



***EFFECT OF WATER CONFIDENCE ACTIVITY ON PARTICIPANTS'
SELF-PREPARATION IN WHITEWATER RAFTING ACTIVITY***

SITI FADHILAH BINTI ALI

FH 2019 84

**EFFECT OF WATER CONFIDENCE ACTIVITY ON PARTICIPANTS'
SELF-PREPARATION IN WHITEWATER RAFTING ACTIVITY**

By

SITI FADHILAH BINTI ALI

**A Project Report Submitted in Partial Fulfillment of the Requirements
for the Degree of Bachelor of Park and Recreation Science in the
Faculty of Forestry
Universiti Putra Malaysia.**

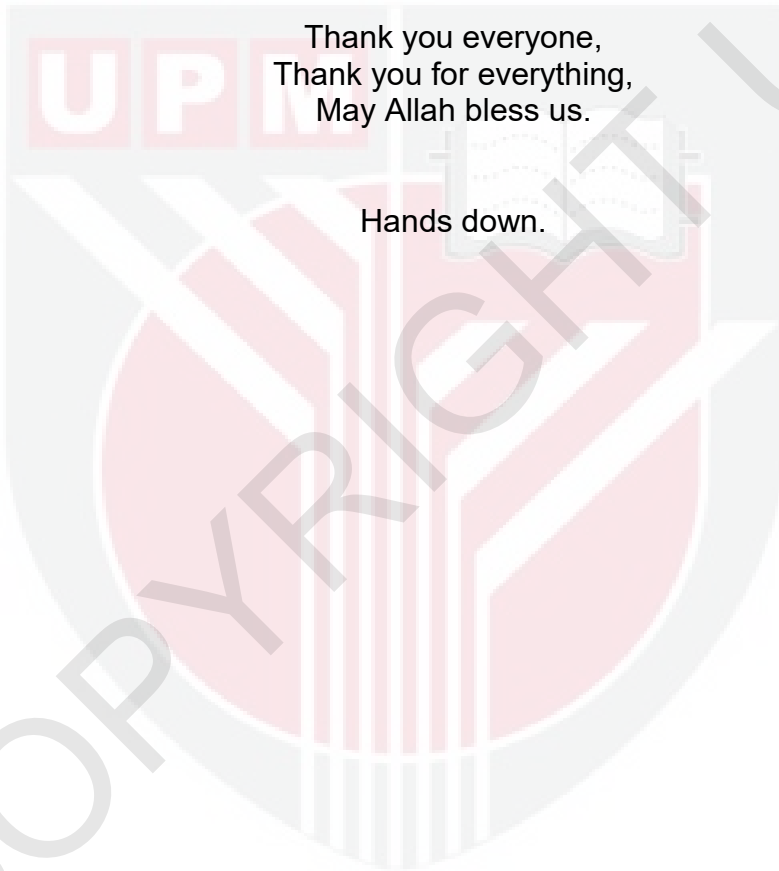
2019

DEDICATION

Dear beloved family,
This is for you.

Thank you everyone,
Thank you for everything,
May Allah bless us.

Hands down.



ABSTRACT

Whitewater rafting activity is fast gaining popularity alongside with other adventure tourism activities. However, participants are exposed to accident, injury, and even death when doing whitewater rafting activity. Hence, self-preparation is essential to reduce risks and ensuring safe completion of the activity. The present study utilizes the quasi experimental design to compare participants' self-preparation before and after participating in whitewater rafting activity. It also determines the effect of water confidence activity on participants' self-preparation in whitewater rafting activities. Among the mental, physical and emotion preparation, mental preparation records the highest mean score. Significant differences were observed between the mean scores before and after participating in the activity. Mental preparation contributes the highest percentage in water confidence activity. The findings show that mental preparation is the most important variable in self-preparation.

