

# A Study of Motivation in Outdoor Recreational Activities

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DOI: 10.6007/IJARBSS/v7-i3/2742 URL: <http://dx.doi.org/10.6007/IJARBSS/v7-i3/2742>

## Abstract

The purpose of the study is to identify the motivation in participation for outdoor recreation activities for private city campus University in Kuala Lumpur. Demand for outdoor recreation activities among Malaysian is rising but lack of survey has been conducted focusing on outdoor recreation for students from the private University especially from the City Campus students. Data collected from 120 students (60 from Faculty of Science and 60 from Faculty of Non-Science) who studying at this City Campus. Subjects were randomly selected for the survey consisted by the students from Faculty of Science and Faculty of Non Science. The questionnaire developed by Shazali & Hanim,(2012) to study the motivation in outdoor recreation activity for Science and Non Science students at University Putra Malaysia, Selangor, Malaysia. The data has been analyzed using the non-parametric measure by Mann Whitney U Test. Result indicated that the subject highly agreed that the main motivation for outdoor recreation participation for Private City Campus University, Kuala Lumpur for the Faculty of Science are the Accessibility to the Recreation Area, Healthy and As a Necessities of Life. For Faculty of Non Science are Looking for New Experience, Enjoy the Nature and Looking for Self Confident. The conclusion is for the city campus students, they are very appreciating the value of nature environment and highly request for the outdoor recreation activity to enrich their self-development value.

**Keyword:** Motivation, Outdoor Recreation

## Background

Generally, recreation is about the activities during the leisure time and that activities are voluntarily by the people without any forces from others. These recreation activities are purposely to fulfill their leisure time or in the recreation term, that activities are involved with positive value and benefited to the peoples. Outdoor recreation is providing a positive impact for the peoples who involved in the recreation activities, they able to gain a valuable of recreational experience with all the recreational activities.

Participation in outdoor recreational activities has increased and that involves a large population and categories of population from the elders, adults, adolescent and also the

children. In fact, many people are realizing the benefits of outdoor recreation participation by maintaining the physical health and also physiological treatment gained by the recreational experiences.

During participating in outdoor recreation activities, the recreationist are highly involved with the originality of the nature consisted with forest, mountain, hill, lakes, and many more typology of the natural resources. According to Ilhespy(2009), the students involvement in the outdoor recreation program is important in order to improve their self confidence, positive thinking and more perfectness.

Outdoor recreation also as a medium for the students to involve with outdoor education with gained the recreational experiences and the recreational value from the outdoor recreation.

Many outdoor recreation research conducted in Europe but the research focusing in Malaysia is still lack due to the outdoor recreation field are still new in Malaysia education scope. Hence, this research is focusing on the participation motive in outdoor recreation for the students in higher private Institution in City Campus in Kuala Lumpur

## **Introduction**

Now days, the world modernization with the high development of sophisticated information technology and communication device are strongly giving the impact to the adolescent mostly for the students such as the smart phones, i-pad, and many more gadget. These devices are able to communicate with peoples, and finding the information without communicates with the people directly. This sophisticated was confiscated the quality time for this adolescent to get active for participating in sports and recreation and destroyed their healthy lifestyle.

According to Poff, Stanger, and Stuessy (2005), outdoor recreation program are the main priority in conducting the orientation program for the students in the University and more than 400 outdoor recreation activities has been conducted in all Universities in United States. But, different situation in Malaysia, the level of exposure in outdoor recreation is still low even in the University level (Yahya, Maruthaveeran, 2012). The outdoor recreation research in Malaysia only conducted in a few higher public Universities, and for the higher private Universities is still very low.

Then, the challenge to conducting a outdoor recreation activities for City Campus Universities. The City Campus Universities are located in the middle of city centre that surrounded by a lot of physical development and the compactness of the building with very limited spaces to have a recreational activities for their students. The city campus universities also do not have a their own recreational area, their facilities are very limited within their building and also the recreational resources at the golden city area is also very limited. In order to conducting any outdoor recreational activities, the management of city campus should provide so many arrangements to send their students out from the city area to have their recreational activities. Therefore, the challenge for city campus universities to providing the outdoor recreation

activities to the students also very limited due to the cost incurred, but as a higher institution they are required to fulfill their students with the sports and recreational activities for the mental and spiritual development for the students.

Due to the lack of study in outdoor recreation for the higher private institution in Malaysia, the researcher hope that derived of this findings is able to get a figure and a new information about the outdoor recreation involvement for higher private institution especially for city campus students.

