



***HIKING MOTIVATION AND CONSTRAINTS: A CASE STUDY AMONG  
STUDENTS IN UNIVERSITI PUTRA MALAYSIA***

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By

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Requirements for the Degree of Bachelor Park and Recreation Science  
in the Faculty of Forestry  
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## DEDICATION

To God Almighty my creator, my strong pillar, my source of inspiration,  
wisdom, knowledge and understanding.

To Dr Azita Binti Ahmad Zawawi for her valuable guidelines, advice  
and constructive suggestions

To my family who inspired me to higher ideas of life,  
for their prayers,  
sacrifices and their endless patience.

To my dear classmate, lecturers and all those who near me.

Thank you very much for everything

## ABSTRACT

Hiking is a recreational activity that uses physical and mental strength which contribute to various benefits to individuals and society. Motivation such as fitness level, scenic beauty and supportive environment are important to encourage one's participation in hiking activities. The study aimed to determine motivation and constraints of students in Universiti Putra Malaysia to participate in hiking activities. A comparison between natural science based students and non-natural science based students were also conducted. A total of 253 sets of questionnaires were distributed to UPM students. Questionnaire administered was developed based on Maslow's Hierarchy of Needs, and covers different scope including motivation, constrains, and recommendations from respondents. Results were obtained by using descriptive and *t*-test analysis. The results showed that scenic beauty is the most important motivation that encourage students' participation in hiking activities, with mean value of 4.69. Result also showed that major constraint that limits students' participation is physical abilities with mean value of 4.01. Furthermore, a comparison between natural science based and non-natural science based students indicated an interesting finding. The result highlighted that there are significant differences in the motivation factor where non-natural science based students have higher motivation to participate in hiking activities in terms of time, relaxation, healthy lifestyle and physical fitness. The comparison suggested that education background does not influence students' motivation in hiking activities.

## ABSTRAK

Mendaki adalah aktiviti rekreasi yang menggunakan kekuatan fizikal dan mental serta menyumbang kepada pelbagai faedah kepada individu dan masyarakat. Motivasi seperti tahap kecergasan, kecantikan yang indah dan persekitaran yang memuaskan adalah penting untuk menggalakkan penyertaan seseorang dalam kegiatan mendaki. Kajian ini bertujuan untuk menentukan motivasi dan kekangan para pelajar di Universiti Putra Malaysia dalam menyertai aktiviti mendaki. Perbandingan motivasi mendaki antara pelajar berasaskan sains semulajadi dan pelajar berasaskan sains bukan semulajadi turut dijalankan. Sejumlah 253 set soal selidik diedarkan kepada pelajar UPM. Soal selidik yang dikendalikan telah dibangunkan berdasarkan kepada Hierarki Keperluan Maslow, dan meliputi skop yang berbeza termasuk motivasi, kekangan, dan cadangan daripada responden. Hasil diperolehi dengan menggunakan analisis deskriptif dan *t*-test. Hasil kajian menunjukkan bahawa kecantikan yang indah adalah motivasi yang paling penting yang menggalakkan penyertaan pelajar dalam aktiviti mendaki, dengan nilai min 4.69. Keputusan juga menunjukkan bahawa kekangan utama yang menghalang penyertaan pelajar adalah kebolehan fizikal dengan nilai min 4.01. Selain itu, perbandingan antara pelajar sains berasaskan sains semulajadi dan bukan semulajadi menunjukkan satu penemuan menarik. Hasilnya menekankan bahawa terdapat perbezaan yang signifikan dalam faktor motivasi di mana pelajar berasaskan sains bukan semulajadi mempunyai motivasi yang lebih tinggi untuk menyertai kegiatan hiking dari segi masa, bersantai, gaya hidup sihat dan kecergasan fizikal. Perbandingan menunjukkan bahawa latar belakang pendidikan tidak mempengaruhi motivasi pelajar dalam kegiatan mendaki.

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## APPROVAL SHEET

I certify that this research project entitled “**Hiking Motivation and Constraints: A Case Study among Students in Universiti Putra Malaysia**” by Nur Alia Binti Zakri has been examined and approved as partial fulfillment of the requirements for the Degree of Bachelor of Park and Recreation Science in the Faculty of Forestry, Universiti Putra Malaysia.

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# CHAPTER 1

## INTRODUCTION

### 1.1 Background of Study

Hiking can be defined the use of the human body enacted without motorized vehicles, a trip may take less than an hour, days, and hikers typically go through forests, into mountain areas or pass through landscapes (Svarstad, 2010). In this decade, hiking has become one of the most enjoyed activities for active travellers in Malaysia nowadays. Besides, it also gained an attention between genders as they show their ability of physical and mental strength in venturing this field. A study by Wise (2017) revealed that hiking can be alternative therapy for the individual with depression, anxiety or mental illness and health problem as it can lead in active lifestyle.

