

UNIVERSITI TEKNOLOGI MARA

**IMPACT OF ADVENTURE BASED TRAINING
PROGRAM ON LIFE EFFECTIVENESS AMONG
CORPORATE EMPLOYEES AT EAGLE RANCH
RESORT**

**NURUL ALYA BINTI MOHAMED ADNAN
2015674166**

Research Project submitted in partial fulfillment of the
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AUTHOR'S DECLARATION

I declare that the work in this thesis/dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of Student	:	Nurul Alya Binti Mohamed Adnan
Student I.D. No.	:	2015674166
Program	:	Bachelor of Sport Management (Hons.) – SR241M2
Faculty	:	Sports Science and Recreation
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Signature of student	:	
Date	:	July 2017

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ABSTRACT

The purpose of this study was to examine the impact of adventure based training on life effectiveness before and after the corporate participants participated on the outdoor program. Hence, in this study, there were thirteen dimensions of life effectiveness and the Life Effectiveness Questionnaire (CPET-Long Version) instrument was used for the pre-treatment and post-treatment questionnaire. 129 respondents comprising males and females aged from 18 years old and above were involved by using convenience sampling technique. The results showed that the mean score for the dimensions after the participants participated in the program were CT ($M=4.22$, $SD=.55$), PR ($M=4.20$, $SD=.54$), OC ($M=4.15$, $SD=.52$), CS ($M=4.08$, $SD=.57$), SC ($M=4.08$, $SD=.56$), TM ($M=4.07$, $SD=.55$), T&E ($M=4.05$, $SD=.56$), DM ($M=4.00$, $SD=.54$), IT ($M=4.00$, $SD=.53$), LA ($M=3.98$, $SD=.54$), AO ($M=3.74$, $SD=.44$), CRS ($M=3.53$, $SD=.41$) and SA ($M=3.41$, $SD=.59$). This study was in line with the previous study that ABT program enhanced the alertness of having good connection in settled the organization tasks (Idros et al., 2012) and developed the participants' teamwork, communication and confidence level (Ndung'u, 2014). As a conclusion, ABT had positive impact and produced long term and lasting effect of life effectiveness towards the participants.

KEYWORD: *Adventure Based Training, Life Effectiveness, Life Effectiveness Instrumentation, Outdoor Adventure Activities/Program*