

PARTICIPATION MOTIVES IN OUTDOOR PHYSICAL ACTIVITIES AT TAMAN RAKYAT KLANG, SELANGOR

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Abstract

Motivation factors which include intrinsic motivation and extrinsic motivation play a vital role in getting people to engage in outdoor physical activities. Recreational parks become an attraction spot for exercise, leisure, and recreational activities as it could provide the best experience. A person's attitude towards exercise is thought to be a contributing factor to physical inactivity. This study aimed to compare between the intrinsic and extrinsic motivation for the different genders' participation in outdoor physical activities at Taman Rakyat, in Klang, Selangor (TRKS). A quantitative survey was conducted using self-administered questionnaire and distributed to the active visitors (n=300). The motivation components discussed included the intrinsic motivation and extrinsic motivation. The data collected were statistically analysed using Mann-Whitney Test to compare the two factors. Overall, the results indicated that the visitors at TRKS were significantly motivated to participate in outdoor physical activities due to the intrinsic motivation which are associated with fun, interest and enjoyment. Male respondents were significantly motivated by intrinsic motivation whereas female respondents were significantly motivated by extrinsic motivation. The findings provide valuable information on outdoor recreation parks for future service planning and development.

Keywords: Participation Motive, Outdoor Physical Activity

Introduction

Generally, outdoor physical activities refer to activities that individuals engaged in voluntarily during their free time. These activities are done outside and it involves the nature (Cummings, 2020). These types of activities include jogging, cycling, hiking and so many more. Being involved in physical activities can provide individuals with new experiences and the opportunity to explore more about the social and satisfaction. Today, outdoor physical activities have gained social significance with many people participating in a range of outdoor activities around the world, including all types of natural resources. Participation in outdoor recreation activities has grown, affecting a broad population including the older people, teenagers, youth as well as children (Sidi, 2017). However, in relation to employees who works in an organization, recreational activities are used to increase workforce's productivity and efficiency, with the overall aim of enhancing organizational performance (Little, 2019).

Moreover, outdoor recreational activities have been recognized as a key entryway to enjoyable activities in open spaces involving the green nature that help in fulfilling people's inclination towards adventure and the appreciation of the beauty of nature (Mansour, 2020). At the same time, outdoor activities give people opportunity to be involved, to relax, build friendships, spend time with family, challenge themselves and develop new talents and skills,

both physically and emotionally. This is supported by Iliades (2018), which stated that regular exercise helps to reduce health diseases and other chronic illnesses, raise mood, lower depression and promote sleep. Changes in individual lifestyle behaviours can contribute to a growing prevalence of obesity, such as lack of exercise and increase of sedentary activity associated with rapid urbanisation. Physical activities contribute to the decrease of the possibility of getting cardiovascular disease, obesity, diabetes, asthma, fatigue, and depression (Carter, 2019).

Thus, this study aimed to address the individual's motive in participating in outdoor physical activities at Taman Rakyat, Klang, Selangor specifically on the intrinsic and the extrinsic motivation factors that influenced the participation in outdoor physical activities there. The outcomes of this study can contribute towards the understanding of the psychological knowledge regarding factors that motivate people to participate in outdoor recreation activities especially for stakeholders and future researchers.

Participation Motive

Participation motives is known as the mechanism that initiates, directs and preserves goal-oriented actions like a need or desire that induces an individual to behave in a certain way (Cherry, 2020). It is widely used to explain why a person is doing something and is also the guiding force behind the actions of individuals. Motivation is a crucial factor because it can support and boost people's productivity as people will work towards the goals. Participation motive is an aspect that instigates actions and it determines the 'what' and 'why' we do things (Ainley, 2011).