On the Appalachian Trail (AT), the hikers initially appealed to hike by being outdoors, immerse with the beauty area, connections with different explorers, yet they basic thought processes self-satisfaction, appreciation, health, physical challenge, peace, and self-esteem(Hill, Goldenberg & Freidt, 2009). This feeling rejuvenation encouraged the hikers to hike at same trails previously. They also feel motivated by having an opportunity to talk with the family members, friends and strengthen relationships with others to be an important aspect in life. (Kim, Lee, Uysal, Kim and Ahn, 2015)

In Malaysia, hiking activity is one of the most frequently highlighted at many recreation areas. Besides having an interpretation of trail along during hike, hiking activity can be an attracted for people to visit and experiencing the nature. It also makes people to explore the inner part of the mountain or hill for its rich flora and fauna resources and assess the importance of the hiking. According to Kim et al. (2015), a study of hiking tourists in South Korea said that they were motivated by enjoying the natural environment, escaping from daily life, and improving their health and physical fitness.

As indicated by Raieh and Sahabudin (2016) in Sinar Online, hiking activities are one of the most loved exercises of youth particularly college students. Hiking can be considered an extreme activity as it requires a strong physical and mental stamina, but it is not a hindrance to its fans and those who are just tired of joining regardless of gender. The popularity of the decades of activity, in recent years, has been said to have become a 'mandatory' trend for everyone, especially students in public and private institutions of higher learning to spend time on semester breaks or to fill their free time. Their participation in such activities should be praised as it is not easy to attract students to the hiking if there is no deep interest and passion. Hiking a mountain or hill is indeed an exciting and fun activity. Additionally, if you are really interested in the hobby and you will naturally feel like it is the best therapy for yourself after busy with campus learning for some time. Students who have this hiking interest are certainly in the view of why they are involved in this

challenging activity. In addition to hobbies, they may hike because they want to gather with other friends who were previously busy with studies and want to eliminate stress throughout the learning process.

In UPM, there is lot of outdoor recreational club society under college or university that organized by UPM students especially on handling a trip to hiking in any site of mountain or hill area around Malaysia for example, Gunung Arong, Gunung Angsi, Bukit Kutu and others. From this program, the students that have no basic on hiking can follow the program as they can gather a new experience of hiking among themselves. Hence, with this participation of hiking activities also will gain new relationship between the students as they share the experiences together.

Jenkins (2019) said that live at low altitude and take a hiking trip to the mountains may experience altitude sickness including dizziness, fatigue, mild headache and nausea. Drink plenty of fluids and spend a few days at higher elevations to acclimate to the thinner atmosphere. Weather patterns in the high country can quickly take dramatic shifts. Additionally, hiking can be physically demanding and result in muscle soreness for several days afterward. If not adapted for the challenge, risk increases for slipping, falling and other injuries. Indeed, even experienced climbers and hikers can experience falling accidents.

## 1.2 Problem Statement

Motivations are directly related to the benefits provided by experience. However, not everyone is motivated to hike or attend in outdoor activities for the same reasons. Availability of time is the biggest limitation to nature-based tourism. As stated by Crompton and Kim (2004), cost related to user or program fee, and physical limitation has also been included a significant factor constraining visitors. Another constraint to outdoor recreation are participants are lack of information, distance of the recreation area, family commitments, expenses and lack of companionship (Shores, Scott, & Floyd, 2007). According to Azmilumur (personal communication, October 2, 2018), hiking in Sekteriat Rakan Muda UPM class is increasingly low because student more likely to participate in activities that require less money consumption and time. Previous groups prefer hiking activities is much popular as compared to other group as they have lack of exposure on hiking and recreational activities. The interest of hiking among the students also low as a new generation have lack interest in participate hiking activities.

Although outdoor recreation provides benefit in physical, psychological and social segment, many people are unable and unwilling to participate because of the various constraints. Lack of interest, knowledge, and time dimension were reported as the best indicates for distinguishing participation and non-participation. According to Fadhilah (personal communication, October 24,

2018), some hikers have lack of awareness towards the forests for example littering along the trail of hiking, damage the vegetation and others. Lack of confidence can be one of the factors for beginner hikers as they afraid if they might have left behind or lack of stamina during hiking.

Therefore, this research is conducted to understand hiking motivating and constraints among UPM student. This is important to ensure continuous involvement an active participation in outdoor diversion activities especially in hiking among UPM students. Outdoor recreation programs and opportunities need to maximize the forward benefits while minimizing these constraints.

### **1.3 Research Objectives**

The objective of this study was:

- a) To determine the hiking motivation among UPM students.
- b) To understand constraints in hiking participation among UPM students.
- c) To compare hiking motivation among natural science based and non-natural science based academic programs.



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