ABSTRAK

Aktiviti berakit arus deras cepat mendapat populariti selari dengan aktiviti lasak yang lain. Namun, peserta mudah terdedah kepada kemalangan, kecederaan dan juga kematian semasa melakukan aktiviti berakit arus deras. Oleh yang demikian, persediaan diri penting untuk mengurangkan risiko dan memastikan keselamatan selamat untuk menyelesaikan aktiviti tersebut. Kajian ini menggunakan rekabentuk ujikaji quasi untuk membandingkan persediaan diri peserta sebelum dan selepas menyertai aktiviti berakit arus deras. Selain itu, ianya juga untuk menentukan kesan aktiviti keyakinan air terhadap persediaan diri peserta dalam melakukan aktiviti berakit arus deras. Antara persediaan mental, fizikal dan emosi, persediaan mental mencatat rekod skor min yang tertinggi. Perbezaan yang penting diperhatikan diantara skor min sebelum dan selepas menyertai aktiviti tersebut. Persediaan mental menyumbang peratusan tertinggi di dalam aktiviti keyakinan air. Penemuan menunjukkan bahawa persediaan mental adalah pembolehubah yang paling penting dalam persediaan diri.

ACKNOWLEDGMENTS

Firstly, I would like to express my sincere gratitude to my dearest supervisor, Dr. Evelyn Lim Ai Lin for her continuous support, patience and time provided to me in the process of completing my final year project. Next, my appreciation also to both my examiners, Dr. Sam Shor Nahar and Assoc. Prof. Dr. Azlizam Aziz for their insightful comments and encouragement given during the presentation and evaluation of the thesis. All the questions and suggestions given has helped me widen my understanding on the study from various perspectives.

I would also like to extend my appreciation to the Director of Radak Adventure, Mr. Mohd Hasrol bin Khamis for giving me the permission to conduct my final year project at Radak Adventure, Gopeng Perak. Not to forget, thank you so much to Radak Adventure's crew for all your supportive and cooperation. Last but not least, thank you to my course mates, respondents and everyone for their support and encouragement in completing my final year project.

APPROVAL SHEET

I certify that this research project report entitled **Effect of Water Confidence Activity on Participants' Self-preparation in Whitewater Rafting Activity** by **Siti Fadhilah binti Ali** has been examined and approved as a partial fulfilment of the requirements for the degree of Bachelor of Parks and Recreation Science in the Faculty of Forestry, Universiti Putra Malaysia.

Dr. Evelyn Lim Ai Lin
Faculty of Forestry,
Universiti Putra Malaysia.
(Supervisor)

Prof. Dr. Mohamed Zakaria Bin Hussin
Dean,
Faculty of Forestry,
Universiti Putra Malaysia.

Date: June 2019

TABLE OF CONTENT

	Page
DEDICATION	ii
ABSTRACT	iii
ABSTRAK	iv
ACKNOWLEDGEMENTS	v
APPROVAL SHEET	vi
LIST OF TABLES	ix
LIST OF FIGURES	x
LIST OF ABBREVIATIONS	xi
 CHAPTER	
1 INTRODUCTION	
1.1 Introduction	1
1.2 Problem Statement	2
1.3 Definition of Terms	3
1.4 Objectives	4
 2 LITERATURE REVIEW	
2.1 Whitewater Rafting in Malaysia	5
2.2 Stages in Whitewater Rafting Activity	7
2.2.1 Safety Briefing	7
2.2.2 Water Confidence Activity	13
2.3 Self-confident in Whitewater Rafting Activity	15
2.4 Self-preparation in Whitewater Rafting Activity	15
2.4.1 Mental Preparation	16
2.4.2 Physical Preparation	17
2.4.3 Emotion Preparation	18
 3 METHODOLOGY	
3.1 Study Area	20
3.2 Sample	21
3.2.1 Sample Selection	21
3.2.2 Sample Size	21
3.2.3 Instrument	22
3.3 Quasi Experimental Design	24
3.4 Data Analysis	24
 4 RESULT AND DISCUSSION	
4.1 Cronbach's Alpha	26
4.1.1 Pilot Test	26
4.1.2 True Sampling	28
4.2 Participants' Self-preparation Before and After Participating in Whitewater Rafting Activity	29
4.3 Comparing Self-preparation Before and After Participating in Whitewater Rafting Activity	33
4.4 Influence of Water Confidence Activity on Participants' Self-preparation	33

