysis*. 2nd edition, New York: John Wiley and Sons.
- Ahmad, A. (1998). *Country Briefing Paper: Women in Malaysia*. Programs Department and Social Development Division.
- Ahmad, K. A., Abdul, K. M. S. & Wan, Y. F. (2010). The perception and constraints towards recreational activity among female students. *International Journal of Sport Management Recreation and Tourism*, 6, 62-75.
- Allan, G. & Crow, G. (1989). *Home and Family: Creating the domestic sphere*. Basingstoke and London: Macmillan.
- Altman, I. & Low, S. (1992). *Place attachment: A conceptual inquiry*. New York: Plenum Press.
- Aman, M. S., Omar, F. M. S. & Mohamed, M. (2007). The understanding of meaning and cultural significance of leisure, recreation, and sport in Malaysia towards capitalizing human resources. *Journal of Global Business Management*, 3 (2), 129-135.
- American Psychological Association, (2010). *Publication manual of the American Psychological Association*. Washington, DC: American Psychological Association.
- Anton C. E. & Lawrence, C. (2014). Home is where the heart is: The effect of place of residence on place attachment and community participation. *Journal of Environmental Psychology*, 40, 451-461.
- Arab-Moghaddam N., Henderson, K.A. & Sheikholeslami, R. (2007). Women's leisure and constraint to participation: Iranian perspectives. *Journal of Leisure Research*, 39(1), 109-126.

- Australian Council for Health, (1980). *Recreation Working Paper*. Physical Education and Recreation, Royal Australian Institute of Parks and Recreation. Adelaide: ACHPER Publications, p 3.
- Ayeghi, A. & Ujang, N. (2014). The impact of physical features on user attachment to Kuala Lumpur City Centre (KLCC) Park, Malaysia. *Malaysian Journal of Society and Space*, 10(3), 44-59.
- Aziz N. A. A. (2006). *Constraints to participation in outdoor recreational activities among Malay females in Pulau Indah, Selangor, Malaysia* (Master thesis). Retrieved May 27, 2015, from http://psasir.upm.edu.my/193/1/549032_FH_2006_3.pdf.
- Babakus, W. S. & Thompson, J. L. (2012). Physical activity among South Asian women: A systematic, mixed-methods review. *Journal of Behavioral Nutrition and Physical Activities*, 9, 150.
- Beil, K. & Hanes, D. (2013). The influence of urban natural and built environment on physiological and psychological measures of stress – a pilot study. *International Journal of Environmental Research and Public Health*, 10, 1250-1267.
- Bernama, (1980, July 14). 130 estate workers to be retrenched. *New Straits Times Malaysia*. Bernama. p. 12.
- Bialeschki, M. D. (1999). Fear of violence, freedom, and outdoor recreation: A feminist viewpoint. *The Canadian Congress on Leisure Research*. Retrieved from: http://lin.ca/sites/default/files/attachments/CCLR9_49.pdf
- Bixler, R. D., Floyd M. F. & Hammitt W. E. (2002). Environment socialization: quantitative test of the childhood play hypothesis. *Environment and Behaviour*, 31, 178-202.
- Bondi, L., & Davidson, J. (2005). Situating gender. In *A Companion to feminist geography*, ed. Lise and Johny Seager, 15-31. Malden, MA: Blackwell Publishing.
- Bott, S., Cantrill, G. J., Myers, & Jr, E. O. (2005). Place and the promise of conservation psychology. *Human Ecology Review*, 10(2), 100-112.
- Brooks, J., Wallace, G. & Williams, D. (2006). Place as relationship partner: An alternative metaphor for understanding the quality of visitor experience in a backcountry setting. *Leisure Sciences*, 28(4), 331-349.
- Brown, P. R., Brown. W. J, Miller. Y. D. & Hansen. V. (2001). Perceived constraints and social support for active leisure among mothers with young children. *Leisure Sciences*, 23(3), 131-144.
- Burgess, J. *woodlands. Technical Report*. Kingsway, London: The community forest unit countrys idecommission.

- Burgess, J. (1998). *'But is it worth taking the risk?'* How women negotiate access to urban woodland: a case study. In: Ainley, R. (ed.) *New frontiers of space, bodies and gender*. London: Routledge.
- CABE Space. (2004). *The value of public space: How high quality parks and public spaces create economic, social and environmental value*. London: Author.
