



***FACTORS THAT INFLUENCING DURATION TIME FOR RECREATION
ACTIVITIES OF RECREATIONIST AT FOREST TRAIL OF AYER HITAM
FOREST RESERVE***

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ACTIVITIES OF RECREATIONIST AT FOREST TRAIL OF AYER HITAM
FOREST RESERVE**

By
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**A Project Report Submitted in Partial Fulfilment of the Requirements for
the Degree of Bachelor of Forestry Science in the Faculty of Forestry**

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DEDICATION

This study is dedicated specially to:

My parents,

Harun bin Mohd Nayan

Jamilah binti Daud

Husband and son,

Muainnudin bin Masbor

Hasannudin bin Muainnudin

My supervisor,

Dr. Mohamad Roslan bin Mohamad Kasim

Family and friends

ABSTRACT

Ayer Hitam Forest Reserve (AHFR) is a reserve forest that should be protected from any form of activities. However, the issue of public encroachment to conduct the recreation activities had created a conflict between forest conservation and public health. These recreation activities gave the negative impacts to environmental issue such soil compaction, habitat fragmentation, trampling and wildlife disturbance (noise). This study aims to investigate the factors that influence recreationist spend time on recreation activities to this forest. A set of questionnaires was given to 300 of visitors at AHFR. The location of collecting data is located at entrance near Taman Wawasan, Puchong. Regression analysis was used to determine the factors that had influencing the presence of recreationist to the forest. The population of recreationist is diverse from different background of races, religion and education level from the data of the survey collected. Result from the regression analysis, the R^2 of model summary was 0.094 and standard error was 0.089. The result shown that push factors influence the recreationist come to AHFR for recreation due as a result of recreationist self- behaviours and psychology to fulfill their own desire. Thus, the equation of regression model can be express as $Y = -0.745 + 0.495X_1$. This study also determined the best mechanism for conservation of AHFR Trails. The suggestion they given are based on education, campaign, smoking prohibition, law and regulation and leaves it by own nature.

ABSTRAK

Trek Hutan Simpan Ayer Hitam adalah hutan simpan yang harus dilindungi dari sebarang bentuk kegiatan. Walau bagaimanapun, isu pencerobohan awam untuk menjalankan aktiviti rekreasi telah mewujudkan konflik antara pemuliharaan hutan dan kesihatan manusia. Kegiatan rekreasi ini memberi kesan negatif terhadap masalah alam sekitar seperti pemadatan tanah, pemecahan habitat, penginjakan tanah dan mengganggu hidupan liar (bunyi). Kajian ini bertujuan untuk mengkaji faktor-faktor yang menarik minat rekreasi kepada hutan ini. Set soal selidik diberikan kira-kira 300 orang pelawat yang datang ke AFHR. Lokasi kajian sebenarnya dilakukan di pintu masuk yg terletak di Taman Wawasan Puchong. Analisis regresi digunakan untuk menentukan faktor-faktor yang mempengaruhi masa untuk melakukan aktiviti rekreasi di dalam hutan. Data daripada kaji selidik menunjukkan Populasi para rekreasi berbeza dari segi latar belakang ras, agama dan pendidikan yang berlainan. Daripada analisis regresi dijalankan, ringkasan model R^2 adalah 0.094 dan standard error adalah 0.089. Hasil menunjukkan bahawa faktor-faktor yang mendorong mempengaruhi rekreasi rekreasi kepada AHFR untuk rekreasi disebabkan tingkah laku dan psikologi pengguna rekreasi diri sendiri yang ingin memenuhi kemahuan mereka. Oleh itu, persamaan model regresi boleh dinyatakan sebagai $Y = -0.745 + 0.495X_1$. Hasilnya menunjukkan bahawa faktor penolak mempengaruhi pengguna rekreasi datang ke AHFR untuk rekreasi kerana perilaku pengguna itu sendiri untuk datang. Kajian ini juga menentukan mekanisme terbaik untuk pemuliharaan di trek AHFR. Cadangan yang diberikan adalah berdasarkan pendidikan, kempen, tidak merokok, undang-undang dan peraturan dan meninggalkannya sendiri.

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APPORVAL SHEET

I certify that this research project report entitled “Factors That Influencing Duration Time for Recreation Activities of Recreationist at Forest Trail of Ayer Hitam Forest Reserve” by Nor Hazimah Binti Harun has been examined and approved as a partial fulfilment of the requirement for the degree of Bachelor of Forestry Science in the Faculty of Forestry, Universiti Putra Malaysia.