4.5	Effect of Water Confidence Activity on Participants' Self-preparation	35
5	CONCLUSION AND RECOMMENDATION	
5.1	Conclusion	36
5.2	Limitation of Study and Recommendations	37
5.3	Implications	37
	REFERENCES	38
	APPENDICES	
	Appendix A: Questionnaire	44
	Appendix B: Permission Letter	61
	Appendix C: Descriptive Analysis	62



LIST OF TABLES

Table		Page
1	Safety Talk Outline by North West Rafter Association	9
2	Guides' Briefing Note as Recommended by Nomad Adventure	11
3	Cronbach's Alpha for Pilot Test	27
4	Cronbach's Alpha Value for True Sampling	29
5	Participants' Self-Preparation Before and After Participating in Whitewater Rafting Activity	30
6	Mean Score of Self-preparation Before and After Doing Whitewater Rafting Activity	33
7	Influence of Water Confidence Activity on Participants' Self-preparation	34
8	Effect of Water Confidence Activity on Participants' Self-preparation After doing Whitewater Rafting Activity	35

LIST OF FIGURES

Figure		Page
1	Raft Trip Policies by Project Great Outdoor	7
2	The Defensive Body Position by Philip & National Park Service	14
3	Map of Gopeng	20



LIST OF ABBREVIATIONS

PFD	Personal Floating Device
SPSS	Statistical Package for Social Science
WWR	Whitewater Rafting Activity
OS	Outside line
<i>M</i>	Mean Score
<i>SD</i>	Standard Deviation



CHAPTER 1

INTRODUCTION

1.1 Introduction

Adventure tourism can be divided into two categories, soft and hard adventure tourism. Soft adventure are activities with low risk, requires less skills and lower level of physical fitness such as interpretive nature walk and picnicking (William & Soutar, 2005). On the other hand, hard adventure activities have higher risk, thus requires technical skills and higher level of physical fitness such as whitewater rafting activity (Hill, 1995). In recent years, whitewater rafting is fast becoming one of the world most popular water adventure in tourism (David & Fiore, 2003).

Similarly, in Malaysia, whitewater rafting is also fast gaining its popularity alongside with other adventure tourism activities such as caving exploration and waterfall abseiling (Zulkifli, Syamsul, Sridar, Ahmad & Puvaneswaran, 2018). Among these activities, whitewater rafting is the second most popular in demand after caving exploration (Zulkifli et al. 2018). These activities are usually conducted in the states of Selangor, Perak and Kedah because of the availability and suitability of the natural resources for these activities. For example, 98,000 visitors visited the state of Perak to experience adventure activities in 2013 and the number of visitors increased by 19.4% in 2014 (Zulkifli et al. 2018). Recognizing the potential of adventure activities in the

state of Perak, the state government in 2016 recognized Kampar as a popular adventure tourism destination in Malaysia, especially for whitewater rafting activity.

1.2 Problem Statement

Participants are exposed to accident, injury and even death when doing whitewater rafting activity. According to CNN as reported by Sayour (2019), 25 deaths were recorded during rafting activities in twelve different states in the first eight months in 2016. Whitewater rafting activity is great, fun and challenging but the risk of injuries is always there (The Star Online, 2007^a). In Malaysia, the rate of accident or injury while participating in whitewater rafting activity is still low. However, isolated cases of injury or fatality do happen when doing whitewater rafting activity such as the case of a Dutch tourist drowned during a rafting trip at the Padas River in 2007. According to report from The Star Online (2007^b), Bianca De Visser De Vries drowned when she and another six participants were thrown off the raft while rafting.

There are many reasons to participants getting injured during participating in whitewater rafting activity. Lack of self-preparation is the main cause to injury because participants lack awareness or are lackadaisical towards the importance of self-preparation. Most first-timers would describe the feeling of fear and nervousness as the most common feelings when doing whitewater

rafting activity (The Star Online, 2015). According to Glacier News (2016) the fear of water tends to be a common concern among those who are nervous or scared of falling into the river. It stated that the lack of swimming skill is also a common concern among participants of whitewater rafting activity. These negative emotions result in lack of confidence on their ability to complete the activity safely (Bruno, 2016). However, many do not realise that these negative emotions occur due to lack of self-preparation.