Moreover, motivation can be divided into two categories known as intrinsic motivation and extrinsic motivation. Intrinsic motivation refers to the act of doing something without any apparent external rewards (Cherry, 2019). People do the task because it is satisfying emotionally since they find it very interesting, exciting, and internally rewarding (Santos, 2019). The internal motivation or intrinsic motivation can be viewed as involvement in conduct that is fulfilling or enjoyable and not based on any consequence that can be distinguished from the actions itself. In sports, there are internal reasons for intrinsic motivation such as enjoyment and self-satisfaction while participating in the physical activities. For example, people participate in a sport because it is fun and enjoyable instead of to win an award, they go for a run because they find it enjoyable or aim to break their personal best and internally motivated people might also want to play very well to win while fulfilling a personal target they have been working towards (Ali, 2017).

The extrinsic motivation or external motivation refers to production of conduct that is basically dependent on the achievement of a result that can be isolated from the action itself to achieve some outcomes (Legault, 2016). For the intrinsic motivation, it can be defined as individuals attaining solely the success while the extrinsic include the external factors that drive the individual to achieve or satisfy their desire. Extrinsic motivation refers to the activities performed to accomplish a particular purpose specified separately such as rewards, money, and trophies (Cherry, 2020). It refers to the achievement of an instrumental target such as when a kid plays football to impress their parents or win a championship (Reiss, 2012). According to Ntoumanis (2014), when individuals perform an exercise, extrinsic motivation is apparent when they value the related effects such as public recognition and extrinsic rewards. The extrinsic motivation is a major component in competitive sports in which typically, success results are based on winning the game or demonstrating the ability to succeed at an outstanding stage (Tellum, 2018).

Method

This research was conducted through online and face-to-face survey by providing a gadget which was an iPad to easily get the respondents to answer the questionnaires in April 2021. Every variable listed in the questionnaire has been explained based on the objective of the study. The quantitative method was used to investigate the Participation Motive in Outdoor Physical Activities at Taman Rakyat Klang, Selangor. It was selected to compare the motivation between both genders; males and females. The questionnaire was adopted from Deci & Ryan (2004), Self-Determination Theory: An Approach to Human Motivation and Personality – The Self-Regulation Questionnaire. The sample size which was 300 respondents were inclusive of active visitors who were chosen using convenience random sampling to collect the data. This study consisted of 150 males and 150 females that have been approached to complete the questionnaire. The data analysis was conducted using the IBM Statistical Package of Social Science (SPSS) version 22 and it was analyzed using the Mann-Whitney U Test.

Results & Discussion

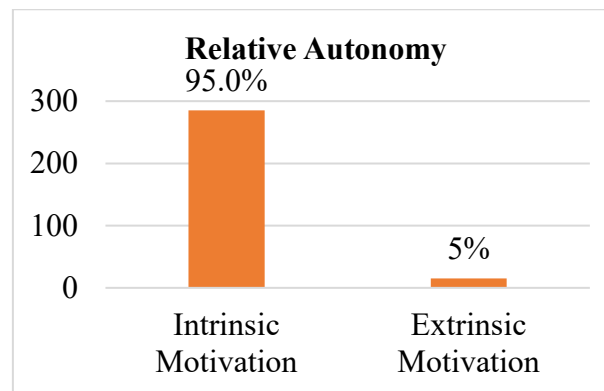


Figure 1: Percentage of the Intrinsic and Extrinsic Motivation

The Figure 1 illustrates that out of 300 respondents, 95.0% which was N=285 reported a high frequency for the Intrinsic Motivation whereas only 5.0% (N=15) was reported for Extrinsic Motivation. Based on this, it is showed that, most of the respondents including male and female's motivation was intrinsic than extrinsic.

Mean of Intrinsic and Extrinsic Motivation

Table 1.0 which illustrates the total results for intrinsic motivations of the total respondents shows that the highest mean was 'Because it's fun' which reported a mean of ($M = 4.59$). It is showed that most of the male's respondent participate in outdoor physical activities due to wanting to have fun. The second highest was 'Because I enjoy physical activities' ($M = 4.51$) and 'Because it is fun and interesting' ($M = 4.51$) which showed the same total mean. This might be due to the movement control order (MCO) by the Malaysian government. It makes people feel bored being home for a long period of time and thus making them more likely to visit TRKS due to stress and wanting to have fun. Other than that, the respondents engaged in physical activities provided at TRKS to spend their leisure time. It is showed that participating in physical activities allow them to enjoy themselves, have fun and do something interesting. This in return, resulted in the consistent participation in outdoor physical activities. This is

because, TRKS provides a wide area with surrounding nature environment. The interesting surrounding environment also contributes to attracting people to come to the place. There are many facilities at TRKS such as forest trail, reflexology site, fitness station and jogging track that allow people to have fun while exercising.

