

Examining Motivation to Participate in Hiking Activity among Perlis Community

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ABSTRACT

One of the most popular activities in the world is hiking. Hiking has gained popularity due to its advantage as a type of exercise and relaxation. However, little attention has been paid to the motivation for participating in outdoor activities in Perlis community the Leisure Motivation Scale (LMS-28) was used with a total sample size of 200 from the Perlis community. The results indicate that a significant difference in intrinsic and extrinsic motivation to participate in hiking activities was found between the genders in the Perlis community ($p < 0.001$). The results revealed that the female ($m = 6.55$) has higher mean compared to male ($m = 6.31$) for both intrinsic and extrinsic motivation. Furthermore, this study can provide insights into the desires and expectations of respondents regarding participation in hiking activities. In conclusion, this study can provide the State Government of Perlis with valuable information about the motivational factors that influence the population's influencing community participation in hiking activities and contribute to improving public health. 6.31 male 6.33 female.

Keywords: *extrinsic motivation, gender, hiking, intrinsic motivation, motivation*

INTRODUCTION

Recreation broadly speaking refers to leisure activities that people independently choose to partake in without external pressure (Sidi & Radzi, 2017). Activities for leisure include walking, swimming, meditating, reading, playing games and dancing. These recreational activities, or leisure activities, are undertaken with the intention of passing the time and benefiting the community. People benefit from outdoor recreation because it allows them to gain valuable recreational experience from all of the activities (Fagerholm, Eilola & Arki, 2021; Brymer, Crabtree & King, 2021). Additionally, Tribe (2020) mentioned that the number of people engaging in outdoor recreational activities has increased, and lots of individuals are starting to understand how maintaining physical health and receiving physiological treatment from recreational activities benefits them.

Furthermore, in outdoor recreation activity is one of the most popular sports in the world particularly hiking. According to Zach Reed (2023), hiking gains popularity for its beneficial qualities as a form of exercise and relaxation. This is because hiking is an activity that almost everybody can enjoy and is usually affordable. Walking a significant distance outdoors, usually over undeveloped terrain with obstacles like rocks and tree roots to navigate, is known as hiking (Mitschke, 2020). Since hiking is tailored to each participant's physical ability and combines enjoyment, exercise and self-mastery, it is also thought to attract a lot of interest (Chambers & Poidomani, 2022; Rubane, 2024). Though most of the studies were focusing on the factors that contribute to their interest in engaging in recreational activities. However, most of the studies did not focus solely on hiking activities.

As diverse as human desires are, so too their motivations. Desire is the most basic definition of motivation (Lens & Vansteenkiste, 2020; Navy, 2020). Zohar and Zohar (2020) states that an individual needs self-motivation. Motivation, sometimes referred to as the need or drive, it is an internal state that arises from a desire for change, whether in the outside world or in oneself. According to Wangid (2020) motivation is the key concept to understand and comprehend the reasons behind people's leisure activities its processes. Yet, there is limited study that focusing on the motivational factors for people to engage in hiking activities. Therefore, this study will be focusing on the motivational factors including the intrinsic and extrinsic factors that influence the engagement of hiking activities.

LITERATURE REVIEW

Outdoor Recreation

Outdoor recreation is an essential component of a healthy lifestyle. According to the World Health Organization, outdoor recreation and physical activity in nature are crucial for human health and well-being (World Health Organization, 2018). Yasim (2016) mentions that outdoor recreation is an activity that emerged during the golden age of ancient Athens in the mid-20th century. However, outdoor recreation came to be understood more seriously, considering the psychological aspect of people. For example, outdoor recreation is defined as the interaction between an activity and natural outdoor environment that recreates an individual physically, psychologically, emotionally, and socially (Yasim, 2016). Additionally, Said et al. (2021) stated that outdoor recreation is seen growing rapidly nowadays. But Seif and Sareh (2019) as mentioned in Said et al. (2021), stated that some researchers believe that outdoor recreation can aid individual's social and personal development through the experience process.