1.3 Definition of Terms

a. Participant

Participant refers to local participants who participate in whitewater rafting activity for the first time. The participants participate in the activity without given any option because the program package was chosen by the organizing team.

b. Water Confidence Activity

Defensive swim is one of the many sections in the training process in Swift Water Rescue Technique. The Swift Water Rescue is a “specialized rescue discipline, which has principles and techniques that are employed in moving water” (Philip & National Park Service, 2012). It is conducted as a water confidence activity in flowing water to improve participants’ self-confidence and rescue technique in whitewater rafting activity.

c. Self-Preparation

It refers to participants' mental, emotional and physical preparation in whitewater rafting activity.

1.4 Objectives

The main objective in this study is to determine the effect of water confidence activity on participants' self-preparation in whitewater rafting activity. The specific objectives are:

- a) To compare participants' self-preparation before and after participating in whitewater rafting activity.
- b) To determine the effect of water confidence activity on participants' self-preparation in whitewater rafting activities.

REFERENCES

- Adib, V.T.A. (n.d). *A Brochure of Gopeng Heritage Trail Map. Tourism Perak, Malaysia*. Retrieved 10 November, 2018, from https://db.ipohworld.org/photo/pdf/7304_9kmo8140616.pdf.
- Austin, D.R., Crawford, M.E., McCormick, B.P., and Puymbroeck, M.V. (2015). *Recreational Therapy: An Introduction* (1st ed.). Urbana: Sagamore Venture Publisher. Retrieved from <https://www.sagamorepub.com/sites/default/files/2018-07/rtgalley.pdf>.
- Baden-Powell, E., and Frerichs, S. (2012). *Sport Psychology: Mental Preparation*. Unpublished program support notes. US America: VEA Pty Ltd.
- Benabou, R., and Tirole, J. (2002). Self-confidence and Personal Motivation. *The Quarterly Journal of Economics*, 117(3): 871-915.
- Bradley J.C. (2016). Physical Activity Education's Contributions to Public Health and Interdisciplinary Studies: Documenting More than Individual Health Benefits. *Journal of Physical Education, Recreation & Dance*, 87(4): 3-5.
- Bruno, A. (2016, October 18). *How to Build Confidence on the Water* [Blog post]. Retrieved from <http://jacksonkayak.com/blog/2016/10/18/how-to-build-confidence-on-the-water/>.
- Clark, M.H., and Shadish, W. R. (2011). "Quasi-Experimental Method". In Salkind, N, J. (2007). *Encyclopaedia of Measurement and Statistic*, (2): 1-2.
- Costello, B. (2016, April 23). *River Safety & Rescue: The Safety Talk* [Blog post]. Retrieved from <https://www.raftmw.com/river-safety-rescue-the-safety-talk/>.
- Cuccaro, M. (2013). Whitewater Skill: How to Swim. *Rapid Media Magazine*. Retrieved 8 January, 2019, from <https://www.rapidmedia.com/rapid/categories/skills/1288-whitewater-skill-how-to-swim>.
- David, C. and Fiore, M.D. (2003). Injuries Associated with Whitewater Rafting and Kayaking. *A Journal in Wilderness and Environmental Medicine*, (14): 255-260.
- D'O'Brian, J. (1991). Asian Recreation. *A Journal on Incentive Travel*, 165 (9): 92-97.
- Ekman, P. (1999). Basic Emotion. In Dalglish, T. and Power, M. *Handbook of Cognition and Emotion* (1st ed.). 3: 45-60. England: John Wiley & Sons Inc.

Gaya Travel Magazine. (2016). *Top Eight Place to Visit in Perak*. Retrieved 12 November, 2018, from <https://www.gayatravel.com.my/discover-the-world-of-wonders-in-perak/>.

Gaya Travel Magazine. (2011). *Back to Nature in Perak*. Retrieved 12 November, 2018, from <https://www.gayatravel.com.my/back-to-nature-in-perak/>.