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LIST OF ABBREVIATIONS

AHFR	Ayer Hitam Forest Reserve
SPSS	Statistical Package for Social Science
PEFC	Programme for the Endorsement of Forest Certification
FSC	Forest Stewardship Council



CHAPTER 1

INTRODUCTION

1.1 Background of Study

Recreation is one of the most popular activities carried out by people during leisure time where people spend time with family or friends. According to Pigram (1983), recreation is considered to be activities voluntarily undertaken, primarily for pleasure and satisfaction during leisure time. Besides, recreation is giving benefit to physical and mental health for good quality of living by engaging the people with their free time to enjoy and redeem social values. Moreover, recreation is not only contribute to individual but also to social group. Basically, recreation activities can be divided into two categories which are indoor and outdoor. Recreation is likely preferred for people to join, which in some cases is really extreme and challenging.

Nowadays, outdoor recreation for example hiking and camping are become a trend for people to participate. These recreationists have a different socio-demographic background such as age, race and income. Besides, there are some other factors that attracting them to recreate whether individually or in group. Hiking activities involved mountain climbing and crossing the steep forest area. This could give several negative impacts to the forest ecosystem and there are factors that attracting them recreate whether individually

decision or group of society. Major of recreationist can be different background level with different age, races and income.

Malaysia has a rich tropical rain forest with highly biodiversity species of flora and fauna living in the forest. However, a large chunk, of forest area in Malaysia are degraded fo due to human activities through tourism and recreation. It was found that opening the forest area for tourism would give benefit in the form of state revenue and undisturbed nature to be enjoyed but at the same time, it would triggered the issue of soil erosion and other environmental hazards in that area especially where the number of visitors is above the carrying capacity while the activities is being carried out beyond control.

Therefore, as it is predicted that by year 2020, 73% of the Malaysian population will be urbanites (Nor A'aini and Kamarul'ain, 2007). As a preparation for the future, many recreational spots in urban areas would be developed, set up and provided that produced more green spaces for urban people to enjoy.

This study will evaluate the factors that attract the recreationist to recreate at the Ayer Hitam Forest Reserve Trail which located near to resident area, namely Taman Wawasan Puchong where the environment is mostly healthy and peace.

1.2 Problem Statement

As time passes, forest area become most popular to visit among public people especially for recreation activities. The demand for recreation in the forest increases due to the awareness for healthy lifestyles and closer to the nature. On the base view, recreation activities do not contribute to any damage to environment but if abundant of people going inside the forest area especially in the high density of trees and animal species, it will disturb their ecosystem. This also supported by the human attitude for example throwing the rubbish and left-overs behind. There are some benefits doing recreation but in other it hand can affect the ecological system in the forest if there is lack in awareness to take care about the nature.

Ayer Hitam Forest Reserve Trail area is located near Taman Wawasan Puchong formally opened to public for recreation activities to cater the need of many residents near the forest frequently to enjoy recreation. The Department of Forestry State of Selangor give permission to enter jogging track for jogging about 2.8 km in Ayer Hitam Forest Reserve Trail. The resident near the location use the benefit to do some activities such as jogging, hiking, camping and others activities. This place become more popular for outsider come from another area of Puchong. Moreover, everyday people come to this trail especially during weekend there are many people bringing along their family and friends. It became popular among urban citizens to find forest in the urban areas. But, the abundant of people come for recreation will causes some environmental problems such as soil erosion, trampling, habitat fragmentation and disturb wildlife in AHFR. The

carrying capacity of visitors is at maximum level which lead to destruction of forest structure.

Forest and human has relationship where forest act as carbon sink for human but to keep maintain the environment safe is really hard especially how to conserve biodiversity in term of urbanisation area. However, based on the interview with regular visitors, there is lack of information related to the visiting of recreationist and information on the attractive features and benefits of the AHFR to the community. This implicate the lack of focus in the way forest conservation being carried out. Example of forest conservation activities are public education, replanting tress, ex-situ and in-situ conservation and campaign. Opinion from recreationist is important to evaluate their knowledge about the conservation of forest in this study.

By carry out this study, documentation on the attractive factors, features and benefit can be done. This documentation could help in planning a good forest conservation plans that could give benefit to community.

1.3 Objectives

The objectives of this study were:

- 1) To identify the mode of recreation behaviour.
- 2) To examine the factors that influencing duration time for recreation activities of the recreationist to the forest trail at Ayer Hitam Forest Reserve.
- 3) To determine the best mechanism to conserve AHFR.



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