- Charles, K. B. (1960). *The Challenge of Leisure*. Englewood Cliffs, NJ, PrenticeHall, p. 4.
- Chawla, L. (2007). Childhood experiences associated with care for the nature world: A theoretical framework for empirical result. *Children, Youth, and Environments*, 17, 144-170.
- Chow, K. & Healy, M. (2008). Place Attachment and place identity: 1st year undergraduates making the transition from home to university. *Journal of Environment Psychology*, 28(4), 362-372. doi: 10.1016/j.jenvp.2008.02.011
- Cohen, D.A., McKenzie, T.L., Sehgal, A., Williamson, S., Golinelli, D. & Lurie, N. (2007). Contribution of public parks to physical activity. *American Journal of Public Health*, 97, 509-514.
- Coley, R. L., Sullivan W. C. & Kuo F. E. (1997). Where does community grow? The social context created by nature in urban public housing. *Environment and Behaviour*, 29(4), 468-494.
- Csikszentmihalyi, M. (1975). *Beyond boredom and anxiety*. San Francisco, CA: Jossey Bass.
- Dahmann, N., Wolch, J., Joassart-marcelli, P., Reynolds, K. & Jerrett, M. (2010). The active city? Disparities in provision of urban public recreation resources. *Health & Place*, 16(3), 431-445. doi:10.1016/j.healthplace.2009.11.005
- Dasar Wanita Negara. (1989). *Kuala Lumpur: National Council of Women's Organizations (NCWO)*.
- Deem, R. (1986). *All work and no play? The sociology of women and leisure*. Milton Keynes, UK: Open University Press.
- Department of Statistics Malaysia, (2010). *Population Distribution and Basic Demographic Characteristics Report*. Putrajaya.
- Department of Statistics Malaysia, (2014). *Population Distribution and Basic Demographic Characteristics Report*. Putrajaya.
- Department of Statistics Malaysia, (2014). *Labour Force Survey Report*. Putrajaya.
- Department of Statistics Malaysia, (2015). *Population Distribution and Basic Demographic Characteristics Report*. Putrajaya.

- Department of Statistics Malaysia, (2016). *Population Distribution and Basic Demographic Characteristics Report*. Putrajaya.
- De Grazia, S. (1962). *Of time, work and leisure*. New York, NY. Twentieth Century Fund.
- Donovan, G. H. & Prestemon, J. P. (2010). The Effect of Trees on Crime in Portland, Oregon. *Environment and Behavior*, 44(1), 3-30. doi: 10.1177/0013916510383238.
- Elo, S. & Kyngas, H. (2008). The qualitative content analysis process. *Journal of Advanced Nursing*, 62, 107-115. doi: <http://dx.doi.org/10.1111/j.1365-2648.2007.04569.x>
- Farnum, J., Hall, T. & Kruger, L. E. (2005). *Sense of place in natural resource recreation and tourism: An evaluation and assessment of research findings. General Technical Report PNW-GTR 660*. Portland, OR: USDA Forest Service, Pacific Northwest Research
- Fornara, F., Bonaiuto, M., & Bonnes, M. (2006). Perceived hospital environment quality indicators: A study of orthopedic units. *Journal of Environmental Psychology*, 26, 321-334.
- Grant, C. & Allan, L. (1990) *Recreation, Leisure and Social Policy*. Occasional Paper No. 4, Canterbury, NZ, Dept of Parks, Recreation & Tourism. Lincoln University, p. 2.
- Gregson, N., & Lowe, M. (1995). Home-making: on the spatiality of daily social reproduction in contemporary middle-class Britain. *Transactions, Institute of British Geographer*, 20, 224-235.
- Gshwend, T. (2005). Analyzing quota sample data and the peer-review process. *French Politics*, 3, 88-91. doi: 10.1057/palgrave.fp.8200068.
- Gunthorpe, W. & Lyons, K. (2004). A predictive model of chronic time pressure in the Australian population: Implications for leisure research. *Leisure Sciences*, 26, 201-213.
- Hammit, W. E., Backlund, E. A., & Bixler, R. D. (2006). Place bonding for recreational places: Conceptual and empirical development. *Leisure Studies*, 25 (1), 17-41.