According to Franklin and Hardin (2008), many students need a campus recreation program and the information should be delivered to the students. Hence, the researcher will get the actual figure of the participation motive in outdoor recreation for the students that become a priority to them while participating in outdoor recreation activities. Outdoor recreation Development Plan also will be able to be proposed to the management of the university based on the findings of the research. Therefore, the suitable program will be offered to the students to fulfill their need in outdoor recreation involvement during studying in the University.

## **Objective**

Generally, this study is to identify the motivation in participation for outdoor recreation for the students at higher private city campus institution Kuala Lumpur. But the specific objective is able to differentiate the participation motive for the two faculties as follows:

1. To identify the motivation in participation for outdoor recreational activities for the students of Faculty of Science, City Campus, Kuala Lumpur.
2. To identify the motivation in participation for outdoor recreational activities for the students of Faculty of Non Science, City Campus, Kuala Lumpur.

## **Research Question**

1. What are the motivations in participation for outdoor recreation activities for the students of Faculty of Science, City Campus, Kuala Lumpur.
2. What are the motivations in participation for outdoor recreation activities for the students of Faculty of Non Science, City Campus, Kuala Lumpur.

## **Literature Review Recreation**

The historic approach in defining the recreation term also considered as an activity as it able to restores and refreshes the people for work. On the other hand, recreation gives a relaxation value and enables them to forget for a while all the stress that they are facing, before

commencing the new task or their normal routine. It is also commonly held to be any activity that is engaged in for the satisfaction it brings to the individual.

Bringhtbill (1961) states that "recreation is activity engaged in during leisure and primarily motivated by the satisfaction derived from it". Douglas (1980) expresses the concept of recreation as "the leisure activities of adults as well as children; all types of activities, active as well as passive, sought by both children or adults for personal expression'. Jubenville(1976) meanwhile states that "recreation is any form of experience or activity in which an individual is engaged in by choice because of the personal enjoyment and satisfaction which it brings directly to him".

Recreations are the most activities that the students are highly involved during the leisure time, especially after having their hectic life and stress during their study or during the semester break. As the student campus life activities during their study, the students will be participating in outdoor recreation activities conducted by themselves or conducted by the management of the university.

During their participation in outdoor recreation activities, they will be expose to outdoor and the natural resources such as forest, lakes, mountain and etc. that are the main attraction activities for those students who studies in the City Campus that doesn't have the recreation facilities due to the limitation of City Campus that located at the middle heart of the City Centre. While the students participating in the outdoor recreation activities, they will gain a valuable experiences and the enjoyment with the nature. This is able to gain the positive value to the individual and enhance the individual quality and skill in order to facing the struggle and challenge in life (Barton, Griffin & Pretty, 2011).

Motivation is generally considered to be the root of human needs. Wolfe(2002), defined the motivation as to provide with the motive or to urge or drive forward; a motive is something, such as a need or desire that cause the individual to act. Motivation is made by the inner striving conditions describe as wishes, desires, drive at it is an inner state that activates the individual to fulfill it. It als supported by Plummer (2009), motivation is the internal factors which prompt purposeful or goal oriented actions.

### **The Beginning of Environmentalism and Outdoor Recreation: 1825 – 1880**

Members of Lewis and Clard expedition (1804-1806) had bought back stories of the far West, awakening awareness of the vast potential resouces, especially wildlife and land. Further, fur trappers roamed the Rockies, stumbling onto such wondrous sights as Yellowstone, the Grand Tetons, and the Great Salt Lake. (Punke,2007).

Around the same time, the industrial revolution set off tremendous economic growth, creating and economic middle class well as wealthy aristocrats. As new york city became the dominant cultural city, a group of painters, the Hudson River School(1825-1880), introduced a new

landscape painting that celebrated American wilderness and nature. The American landscape painting was primitive, fresh, wild, turbulent, and powerful, with nature predominant over human. During the next 50 years, painters in the school traveled over the American West, bringing picturary, of the glories of nature to the cultural urban elite. (Howat,1972).