Glacier News. (2016, July 31). *Four Common Misconceptions about White Water Rafting* [Blog spot]. Retrieved from <https://glacierraft.com/4-common-misconceptions-about-white-water-rafting/>.

Goleman, D. (2016). *Focus: The Hidden Driver of Excellence*. Ipswich: EBSCO Publishing Inc.

Google Map (2018). *Map of Gopeng*. Retrieved from <https://www.google.com/maps/place/Gopeng,+Perak/@4.4577147,101.1233627,13z/data=!3m1!4b1!4m5!3m4!1s0x31caf4b45e5bc699:0x8d6347341ca90525!8m2!3d4.471721!4d101.1654029>.

Gough, J. (2012^a). Kinta and Perak: An Eco-Adventure Playground. *An Article for Ipoh Echo Online*. Retrieved from <http://www.ipohecho.com.my/v2/2012/05/01/kinta-and-perak-an-eco-adventure-playground/>.

Gough, J. (2012^b). Perak Ready for VMY 2014. *An Article for Ipoh Echo Online*. Retrieved from <http://www.ipohecho.com.my/v4/article/2014/01/16/perak-ready-for-vmy-2014>

Heckhausen, J., and Heckhausen, H. (2018). *Motivation and Action*. United States: University of California.

Hill, B.J. (1995). A Guide to Adventure Travel. *Journal in Park and Recreation*, 30(9): 56-65.

Ipoh Tourism Board (2013). *Whitewater Rafting*. Retrieved 25 May, 2019, from http://www.ipoh-city.com/attraction/White_Water_Rafting/.

Joshi, A. (2015, January 30). *How to Prepare Yourself for a River Rafting Trip?* [Blog spot]. Retrieved from <https://www.alaknandariverrafting.in/blog/how-to-prepare-for-river-rafting-tour/>.

Juuso, M. (2011). *Self-esteem, Anxiety and Motivation – The Effect of Psychological Factor on Sport Performance*. Unpublished Bachelor's Thesis dissertation. Finland: HAAGA HELIA University of Applied Science.

Lazarus, R.S. (1993). From Psychological Stress to the Emotions: A History of Changing Outlooks. *Annual Review Psychological*, (44): 1-21.

Mahoney, M.J., and Avenier, M. (1977). Psychology of the Elite Athlete: An Exploratory Study. A Journal in *Cognitive Therapy and Research*, 1(2): 135-141.

McKenny, T. (2009). *Tasmania Adventure Activity Standard - River Rafting*. Tamania: Department of Education Outdoor Education Guideless.

Mohamad Adam B, Evi Diana O, and Nur Akmal B. (2018). A Review On Sample Size Determination for Cronbach's Alpha Test: A Simple Guide for Researchers. *Malays J Med Sci*. 2018, 25(6): 85–99.

Myers, C.C. (2004). *Mental Imagery for Whitewater Rafters*. Unpublished Graduate Student Theses, Dissertation, and Professional Papers. Montana: University of Montana.

Neuman, L.W. (2014). *"Social Research Methods: Qualitative and Quantitative Approaches"* (7th ed.). US America: Allyn & Bacon.

Oxbold (2018). *White Water Rafting Malaysia*. Retrieved 10 June, 2019 at <http://www.oxbold.com/waterraftingmalaysia.htm>.

Ng. C.K.C., Ooi, P.A.C., Wong, W.L., and Khoo, G. (2018). Ichthyofauna Checklist (Chordata: Artinopterygii) for Indicating Water Quality in Kampar River Catchment, Malaysia. *A Journal of Biodiversitas*, 19 (6): 2252-2274.

Philips, K. and National Park Service (2012). *Swiftwater Rescue Manual*. (1st ed.). United States: United States Department of the Interior, National Park Services.

Prayag, G., Hosany, S., Muskat, B., and Chiappa, G.D. (2017). Understaning the Relationship between Tourists' Emotion Experience, Perceived Overall Image, Satisfaction, and Intention to Recommend. *A Journal of Travel Research*, 56(1): 41-54.