- Henderson, K. A. (1996). One size doesn't fit all: The meanings of women's leisure. *Journal of Leisure Research*, 28(3), 139-154.
- Henderson K. A., Bialeschki M. D., Shaw S. M., Freysinger V. J. (1989). *A leisure of one's own: Afeminist perspective on women's leisure*. University Park, Pennsylvania: Venture Publishing.

- Hesham, E. O., Ismail, S. & Mohd, H. R. (2014). Residents' perception towards social interaction among Malaysian ethnic groups in urban park. In *Recent Trends in Social and Behaviour Sciences – A Proceeding of the 2nd International Congress on Interdisciplinary Behaviour and Social Sciences 2013, ICIBSoS 2013*. Shers, 9-15.
- Hidalgo, M. C. & Hernandez, B. (2001). Place attachment: Conceptual and empirical questions. *Journal of Environmental Psychology*, 21, 273-281.
- Hilborn, J. (2009). *Dealing with crime and disorder in urban parks*. Center for Problem oriented Policing, Inc. ISBN: 1-932582-92-4.
- Hofstede, G. & Bond, M. H. (1988). The Confucius connection: From cultural roots to economic growth. *Organizational Dynamics*, 16, 5-21.
- Humberstone, B. (2000). The 'outdoor industry' as social and educational phenomena: Gender and outdoor adventure/education. *Journal of Adventure Education & Outdoor Learning*, 1(1), 21-35.
- Hussain, N. (2014). *Use and experience in two recreational forest in Selangor state, Malaysia: The impact of age, gender, and ethnicity*. PhD thesis, University of Sheffield.
- Hussain, N., A. A. Nur Ain. & Mohamad Ariffin, N, F. (2015). Childhood experience: recreational forest user' in Selangor, Malaysia. *Aust. J Basic & Appl. Sci.*, 9(31), 349-351.
- Institute for Public Health (2008). *The Third National Health and Morbidity Survey (NHMS III) 2006, General Findings*. Ministry of Health Malaysia, Kuala Lumpur.
- Ismail, N. (2002). *Professional handbook for landscape architect*. Institute of Landscape Architects, Malaysia Pub.
- Iso-Ahola, S. E. (1980). *The Social Psychology of Leisure and Recreation*. Dubuque, IA: Wm.C. Brown Company Publishers.
- Jackson, E. L. (1988). Leisure constraint: A survey of past research. *Leisure Sciences*, 10, 203-215.
- Jansson, M., Fors, H., Lindgren, T. & Wiström, B. (2013). Perceived personal safety in relation to urban woodland vegetation – A review. *Urban Forestry & Urban Greening* 12, 127-133.
- Jewell, D. L. (1997). *Reflections on leisure, play, and recreation*. Southern Illinois University Press. USA. ISBN: 0-8093-2114-9
- Jim, C. Y & Chen, S. S. (2003). Comprehensive greenspace planning based on landscape ecology principles in compact Nanjing city, China. *Landscape and Urban Planning*, 998, 1-22.

- Johnson C. Y., Bowker, J. M. & Cordell H. K. (2001). Outdoor recreation constraints: An examination of race, gender and rural dwelling. *Southern Rural Sociology*, 17, 111-133.
- Kahn, P. H., Kellert, S. R. (2002). *Children and nature: Psychological sosio-cultural and evolutionary investigations*. MIT Press, Cambridge, MA and London.
- Kals, E., Shumacher, D. & Montada, L. (1999). Emotional affinity toward nature as a motivational basis to protect nature. *Environment and Behaviour*, 31, 178-202.
- Kementerian Pembangunan Wanita, Keluarga, dan Masyarakat (2016). Official Website. <http://www.kpwkm.gov.my>.
- Kondo, M. C., Fluehr, J. M., McKeon, T., & Branas, C. C. (2018). Urban green spaces and its impact on human health. *International Journal of Environmental Research and Public Health*, 15 (445). Doi: 10.3390/ijerph15030445
- Konijnendijk, C. C., Annerstedt, M., Nielsen, A. B., & Maruthaveeran, S. (2013). *The benefits of urban park: a systematic review*. A Report for IFPRA. Available online: https://www.researchgate.net/publication/267330243_Benefits_of_Urban_Parks_A_systematic_review_-_A_Report_for_IFPRA
- Krejcie, R. V., & Morgan, D. W. (1970). Determining sample size for research activities. *Educational and Psychological Measurement*, 30, 607-610.