Prior to the second half of the 19th century, people spent much on their time outdoors. The idea of specifically seeking the outdoor in which to recreate was not in the purview of early settlers. The concept of outdoor recreation began only in the second half of thge 19th century as the imaginations of urban Easterners in the United States were captured by fantastic stories of West, with tales of cowboys and Indians, buffalo by the millions and unimaginable hordes of other wildlife, geysers, giant trees, petrified logs, and alpine mountain. However, by 1900 the term of outdoor recreation was not widely recognized. (Leopold, 1925/1990)

### **Motivation Theory**

According to Maslow (1943), he expressed the general motivation theory are the actual actuation from the human perspective and the conceptual is to fulfilled the basic needs for the humanistic perspective. He has identified the 5 basic needs for the human and that are mentioned in the hierarchy system consisted by physiological, safety, belonging, self-esteem and self-actualization. All the categories should be fulfilled before decided to fulfill the next categories of needs or the higher class of needs. The basic needs are categorized in the lower categories in the pyramid and the physiological needs are categorized in the higher categories (Plummer,2005). That 5 categories are arranged in the hierarchy system as stated in the figure 1.0.below



- i) Physiological Needs - Related with survival, foods, shelter
- ii) Safety Needs - Related with physical safety, job security
- iii) Social Needs - Related with feel to & to be belonging, acceptance
- iv) Self Esteem Needs - Related with recognition, prestige, and reputation
- v) Self-Actualization Needs - Related with use of abilities, aptitude

Over many years, the outdoor recreation definition has merged due to many resources of philosophy currently. One of the most common definition and interpretation of outdoor recreation is that it involves voluntary participation in free time activity and that is occurs in outdoors and involves the interaction with the natural resources and environment.

Students are strongly motivated while participating in the outdoor activities. Once the outdoor recreation trip is announced to be conducted to the students, the volume of student's participation in any outdoor recreational activities is extremely high. The range of participation is very high consisted from the juniors and also from the senior students, their participation volume is highly increase from time to time for any form and categories of outdoor recreational activities. Hence, a research to study their participation motives and needs also should be conducted in order to have the better and excellent programs to be offered to the students thereof.

Based on international research conducted by Garst, Schneider and Baker(2001), they studied on the adolescent who participating in outdoor recreation activities and they found that the individuals are received a positive impacts on their perception while participating in that activities.

Bricker and Kerstetter (2002),, they studied on the sense of place gained by whitewater boaters and was found that the sense of place is able to create feelings of meaning and belonging. Meaning, the outdoor recreationist participated in outdoor recreation activities is also to get a personal satisfaction value and that value also related directly with the environmental surroundings that the recreationist involved it directly while participating in the activities at the nature.

According to Bentley (2005), participation motive in Outdoor Recreation for the students at Midwest University of United States are to Enjoy The Nature, Interact With Community and Release The Stress. Its clearly shown that the students participation in outdoor recreation is not just to fulfill their leisure time but they gave a purpose or motive. Hence, the research on the participation motive for the students in Malaysia also should be focused even the recreation research in Malaysia is still new in Malaysia.

According to Berger and Tobar (2007), the recreation activities also have a relationship with the human life quality including to improve the physical function, a good health, stress management, enjoyment and the meaningful to the individual. By their participation in outdoor

recreation, the individual are able to reduce the possibilities of the failure in physical function, by having the healthy lifestyle and also able to create a better for physical fitness and soul satisfaction.

This statement also supported by Landers and Arent (2007), they found that the individual cognitive function will be improved by the positive mood, anxiety will be reduce from the participation in physical activities.

According o Nurul (2011), the main factor that affecting the visitors motivation to participate in recreation at Malaysia Agricultural Park were the availability of the leisure time and the favorable weather condition. Without the leisure time, nobody is able participate in recreational activities with pleasure and got the satisfaction of the recreational experience. Mahirah(2011) also reported the undergraduates of Science Program at Universiti Putra Malaysia participated in outdoor recreation activities is for exercise purposes.

## **Methodology**

This study conducted for the students at City Campus, Private University on the first week of April 2016. The questionnaire was distributed to the students before departure to the outdoor recreational program offered to them by the management of the University.

The students are gathered in the hall and the briefing about this started. The researcher also seeks a consent and cooperation from the students to be a subject in this study. Then, the research objective and the explanation for the each section in the questionnaire are deliberated. The purpose of the explanation is to avoid any misunderstandings or any confusing on any statement that stipulated in the questionnaire. After all has been explained perfectly, the researcher allows the students to answer the questionnaire given.

## **Data Collection**

Stratified Random Sampling method is applied in this study. Respondents are selected randomly from the first semester students until the last semester students. Then, the student are divided into two groups in order to differentiate their faculties consisted by Faculty of Science and the Faculty of Non Science. These are the two faculties in this City Campus.