Intrinsic Factors	Mean	N	Std. Deviation
Because I enjoy physical activities.	4.51	300	.673
Because it is a challenge to accomplish my goal.	4.15	300	.621
Because it's fun.	4.59	300	.706
Because it is interesting to see my own improvement.	4.29	300	.710
Because I simply enjoy working out.	4.16	300	.666
Because it is fun and interesting.	4.51	300	.730
Because I find pleasure in discovering and mastering new training techniques.	4.07	300	.724

Table 1.0: The mean of Intrinsic Motivation

Table 2.0 displays the total means for the extrinsic motivation of all respondents. It reveals that the highest mean for the extrinsic motivation was 'Because it helps my image' which was ($M = 3.83$). It is showed that this item of extrinsic motivation was agreed by the respondent because they think that by being involved in physical activities, it can enhance their physical image. The second highest mean for the extrinsic motivation was 'Because I want others to see me as physically fit' which was ($M = 3.63$). It shows that most of the respondents preferred others to see them physically fit to increase their confidence level in public. The third factor which was 'Because others like me better when I am in shape', ($M = 3.19$) showed that they feel that to get more confident with other people, they need to have a good body. When people workout, it will develop their body muscles and they will lose weight. This will make them feel impressed of their own image. In order to improve the image, people need to maintain their body weight by participating in exercise. It was believed that, to remain healthy and prevent diseases, individuals need to take care of their bodies by engaging in physical activities. Being physically fit or active in sports may be linked to a variety of human qualities including social skills, attractiveness, cognitive abilities, and health (Rooth, 2011).

Extrinsic Factors	Mean	N	Std. Deviation
Because others would be angry at me if I did not.	1.97	300	.904
Because I feel as if I have no choice about being active; others make me do it.	2.30	300	.841
Because I worry that I would get into trouble with others if I did not.	2.17	300	.721
Because I want others to acknowledge that I am doing what I have been told I should do.	2.33	300	.783
Because others like me better when I am in shape.	3.19	300	.872
Because it helps my image.	3.83	300	.782
Because I want others to see me as physically fit.	3.63	300	.772

Table 2.0: The Mean of Extrinsic Motivation

Mean of Intrinsic Motivation Among Genders

Table 3.0 shows the mean of the total of 7 intrinsic motivation for male and female. The male respondents reported that the highest total mean is ‘Because it is fun and interesting’ in which the mean was ($M = 4.25$) and the second highest is ‘Because it’s fun’ in which the mean was ($M = 4.23$). It showed that most of the male respondents preferred to enjoy a fun experience and do something interesting during their physical activities. The third highest was ‘Because it is interesting to see my own improvement’ in which the mean was ($M = 4.17$). It shows that, they are glad to see their physical improvement, and this encourage them to participate in physical activities.

For female, the highest was ‘Because it’s fun’ ($M = 4.41$), followed by ‘Because it is fun and interesting’ ($M = 4.38$) and the third one was ‘Because I enjoy physical activities’ ($M = 4.30$). Meanwhile, the lowest mean was ‘Because I find pleasure in discovering and mastering new training techniques’ ($M = 4.04$). Findings demonstrated that there were significant differences between male and female for total intrinsic motivation that influenced their enthusiasm to participate in outdoor physical activities at TRKS. Specifically, the male revealed higher intrinsic motivation than female respondents. This is because the visitors enjoyed the environment and surrounding at TRKS. TRKS provides a beautiful landscape with plenty of trees for shades that can attract the visitors to come there. Even though it is an outdoor location with the blazing sun, there is a cooling space covered by massive trees. Also, the green environment could reduce the stress that is faced by both genders especially pressure coming from workplace and home. Outdoor environment can also reduce the level of stress at workplace for both male and female (Ross, 2016)