- Krenichyn, K. (2006). 'The only place to go and be in the city': Women talk about exercise, being outdoors, and the meanings of a large urban park. *Health and Place*, 12, 631-643.
- Kuala Lumpur City Hall (2013). Draft Kuala Lumpur Structure Plan 2020. City Hall of Kuala Lumpur.
- Kuhirunyaratn, P., Pongpanich, S., Somrongthong, R., Love, E. J. & Chapman, R. S. (2011). Social support and physical exercise among rural elderly in Khon Kaen Province, Thailand. *Humankinetics*. Available online, <http://www.humankinetics.com/aaccabstracts/abstracts/social-support-and-physical-exercise-among-rural-elderly-in-khon-kaen-province-thailand>.
- Kuo, F. E. & Sullivan, W. C. (1998). Fertile Ground for Community: Inner-City Neighborhood Common Spaces. *American Journal of Community Psychology*, 26, 823-851.
- Kuo, F. E. & Sullivan, W. C. (2001). Environment and crime in the inner city does vegetation reduce crime? *Environment and Behavior*, 33(3), 343-367.
- Larsen, S. C., & Johnson, J. T. (2012). Toward an open sense of place: Phenomenology, affinity, the questions of being. *Annals of the Association of American Geographers*, 102, 632-646.
- Lee, Y. S. (2005). Gender differences in physical activity and walking among older adults. *Journal of Women Aging*, 17(1-2), 55-70.

- Lewicka, M. (2010). What makes neighbourhood different from home and city? Effects of place scale on place attachment. *Journal of Environmental Psychology*, 30, 35-51.
- Little, D. E. (2002). Women and Adventure Recreation: Reconstructing Leisure Constraints and Adventure Experiences to Negotiate Continuing Participation. *Journal of Leisure Research*, 34(2), 157-177.
- Lyytimäki, J. & Sipilä, M. (2009). Hopping on one leg – the challenge of ecosystem disservices for urban green management. *Urban Forestry and Urban Greening*, 8, 309-315.
- Malaysia, (2016). “*Eleventh Malaysia Plan 2016-2020*”. Percetakan Nasional Malaysia Berhad.
- Mansor, M. & Said, I. (2008). Green infrastructure network as social spaces for wellbeing of urban residents in Taiping, Malaysia. *International Conference on Environmental Research and Technology*. Parkroyal Penang, Malaysia.
- Mansor, M., Abdul Latif, N. S., Salleh, N. H., S, Kamaruddin, Z. & Mahamod, L. H. (2013, May). *Identifying cultural landscape components in the district of Kuala Kangsar, Perak, Malaysia. Meaning and Aesthetic in Asian Cultural Landscape*. Symposium conducted at the meeting of the Asian Cultural Landscape International Symposium, Urban Greening Institute, SNU.
- Marcus, B. H., Pinto, B. M., Simkin, L. R., Audrain, J. E. & Taylor, E. R. (1994). Application of theoretical models to exercise among employed women. *American Journal of Health Promotion*, 9(1), 49-54.
- Maruthaveeran, S. (2007). Performance indicators to evaluate urban parks from the safety & security perspective: *Journal of town plan*, 4, 15-19.
- Maruthaveeran, S. (2010). Establishing performance indicator from the user perspective as tools to evaluate the safety aspects of urban parks in Kuala Lumpur. *Pertanika J. Soc. Sci. Hum.* 18(2), 199-207.
- Maruthaveeran, S. & Konijnendijk, C. C. (2015). Fear of crime in urban parks – What the residents of Kuala Lumpur have to say? *Urban Forestry and Urban Greening*, 14, 702-713.
- McCool, S.F. & Martin, S. R. (1994). Community attachment and attitudes toward tourism development. *Journal of Travel Research* 32 (3), 29–34.
- McDowell, L. (1997). *Capital culture: gender at work in the city*. Oxford: Blackwell.
- McIntyre, N. (1991). Why do people rock-climb? *Australian Journal of Leisure and Recreation*, 1 (3), 33-42.
- Md Sakip, S. R., Mt Akhir, N., & Omar, S. S. (2014). Determinant factors of successful public parks in Malaysia. *A Proceeding of Social and Behavioural Sciences*, 170, 422-432.

