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**EXTENDED
ABSTRACT**

Examining Motivations to Participate in Hiking Activity Among Hiker at Gunung Datuk Negeri Sembilan

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I. INTRODUCTION

Hiking participation in Malaysia has increased, yet little is known about the motivations driving hikers, particularly at specific locations like Gunung Datuk. This study explores motivational factors, participation frequency, and gender differences among hikers, aiming to understand how motivation relates to hiking frequency. The findings can inform outdoor recreation planning and promote healthier, active lifestyles through targeted strategies.

II. METHODS

Data was collected through an online Google Form distributed to hikers at Gunung Datuk. A total of 130 participants completed a structured questionnaire measuring hiking motivation and participation frequency. The instrument utilized a Likert scale to quantify motivational factors and frequency levels. Respondents were selected using convenience sampling, targeting individuals actively participating in hiking activities at the study location.

III. RESULTS AND DISCUSSION

A. Factors Influencing Hiking Motivation

Hikers at Gunung Datuk were primarily driven by intrinsic motivation, followed by extrinsic motivation and amotivation. Intrinsic factors such as enjoyment and challenge scored highest, confirming internal drivers as key. No unexpected findings were reported, reinforcing existing theories about self-driven motivations in outdoor recreation contexts.

B. Frequency of Hiking Participation

Hikers at Gunung Datuk were primarily driven by intrinsic motivation, followed by extrinsic motivation and amotivation. Intrinsic factors such as enjoyment and challenge scored highest, confirming internal drivers as key. No unexpected findings were reported, reinforcing existing theories about self-driven motivations in outdoor recreation contexts.

C. Gender Differences in Motivation

No significant motivational differences were found between male and female hikers. However, female hikers showed slightly higher overall motivation scores, particularly for health-related reasons. These insights may inform gender-sensitive strategies to promote hiking participation more effectively.

TABLE I
GENDER DIFFERENCES IN MOTIVATION

Variables	Group	N	Mean (SD)	t	df	p
Intrinsic Motivation	Male	60	4.59 (.666)	0.500	128	0.618
	Female	70	4.54 (.589)			
Extrinsic Motivation	Male	60	4.51 (.752)	2.087	128	0.039
	Female	70	4.22 (.821)			
Amotivation	Male	60	4.14 (1.438)	1.376	128	0.171
	Female	70	3.80 (1.355)			

D. Relationship Between Motivation and Participation Frequency

A weak but positive correlation existed between participation frequency and motivation. Intrinsic motivation was most strongly linked to frequent hiking. Low-frequency participants did not exhibit distinct motivational profiles, indicating that other variables may influence less frequent participation.

TABLE II
RELATIONSHIP BETWEEN MOTIVATION AND PARTICIPATION FREQUENCY

	Frequency of participation activity per month	
Intrinsic Motivation	Pearson Correlation Significant (2-tailed)	0.013**
	N	130
	Extrinsic Motivation	Pearson Correlation Significant (2-tailed)
N		130
Motivation		Pearson Correlation Significant (2-tailed)
	N	130

IV. CONCLUSIONS

Intrinsic motivation plays a key role in hiking participation at Gunung Datuk, with moderate frequency patterns and slight gender-based variations. A weak positive relationship exists between motivation and hiking frequency. These findings can support targeted strategies to promote recreational hiking and foster active lifestyles across demographic groups.

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