Outdoor participation between gender

According to Rahman et al. (2022), male students are observed to be more engaged in extracurricular activities than female students. According to Iddrisu, Senadiki, Ogbeibu and Senadiki (2023) the Malaysian university male students are highly involved in extracurricular activities with 62.8% compared to female with 37.2%. Additionally, in Kim, Shin and Kang (2023), the results indicated that the male students were more engaged with outdoor sports with 53.5% whereas the female students were 46.5%. Though the results were indicating engagement in outdoor and recreational activities generally, the result might somehow be the same in determining their engagement in hiking activities. Compared to men, women are more risk averse. Females are less active than males because they tend to be more cautious about risks. While women are more cautious in their activities, men are seen as unpredictable and adventurous (Rahman et al., 2022). However, according to Claudio et al. (2020) its common knowledge that young girls have an emotional connection to nature that is marginally stronger than boys. This may be due to their preconceived notion that outdoor leisure is a dangerous activity that could harm their health, and that people's decisions are also influenced by their prior experiences.

Hiking

Hiking is a popular activity that has grown in popularity in recent years. Huber et al. (2022) stated that hiking is becoming more and more popular and is a major reason why people go on vacation. According to Nordin and Jamal (2021) hiking is one of the most popular ecotourism activities in Malaysia. It immerses participants in nature and linked to advantages for health and wellbeing. Additionally, the Outdoor Industry Association (2017) reported that hiking is the most popular outdoor exercise in the United States, with over 40 million participants reported in 2015. Furthermore, according to Boon and Van Der Linden (2016), hiking may also be an educational experience, as hikers can learn about the flora and fauna of the area, as well as the local history. However, Klosterman et al. (2019), argues that hiking can also provide social contact and connection with nature. While hiking can be a wonderful experience, there are some risks involved with the activity. Tian et al. (2019) suggest that hiking's inherent risks may have an adverse effect on the growth of hiking tourism, even though modern individuals seek adventure in their free time while attempting to reduce and control hazards in the workplace. It is critical to understand the perceived danger that motivates people to take up hiking (Feng and Yang, 2015).

Motivation

According to Gopalan et al. (2017), motivation is a theoretical concept that helps explain human behavior. Motivation provides a rationale for human reactions and the fulfillment of their needs. As an alternative definition, motivation is the thing that propels conduct or makes someone want to do something. Additionally, Kendra Cherry (2022) stated that motivation is the reason a person allows themselves to do something. For example, motivation is what motivates a person to lose weight or strive for promotion at work. In summary, motivation drives individuals to take actions that brings them closer to their goals. Moreover, motivation encompasses elements that support and direct goal-directed conduct. Furthermore, according to Petri and Cofer (2022), psychologists explore motivational influences to help explain observable changes in individual behavior.

Self-Determination Theory

A thorough description of personality and motivation in personality is Self-Determination Theory that focuses on how an individual interacts with and depends on their social environment (Lisa Legault, 2017). According to Barkoukis et al. (2008), self-determination theory identifies the key elements of human motivation. However, Courtney (2018) stated that in diplomatic and political context, the phrase "self-determination" has increasingly been used to refer to the steps taken by a nation to declare its independence. Furthermore, Self-Determination Theory connects human motivation, personality, and optimal performance (Deci and Ryan, 2008). Within contrast to Teixeira et al., (2012), among theories of human motivation, self-determination theory is the only one that allows for the examination of the varying impacts of qualitatively many forms of motivation that may be responsible for behavior. In another way, humans strive to grow and comprehend themselves through incorporating new experiences, tending to their needs, wants and interests, and engaging with the outside world and other people.

METHODOLOGY

Research Design

The research design for this study involves quantitative and non-experimental designs. The designs involve collecting and analyzing numerical data and using Google Form as instruments. Additionally, this study aims to examine intrinsic and extrinsic motivation for participation in hiking

activities among genders in the Perlis community. This study obtained approval from the ethical committee, the reference number of approval is 600-UiTMPs (PJIM&A/UPK-REC 488/2023).

Research Population and Sampling

The technique of purposive sampling is used to determine the sample from the population. The total population of the Perlis community is 254,000 people. According to Krejcie and Morgan (1970), the sample size for the total population is 384 but an additional 20% is recommended to account for potential non-response or drop-outs, resulting in a sample size of 460 for this study. However, only 200 participants completed the questionnaire. The results are due to the inability of the respondents to complete the online survey. Due to that this had become the limitation of this study.