- Miller, Y. D. & Brown, W. J. (2005). Determinants of active leisure for women with young children "An ethic of care" prevails. *Leisure Science*, 27, 405-420.
- Minhat, H. S. (2014) Leisure constraints faced by elderly women: Findings from qualitative study among elderly women in Selangor, Malaysia. *Journal of Public Health Medicine*. 14(1), 55-65.
- Minhat, H. S. & Mohd Amin, R. (2012). Social support and leisure participation of elderly in Malaysia. The Internet Journal of Geriatrics and Gerontology. Available online: <http://ispub.com/IJGG/7/1/13849> (accessed 27 May 2013).
- Mohamed, N. (2009). *Public preferences towards naturalistic and designed landscape pattern in park area*. Master's Dissertation, Build Environment, University of Technology MARA, Malaysia.
- Mohamed, N., & Othman, N. (2010). Push and pull factor: Determining the visitors' satisfactions at urban recreational area. *Asian Journal of Environment Behaviour Studies*.
- Moore, J. B., Mitchell, N. G., Beets, M. W. & Bartholomew, J. B. (2012). Physical self-esteem in older adults: A test of the indirect effect of physical activity. *Sport, Exercise, and Performance Psychology*, 1, 231-241.
- Morgan, P. (2009). Towards a developmental theory of place attachment. *Journal of Environmental Psychology* 30, 1:11-22.
- Mustafa Kamal, M. S. (2000). *A cross-cultural comparison of visual landscape preference for the natural environment*. Unpublished doctoral dissertation, Colorado State University, Colorado.
- Nasar, J. L. & Fisher, B. (1993). "Hot spots" of fear and crime: a multi-method investigation. *Journal of Environmental Psychology*, 13(3), 187-206.
- Nasir, R. A., Ahmad, S. S, & Ahmed, A. Z. (2013). Physical activities and human comfort correlation in an urban park in hot and humid conditions. *A Proceeding- Social and Behavioral Sciences*, 105, 598-609.
- Ngesan, M. R., & Zubir, S. S. (2015). Place identity of nighttime urban public park in Shah Alam and Putrajaya, *A Proceeding in Social and Behavioural Science*, 170, 452-462.
- Ong. (2003). Green plot ratio: an ecological measure for architecture and urban planning. *Landscape Urban Plan*, 63, 197-211.
- Othman, N. (2004). *A cross cultural comparison on preferences towards selected urban landscape planting compositions* (Doctoral Dissertation, Build Environment, University of Technology MARA, Malaysia).
- Plane, J. & Klodawsky, F. (2013). Neighbourhood amenities and health: examining the significance of a local park. *Social Sciences and Medicines*, 99, 1-8.

- Poh, B. K., Md Yusof, S., Aris, T., Mohd Din, S. H., et al. (2010). Physical activity pattern and energy expenditure of Malaysian adults: findings from the Malaysian Adult Nutrition Survey (MANS). *Malaysian Journal of Nutrition*, 16(1), 13-37.
- Pretty, J., Hine, R., & Peacock, J. (2006). Green exercise: The benefits of activities in green spaces. *The Biologist*, 53(3), 143-148.
- Ramkissoon, H., Weiler, B. & Smith, L. D. G. (2012). Place attachment and pro environmental behaviour in national parks: the development of a conceptual framework, *Journal of Sustainable Tourism*, 20(2), 257-276.
- Relph, E. (1976). *Place and Placelessness*. Pion: London.
- Rennick L. K. (2003). *Process: A strategy for developing community life and place attachment*. Unpublished MA thesis, Virginia Polytechnic Institute.
- Rij, E. V. A. N., Dekkers, J. & Koomen, E. (2008). Window on the Netherlands. *Analysing the Success of Open Spaces preservation in the Netherlands*.
- Rollero, C. & De Piccoli, N. (2010). Does place attachment affect social well-being? *Revue europeene de psychologie appliquee*, 60, 233-238.
- Rose, G. (1993). *Feminism and geography: the limits of geographical knowledge*. University of Minnesota Press, Minneapolis.
- Sakip, S. R. M., Johari, N., Abdullah, A. & Salleh, M. N. M. (2013). Assessing sense of community dimension in residential areas in the Malaysian Context. *A Proceeding - Social and Behavioral Sciences*, 105, 655-663.