	Mean (Male)	Mean (Female)	N	Std. Deviation
Because I enjoy physical activities.	4.08	4.30	300	.755
Because it is a challenge to accomplish my goal.	4.01	4.08	300	.733
Because it's fun.	4.23	4.41	300	.689
Because it is interesting to see my own improvement.	4.17	4.23	300	.699
Because I simply enjoy working out.	3.99	4.07	300	.786
Because it is fun and interesting.	4.25	4.38	300	.704
Because I find pleasure in discovering and mastering new training techniques.	4.01	4.04	300	.781

Table 3.0: The mean of Intrinsic Motivation Among Genders

Mean of Extrinsic Motivation Among Genders

Furthermore, Table 4.0 shows the mean of total extrinsic motivation for female in which the highest was 'Because it helps my image' ($M = 3.64$) followed by 'Because I want others to see me as physically fit' ($M = 3.45$) and 'Because others like me better when I am in shape' ($M = 3.19$). Overall, the results for the mean of the extrinsic motivation between male and female was of the same rank. The least mean is 'Because others would be angry at me if I did not' ($M = 2.06$). It is because they participate in physical activities due to their own willingness, and not influenced by others. In addition, most of the respondents agreed that they want others to see them as physically fit and that motivates them to participate in physical activity at TRKS. They feel happy when others compliment them for their physical image and well-being. For extrinsic goal exercisers, both male and female use their self-presentational ways of measuring goal progress, such as monitoring the look of their body that are apparent to others in order to boost their confidence level.

Extrinsic Factors	Mean (Male)	Mean (Female)	N	Std. Deviation
Because others would be angry at me if I did not.	2.15	2.06	300	.817
Because I feel as if I have no choice about being active; others make me do it.	2.23	2.26	300	.899
Because I worry that I would get into trouble with others if I did not.	2.21	2.17	300	.843
Because I want others to acknowledge that I am doing what I have been told I should do.	2.33	2.33	300	.867
Because others like me better when I am in shape.	3.01	3.19	300	.955
Because it helps my image.	3.45	3.64	300	.784
Because I want others to see me as physically fit.	3.27	3.45	300	.816

Table 4.0: The Mean of Extrinsic Motivation Among Genders

Based on the male's results, it revealed that the highest mean for the extrinsic motivation was 'Because it helps my image' which was ($M = 3.45$) and the second highest was 'Because I want others to see me as physically fit' in which the mean was ($M = 3.27$) followed by the third highest, 'Because others like me better when I am in shape' in which the mean was ($M = 2.83$).

Moreover, most of both gender's respondents are highly influenced by the desire to be perceived as physically fit by others. Due to the pandemic, the instruction to stay at home encouraged people who are unhealthy, both males and females, to keep themselves physically fit to avoid from being at risk of infection. When they are active with physical activity, it also attracts other people to become healthier. Furthermore, majority for both genders of the respondents agreed that they engage in physical activity because they like being praised by the others when they are in a good shape. Due to this, majority of the respondents exercise at TRKS to lose weight and strengthen their muscle. There are many fitness stations and hiking trails that had been used to get a good body shape.

Conclusion

In conclusion, the present study was conducted to compare between the intrinsic motivation and the extrinsic motivation between both genders' participation in outdoor physical activities at Taman Rakyat, Klang, Selangor. The findings revealed that there were significant differences between male and female for the total intrinsic motivation whereas there were no significant differences between male and female for the total extrinsic motivation. Also, the results discovered that the visitors at TRKS is significantly motivated to participate in outdoor physical activities due to intrinsic motivation which were associated with fun, interest and enjoyment. Moreover, this study offers useful information to understand the relationship between outdoor physical activities at TRKS and the intrinsic and extrinsic motivation between genders. Therefore, the internal factors to participate in outdoor activities were identified as the most influential motivation among the visitors to participate in outdoor physical activities in public parks.

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