Research Instrument

The questionnaire items were divided into two sections. Section A pertained to demographic profile data consisting of closed, gender, age, employment sector, monthly income, marital status, residence in Perlis, length of stay in Perlis, most preferred hiking location in Perlis and frequency of participation in hiking activities per month. Section B focused on the Leisure Motivation Scale. The Leisure Motivation Scale (LMS-28) was sourced from a previous researcher by Luc et al. (1991). This scale assesses people's motivation for engaging in leisure activities by evaluating seven types of motivation: intrinsic motivation for knowledge, accomplishment, and stimulation, as well as external, introjected and identified regulation and amotivation. It comprises 28 items with five items allocated to each of the seven subscales, which are rated on a 7-point scale. As a result of the validity and reliability of the Turkish adaptation of the scale conducted by Koç (2020), the total internal consistency coefficient was found as 0.80, as 0.76 for the "to know" sub-dimension, as 0.74 for the "to accomplish" sub-dimension, as 0.72 for the "to experience stimulation" sub-dimension, as 0.71 for the "introjected" sub-dimension, as 0.73 for the "identified" sub-dimension, as 0.83 for the "external regulation" sub-dimension, and as 0.70 for the "amotivation" sub-dimension.

RESULTS AND DISCUSSION

Table 1, 2 and 3 present the percentage of gender, most preferred hiking place in Perlis and the frequency of hiking engagements.

Table 1: Percentage of Gender for Total Respondents

Demographic Variables	Gender	Frequency (N)	Percentage of Sample (%)
Gender	Male	100	50.0
	Female	100	50.0
	Total (n)	200	100

Table 1 shows the gender frequency and percentage of the respondents. The total respondents of 200 are made up from 50.0% male and 50.0% female. This shows that both genders are likely to participate in hiking activity.

Table 2: Percentage of Most Preferred Hiking Place in Perlis and The Frequency of Hiking Engagements.

Demographic Variables	Place	Frequency (N)	Percentage of Sample (%)
Hiking Place	Chabang Hill	12	6.0
	Lagi Hill	66	33.0
	Jernih Hill	43	21.5
	Merbok Hill	28	14.0
	Tok Dun Hill	42	21.0
	Pintu Wang Mountain	9	4.5
	Total (n)	200	100

Table 2 illustrate the descriptive statistics of most preferred location to hiking in Perlis. There are five preferred locations to hiking in this research. Majority of the respondent preferred in Lagi Hill (33.0%) followed by Jernih Hill (21.5). Next, Tok Dun Hill (21.0%) followed by Merbok Hill (14.0%). Lastly, Chabang Hill (6.0%) followed by Pintu Wang Mountain (4.5%).

Table 3: Percentage of Engagement of Hiking Activity in A Month

Demographic Variables	Engagement	Frequency (N)	Percentage of Sample (%)
Hiking Frequency	Once a month	80	40.0
	Twice a month	62	31.0
	Three times a month	33	16.5
	Four times a month	18	9.0
	More than four times a month	7	3.5
	Total (n)	200	100

Table 3 revealed the frequency of hiking engagement in a month. The highest total respondents answered is once a month which is 40.0% followed by twice a month which is 31.0%. Next, the third highest for how often you participate in hiking activity in a month is three times a month which is 16.5% followed by four times a month which is 9.0%. Lastly, the lowest total of respondents answered more than four times a month, which is 3.5%.

Tables 4 and 5 present the results of the differentiating of intrinsic and extrinsic motivational factors that influence participation in hiking activities between genders within the Perlis community.

Table 4: Result of Differentiation of Intrinsic Motivational Factors for participation in hiking activities between genders among the Perlis community

				t-test for Equality of Means		
	Group	N	Mean	t	df	P
To Know	Male	100	6.30	-3.614	198	0.001
	Female	100	6.54	-3.614	197.226	0.001
To Accomplish	Male	100	6.28	-4.036	198	0.001
	Female	100	6.54	-4.036	194.205	0.001
To Experience Stimulation	Male	100	6.35	-3.305	198	0.001
	Female	100	6.56	-3.305	194.955	0.001

Based on the results of the T-test for independent samples, a significant difference was found in the intrinsic motivational factors influencing participation in hiking activities between the genders in Perlis community. The analysis revealed that the mean scores between genders for the components ‘to know’, $t(198) = 3.614, p = 0.001$ (Male: $M = 6.30$, Female: $M = 6.54$), ‘to accomplish’, $t(198) = 4.036, p = 0.001$ (Male: $M = 6.28$, Female: $M = 6.54$) and to ‘experience stimulation’, $t(198) = 3.305, p = 0.001$ (Male: $M = 6.35$, Female: $M = 6.56$). It can be concluded from the data that female respondents have higher intrinsic motivational factors for participating in hiking activities compared to male respondents in all three components than male respondent. This study indicate a result that is in line with study conducted by Bailey, Almusharraf and Hatcher (2021) which stated that people who engage in an activity for the satisfaction gained while learning a new skill or attempting a new task is intrinsic motivation to know. From the result it can be concluded that female respondents have more motivation to participate in hiking activity than male respondents. Even though hiking is an extreme sport, female respondents have more motivation than male respondents. This also suggest that female respondents are eager to gain new experience involving outdoor activity than the male respondents. According to Yu, McLellam and Winter (2021), girls have higher motivation to have fun, to have an exciting experience and to be cool than boys. Additionally, male respondents have less motivation to know because they are probably more familiar with hiking activities. To support this, a study revealed that that male students are seen to be more active in recreation activities than females (Rosa, Larson, Collado, Cloutier & Profice, 2022).