- Saunders, M., Lewis, P. & Thornhill, A. (2012). *Research methods for business students*. 6th edition, Pearson Education Limited.
- Schipperijn, J., Stigsdotter, U.K., Randrup, T.B. & Troelsen, J., (2010). Influences on the use of urban green space - A case study in Odense, Denmark. *Urban Forestry and Urban Greening*, 9, 25-32.
- Sebba, R. (1991). The landscapes of childhood: The reflection of childhood's environment in adult memories and in children's attitudes. *Environment and Behaviour*, 22(4), 395-422.
- Shabak, M., Norouzi, N., Megat Abdullah, A. & Khan, T. H. (2015). Children's sense of attachment to the residential common open space. *A Proceeding - Social and Behavioral Sciences*, 201, 39-48.
- Shamai, S. (1991). Sense of place: An empirical measurement. *Geoforum*, 22, 347-358.
- Shaw, S. M. (1994). Gender, leisure and constraint: Toward a framework for the analysis of women's leisure. *Journal of Leisure Sciences*, 26(1), 8-22.
- Shaw, S. (1985). The meaning of leisure in everyday life. *Leisure Science*, 7, 1-24.

- Sherer, P. M. (2005). *The benefits of parks: Why America needs more city parks and open space*. San Francisco, CA: The Trust for Public Land
- Simpson, C. (1991). Women and recreation research from "Down Under." A summary. *World Leisure and Recreation*, 33(3), 19-22.
- Smaldone, D., Haris, C., Sanyal, N. (2005). An exploration of places as a process, the cases of Jackson Hole, WY. *Journal of Environmental Psychology*, 25, 397-414.
- Soja, E. (1996). *Thirdspace: Journeys to Los Angeles and other real-and-imagined places*. Cambridge: Blackbell.
- Sommer, R. & Sommer, B. B. (1997). *A practical guide to behavioral research: tools and technique*. Oxford University Press. ISBN: 0195104188, 9780195104189
- Spencer, C. (2005). Place attachment, place identity and the development of the child's self-identity: searching the literature to develop a hypothesis. *International Research in Geographical and Environmental Education*, 14(4), 305-309.
- Stewart, W.P., Liebert, D. & Larkin, K. W. (2003). Community Identities as Visions for Landscape Change. *Landscape and Urban Planning*. 69(2-3), 315-334.
- Stigdotters, U. K., et. al. (2010). Health promoting outdoor environments-Association between green space and health, health-related quality of life and stress based on a Danish national representative survey. *Scandinavian Journal of Public Health*, 38(4), 411-417.
- Sugiyama, T. & Ward Thompson, C. (2008). Associations between characteristics of neighborhood open space and older people's walking. *Urban Forestry & Urban Greening*, 7, 41-51.
- Suhardi, M. (2002). *Seremban Urban Park, Malaysia: A preference study*. Unpublished Master's Thesis, Virginia Polytechnic Institute & State University, Virginia, USA.
- Talbot, M. (1979). Meaning in physical activity: A speculative discussion. *Momentum*. 4(2), 28-33.
- Tam, C. L., Gregory, B., Yeoh, S. H., Yap, C. C., & Wong, C. P. (2016) Physical activity and its correlates among adults in Malaysia: A Cross-sectional descriptive study. *PLoS ONE*, 11(6), e0157730. <https://doi.org/10.1371/journal.pone.0157730>
- Taylor, A. F., Kuo, F. K., & Sullivan, W. C. (2002). View of nature and self-discipline.
- Thompson, S. M. (1990). 'Thank the ladies for the plates': The incorporation of women into sport. *Leisure Studies*, 9(2), 135-143
- Thomsson, H. (1999). Yes, I used to exercise, but...: A Feminist study of Exercise in the Life of Swedish Women. *Journal of Leisure Research*, 31(1), 35-56.

- Todorova, A., Asakawa, S., & Aikoh, T. (2004). Preferences for and attitudes towards street flowers and trees in Sapporo, Japan. *Landscape and Urban Planning*, 69, 403- 416.
- Tsai C. T. L. (2012). Feminist perspectives on Leisure Policies for Women. *The International Journal of Urban Labour and Leisure*, 4(1).
- Tsaur, S. H. et. al. (2014). Recreationist-environment fit and place attachment. *Journal of Environmental Psychology*, 40, 421-429.