Project Great Outdoors (2012). *Policies and Procedures Relating to Project GO's Rafting Activities in Rafting Program Policies*. California: Project Great Outdoors.

River Sport Magazine. (2019). *Rafting*. Retrieved 25 January, 2019, from <https://riversportsmag.com/first-timers/rafting/>.

Roselan, A.R. (2017). River Morphometry Analysis and Its Capacity to Introduce Tourism Attraction in Sedim River, Kedah. *A Geography Journal*, 5 (2): 127-137.

Sayour, G. (2019, January 17). *Whitewater Rafting Death Statistic: It's Safer Than You Think [Blog post]*. Retrieved from <https://www.thoughtco.com/whitewater-rafting-death-statistics-3969676>.

Stillwell, B. (2007). Swimming Instruction for Those Fearful of Water. *An Article for Academic Onefile*. 23, 36-42.

Tavakol, M., and Dennick, R. (2011). Making Sence of Cronbach's Alpha. *International Journal of Medical Education*, (2): 53-55.

The Star Online. (2005^a, November 16). *Whitewater Heaven*. Retrieved from <https://www.thestar.com.my/news/community/2005/11/16/whitewater-heaven/>.

The Star Online. (2005^b, November 16). *World-class Whitewater Kayaking Destination*. Retrieved from <https://www.thestar.com.my/news/community/2005/11/16/worldclass-whitewater-kayaking-destination/>.

The Star Online. (2007^a, November 17). *Playing it Safe*. Retrieved from <https://www.thestar.com.my/story/?file=%2F2007%2F11%2F17%2Flifetravel%2F19450320&sec=lifetravel>.

The Star Online. (2007^b, October 18). *Tourist Killed While Rafting*. Retrieved from <https://www.thestar.com.my/news/nation/2007/10/18/tourist-killed-while-rafting/>.

The Star Online. (2012, May 6). *Heritage Heaven*. Retrieved from <https://www.thestar.com.my/lifestyle/features/2012/05/06/heritage-haven/>

The Star Online. (2015, May 28). *Road to Adventure*. Retrieved from <https://www.thestar.com.my/metro/focus/2015/05/28/road-to-adventure-car-makers-media-drive-to-perak-sees-participants-braving-the-rapids-of-kampar-riv/>.

Tour Malaysia. (2012). *Whitewater Rafting*. Retrieved on November 12, 2018 from http://tourmalaysia.com.my/Raft/raft_sedim.htm.

Vealey, R.S. (2009). Handbook of Sport Medicine and Science, Sport Psychology. Edited by Brewer, B. W. *Confident in Sport*. Retrieved from https://books.google.com.my/books?hl=en&lr=&id=Uwl4xd3a5W0C&oi=fnd&pg=PA43&dq=mental+preparation+is+important+to+successful+in+sport&ots=OC-cGTVro3&sig=PRx5QJEixw-RymCVOqB9qM9ns5Y&redir_esc=y#v=onepage&q=mental%20preparation%20is%20important%20to%20successful%20in%20sport&f=false.

Weinberg, R.S., and Gould, D. (2011). *Foundations of Sport and Exercise Psychology*. (5th ed.). Champaign: Human Kinetics Publisher.

William, A. and Soutar, G. (2005). Close to the "Edge": Critical Issue for Adventure Tourism Operators. *Article in Asia Pacific Journal of Tourism Research*, 10 (3): 247-261.

Wilson, I., McDermott, H., Munir, F., and Hogervorst E. (2013). Injuries, Ill-health and Fatalities in Whitewater Rafting and Whitewater Paddling. *Journal in Sport Med*, 43 (1): 65-75. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/23315757>.

Wolf, J. (2011). Self-administered Questionnaire. In Lavrakas, P, J. (2008). *Encyclopaedia of Survey Research Methods*. Thousand Oaks: Sage Publication.

Zulkifli Mohamed, Syamsul Herman, Ramachandran, S., Ahmad Suib and Kunasekaran, P. (2018). Adventure Tourism in Kampar, Malaysia: Profile and Visit Characteristic of domestic Visitors. *International; Journal of Business and Society*, 19: 175-185.