Table 5: Result of Differentiation of Extrinsic Motivational Factors for participation in hiking activities between genders among the Perlis community

				t-test for Equality of Means		
	Group	N	Mean	t	df	P
Identified	Male	100	6.20	-5.061	198	0.001
	Female	100	6.53	-5.061	196.292	0.001
Introjected	Male	100	6.31	-3.992	198	0.001
	Female	100	6.56	-3.992	191.579	0.001
External Regulation	Male	100	5.90	6.125	198	0.001
	Female	100	5.40	6.125	172.444	0.001

Based on the results of T-Test, a significant difference was found in the extrinsic motivational factors influencing participation in hiking activities between genders among Perlis community. The analysis indicates significant differences in the mean scores between genders for the items ‘Identified’, $t(198) = 5.061, p = 0.001$ (Male: $M = 6.20$, Female: $M = 6.53$), ‘Introjected’, $t(198) = 3.992, p = 0.001$ (Male: $M = 6.31$, Female: $M = 6.56$) and ‘External Regulation’, $t(198) = 6.125, p = 0.001$ (Male: $M = 5.90$, Female: $M = 5.40$). It can be concluded from the data that female respondents exhibited higher extrinsic motivation factor in all three components for participating in hiking activities compared to male respondents. In this study, the female respondents have higher extrinsic motivation identified to

participate in hiking activity because their behavior is being valued by other people. According to Monojit Lahiri (2021), every girl or woman likes to look attractive because it gives them a solid indefinable sense of self-worth and higher sense of self-esteem. So, it will make their involvement in the activity seem very important for female respondents. While for the male respondents, they do not care much about other people's views. Portela-Pino et.al, (2020) reached similar conclusions that women undertake physical activity most often in order to improve their appearance and physical fitness. From this study, findings showed that there is a significant difference of intrinsic and extrinsic motivational factors to participate in hiking activity between gender among Perlis community.

CONCLUSION

In conclusion, this study demonstrates that respondents are primarily motivated by the desire to experience stimuli, indicating their interest in gaining experience through hiking activities. Furthermore, the results revealed a significant difference between intrinsic and extrinsic motivational factors that influence participation in hiking activities among the genders in the Perlis community. Specifically, female respondents exhibited a higher level of motivation in five aspects (to know, to accomplish, to experience stimulation, identified and introjected). The study also suggests that female respondents are more inclined to participate in hiking activities. This finding can assist the State Government of Perlis and other outdoor agencies to create facilities tailored to the needs of female participants in hiking activities and promote a positive relationship between outdoor agencies and the female community.

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AUTHORS' CONTRIBUTION

The authors confirm contributions to the paper as follows: study conception and design, data collection, analysis was conducted by Ellail Ain Mohd Aznan and Siti Amalina Mohd Yazid while interpretation of results and draft manuscript preparation were undertaken by Muhammad Suhail Bin Saidina Omar and Mohd Khairulanwar Md Yusof. All authors reviewed the results and approved the final version of the manuscript.

CONFLICT OF INTEREST DECLARATION

I, the Corresponding Author, declare that this manuscript is original, has not been published before and is not currently being considered for publication elsewhere. I would like to draw the attention of the Editor to the following publications of one or more of us that refer to aspects of the manuscript presently being submitted. Where relevant copies of such publications are attached.

I can confirm that the manuscript has been reviewed and approved by all named authors, and there are no other individuals who meet the criteria for authorship but are not listed. Additionally, I confirm that the order of authors listed in the manuscript has been agreed upon by all of us. I acknowledge that the

corresponding author is the sole point of contact for the editorial process and is responsible for communication with the other authors regarding progress, submissions of revisions and final approval of proofs. We affirm that all authors have significant contributions to the work, the validity and legitimacy of the data and its interpretation for submission to Jurnal Intelek.

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