- Tuan, Y. F. (1980). Rootedness versus sense of place. *Landscape*, 24(1), 3–8.
- Tuan, Y. F. (1977). *Space and place: the perspective of experience*. Minneapolis, MN: University of Minnesota Press.
- Uebersax, J. S. (2006). "Likert Scales: Dispelling the Confusion." *Statistical Methods for Rater Agreement*.
- Ujang, N., Moulay, A., & Zakariya, K. (2015). Sense of well-being indicators: attachment to public parks in Putrajaya, Malaysia. *A Proceeding of Social and Behavioural Sciences*, 202, 487-494.
- Ujang, N., & Dola, K. (2015). Linking activity and place attachment dimensions in enhancing the sense of place, *Alam Cipta*, Fakultas Rekabentuk dan SeniBina, UPM.
- Ujang, N., Zakariya, K. (2015). Place attachment and the value of place to the life of the users. *A Proceeding of Social and Behavioral Science*, 168, 373-380.
- Valentine, G. (1989). The geography of women's fear. *Area*, 21, 385-390.
- Veal, A. J. (2011). Leisure participation patterns and gender: the survey evidence on Australian adults, *Annals of Leisure Research*, 14, 2-3. Doi: 10.1080/11745398.2011.615711
- Ward Thompson, C. (2007). *Playful Nature: What makes the difference between some people going outside and others not?* London: Taylor and Francis.
- Ward Thompson, C., Aspinall, P. & Montarzino, A. (2008). The childhood factor: adult visit to green places and the significant of childhood experience. *Environment and Behavior*, 40, 111-143.
- Ward Thompson, C., & Aspinall, P. (2011). Natural environments and their impact on activity, health, and quality of life. *Journal of Applied Psychology: Health and Well-being*, 3, 230-260.
- Wells, N. M. & Lekies, K. S. (2006). Nature and the life course: pathways from childhood nature experience to adult environmentalism. *Children, Youth, and Environments*, 16(1), 1-24.

- Wende, H. E. W., Zarger, R. K., & Mihelcic, J. R. (2012). Accessibility and usability: green spaces preferences, perceptions, and barriers in a rapidly urbanizing in Latin America. *Landscape Urban Planning*, 107, 272-282.
- Williams, D. R., Patterson, M. E., Roggenbuck, J. W. & Watson, A. (1992). Beyond the commodity metaphor: examining emotional and symbolic attachment to place. *Leisure Sciences*, 14, 29-46.
- Wilson, W. H. (1989). *The city beautiful movement*. Johns Hopkins University Press, Baltimore.
- Woolley, H. (2003). *Urban Open Space*. London: Spon Press.
- Wu, Y. C., Tsai, C. H., Hsu, I. H., Chen, Y. H. (2010). The relationship between leisure activity involvement and place attachment in Taiwan Indigenous Cultural Park experience as a moderator. *The Journal of Global Business Management*, 6(2), 1-6.
- Yukic T. S. (1970) *Fundamentals of recreation*. 2nd ed., New York, Harper & Row, p. 5.
- Zainun, I. & Zoraini Wati, A. (1996). *Women's leisure and the family in contemporary Malaysian society*. In: Samuel, N. (ed.) *Women, leisure and the family in contemporary society: a multinational perspective*. Wallingford: CAB International. p. 255-270.
- Zambri, R., Abdullah, N. D. T. & Kassim, R. M. (2013). The Relationship between Motives for Physical Activity Participation and Physical Activity Level. *E Journal of Social Science Research*. e-ISSN: 2289-4977, p 159-170.
- Zhang, W., Yang J., Lvyi M. A. & Huang C. (2015). Factors affecting the use of urban green spaces for physical activities: Views of young urban residents in Beijing. *Urban Forestry and Urban Greening*. Doi: <http://dx.doi.org/10.1016/j.ufug.2015.08.006>.
- Zhang, H., Chen, B., Sun, Z., & Bao, Z., (2013). Landscape perception and recreation needs in urban green spaces in Fuyang, Hang Zhaou, China. *Urban Forestry and Urban Greening*, 12, 44-52.
- Ziaei, S. (2014). *Urban landmarks and their relationship with place attachment*. Master's Thesis, Universiti Putra Malaysia.