

**UNIVERSITI TEKNOLOGI MARA**

**BARRIERS OF PARTICIPATION IN OUTDOOR  
RECREATION ACTIVITIES AMONG  
KOPUTRA WORKERS**

**MUHAMMAD FAIZ BIN RAHMAN  
2013614114**

Research project submitted in partial fulfillment of the  
requirements for the degree of Bachelor of  
Sports Management (Hons)

**Faculty Sports Science and Recreation**

January 2016

### AUTHOR'S DECLARATION

I declare that the work in this dissertation was carried out in accordance with the regulation of Universiti Teknologi MARA. It is original and is the result of my own work, unless otherwise indicated or acknowledged as referenced work. This dissertation 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 Under Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of Student : Muhammad Faiz Bin Rahman  
Student I.D. No : 2013614114  
Programme : Bachelor in Sport Management  
Faculty : Faculty of Sport Science and Recreation  
Dissertation Title : Barriers of participation in Outdoor Recreation Activities.

Signature of Student: .....

Date : Jan 2016

## ABSTRACT

The purpose of this study was to identify the barriers of participation in outdoor recreation activity among KOPUTRA workers. The study addressed three main purposes which are: (1) to determine the constraint factors that affecting KOPUTRA workers participating in outdoor recreational activity; (2) to measure the relationship between constraint and participating in outdoor recreational activities among KOPUTRA workers; (3) to identify the type of recreational activities that KOPUTRA workers are willing to participate in for their leisure time. This study utilized descriptive analysis design. The 19 item of constraint of participating in outdoor recreation activities subscales Camille & Emma (2001) was administrated among 123 (n=123) of KOPUTRA workers in Wisma KOPUTRA. The primary finding of this study supported that barriers of participation in outdoor recreation activities are important in outdoor recreation setting. This study found that only the socio demographic variables of: (1) gender; (2) age; and (3) type of activities had significant influences on constraint of participation in outdoor recreation activities. The study also highlighted the factors on why workers of KOPUTRA having a hard time to participate in outdoor activities.. Consequences of the results provide signal of when the workers have the difficulty finding the time to participating in outdoor recreation activities. This study also addressed the meaning of detailed design to improve the facility environment and strategic area to attract more people in all genders and age to participated. It will also help in people to spend more time of participating in outdoor recreation activities.

## TABLE OF CONTENTS

	Pages
TITLE	
AUTHORS DECLARATION	ii
LETTER OF TRANSMITTAL	iii
ABSTRACT	iv
ACKNOWLEDGMENT	v
TABLE OF CONTENTS	vi
LIST OF TABLES	vii
LIST OF FIGURES	xiii
LIST OF ABBREVIATIONS	xiv
<b>CHAPTER 1 INTRODUCTION</b>	
1.1    Background of the study	1
1.1.1    Outdoor Recreation	2
1.1.2    Constraints of participating in outdoor recreation activities	3
1.2    Statement of problem	4
1.3    Significance of study	5
1.4    Purpose of study	6
1.5    Research question	7

1.6	Study limitation	7
1.6.1	Respondent cooperations	7
1.6.2	Lack of knowledge	8
1.6.3	Time management	8
1.6.4	Methodology	9
1.7	Delimitation	9
1.8	Definition of terms	10

## **CHAPTER 2 LITERATURE REVIEW**

2.1	Introduction	11
2.2	Constraint factors that influence participation on outdoor Recreation activities	14
2.3	Intrapersonal constraint	16
2.4	Interpersonal constraint	17
2.5	Sturctural constraint	18
2.6	Research Framework	19

## **CHAPTER 3 METHODOLOGY**

3.1	Research design	21
3.2	Sampling	22
3.3	Instrumentation	23
3.4	Data collection Procedure	25
3.5	Research procedure	26