

The background of the entire cover is an abstract, high-energy image. It features a blurred figure of a person, likely a runner, in motion. The figure is overlaid with vibrant, streaky light trails in shades of teal, blue, and orange, creating a sense of speed and dynamic movement. The overall composition is energetic and modern.

INTERNATIONAL GRADUATE COLLOQUIUM

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COLLOQUIUM PROCEEDINGS

EXTENDED ABSTRACT

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PSYCHOLOGICAL FACTORS IN HIGH-ALTITUDE TREKKING: AN EXPLORATION OF MOTIVATION AND MENTAL HEALTH AMONG KILIMANJARO HIKERS

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I. INTRODUCTION

This study investigates the motivation and mental wellbeing of Mount Kilimanjaro hikers from the *Pertubuhan Nadi Sihat*. It aims to assess their motivation and mental wellbeing levels while examining the relationship between the two, addressing gaps in understanding how these factors interact during physically and mentally challenging activities like hiking [1].

II. METHODS

A survey method was employed using quantitative research to analyze data from 11 Mount Kilimanjaro hikers in *Pertubuhan Nadi Sihat*. The fixed sample size ($n = 11$) was determined using Krejcie & Morgan's (1970) guidelines, with no additional adjustment needed.

III. RESULTS AND DISCUSSION

A. Motivation Levels

Descriptive analysis using mean and standard deviation in Jamovi (version 2.3.28) revealed that all 11 hikers (100%) demonstrated high motivation levels. Motivation was categorized as high, medium, or low, with all responses falling into the highest category, indicating strong determination among participants.

B. Mental Wellbeing Levels

Descriptive analysis showed that all 11 participants (100%) had high mental wellbeing levels. Like motivation, mental wellbeing was categorized as high, medium, or low, with all responses consistently in the highest range.

C. Relationship Between Motivation and Mental Wellbeing

Pearson's correlation analysis showed a weak positive relationship ($r = 0.328$, $p = 0.009$) between motivation and mental wellbeing (Table 1). Although the correlation is statistically significant, the small sample size ($n = 11$) limits the generalizability of the findings, necessitating further research with a larger cohort.

TABLE I

RELATIONSHIP BETWEEN VOLUNTEERING MOTIVES AND OCCUPATIONAL STATUS

Motivation	Mental Wellbeing	
	Person's r	0.328
	Sig (2-tailed)	0.009
	n	11

IV. CONCLUSIONS

This study found that all hikers exhibited high motivation and mental wellbeing levels. A weak but statistically significant positive correlation was observed between the two variables, suggesting that motivation may slightly influence mental wellbeing. However, due to the small sample size, further research is needed to validate these findings and explore broader implications.

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