The total respondents involved in this study are 120 students. 60 students selected from each faculty. For the numbers of samples to be decided, the Ryan Method (1995) is used in order to decide the required respondents to be selected in the study. The formula is in the Figure2 below:

$$n = \frac{N(Pq)}{(N-1)\beta^2 + Pq} \frac{1}{Z^2}$$

- n = Sample Size
- N = Population Size
- P = Estimate Population (0.90)
- q = 1 – P
- β = Sampling Error (0.05)
- Z = Desired Confidence Level (1.96)

Based on the above formula, the minimum sample size required for that population is 116 respondents. The figure is based on the total population size is 720 students. In order to reduce the errors, the total data collected is 120 respondents. The sampling errors has been decided at the earlier stage of the study in order to reduce the error rate and try to get the better accuracy of the data.

### **Subject**

Subject for this study consisted with the active students at the higher private institution, City Campus, Kuala Lumpur. The subject consisted by the registered students from Faculty of Science and Faculty of Non Science. The total subject is 120 students and it's divided into two faculties which is the 60 respondents from the each faculties. The subjects are selected randomly for those who are frequently involved in the co-curriculum activities organized by the University.

### **Data Analysis**

Descriptive method is applicable in this data analysis. All the data collected are transferred and analyzed using the Statistical Package for Social Science version 17.0. The data been analyzed using the Descriptive method and the Mann Whitney U Test in order to categorized the differences for each variables for each different faculties. The frequency and percentages are measured in order to get the actual figure of all the variables that we focuses in this study. The raw material collected using the questionnaire that distributed to the respondents.

### **Instrument**

According to Hanim (2012), the instrument tested against the student of Faculty of Forestry and the Faculty of Communication and Modern Languages, Universiti Putra Malaysia in order to test the reliability of the instrument. The result shown that the reliability value of that instrument is 0.85, hence this instrument is reliable to use in this study. The research instrument for this study are created by Nurul & Shazali(2012). 5 Points Likert Scales is used to identify and evaluate the dependent variables in this study. The instrument consisted by 3 sections, which is:



- A : Demographic Characteristic of the respondents
- B : Categories of Outdoor Recreation Activities
- C : Categories of Participation Motive in Outdoor Recreation

## Result and Discussion

### Demographic Characteristic

The respondents consisted by the male(71%) and female(29%). Respondents ages are from the 19 years old to 22 years old from the different races of Malay(56%), Indian(18%), Chinese(12%) and others(14%).

### Motivation in Participation for Outdoor Recreation Activities

The Table 1 shown the min differences for the both faculties about the participation motive in Outdoor Recreation and the significance different were expressed in the P value. Based on the 22 participation motive elements given in the questionnaire, only 7 elements are significance with the P value are less than 0.05. The 6 elements are Enjoy the Nature, Looking For New Experience, To Take The Challenge, As A Social Needs, Excess of Pocket Money and Accessibility To the Recreation Area.

No.	Motivation in Outdoor Recreation	Faculty of Science	Faculty of Non Science	P Value
1.	<b>Enjoy The Nature</b>	<b>3.51</b>	<b>4.00</b>	<b>.019</b>
2.	<b>Looking For A New Experience</b>	<b>3.48</b>	<b>4.10</b>	<b>.001</b>
3.	Interact With Community	3.60	3.85	.238
4.	<b>To Take The Challenge</b>	<b>3.43</b>	<b>3.83</b>	<b>.021</b>
5.	Looking For Self Confidence	3.56	3.96	.095
6.	As A Necessities of Life	3.70	3.70	.788
7.	Showing off Talent	3.63	3.41	.244
8.	Avoid From Responsibility	3.96	3.56	.095
9.	For Health	3.86	3.78	.440
10.	As A Physical Training	3.58	3.90	.099

11.	<b>As A Social Needs</b>	<b>3.28</b>	<b>3.61</b>	<b>.047</b>
12.	Spending Leisure Time	3.63	3.66	.709
13.	Experiences Achievement	3.55	3.81	.269
14.	Release Bored Feeling	3.40	3.70	.071
15.	Past Recreation Experience	3.61	3.35	.142
16.	Showing Off Social Status & Position	2.85	2.76	.449
17	Friends Influences	3.23	3.43	.341
18.	Long Semester Break Period	3.66	3.51	.451
19.	<b>Excess of Pocket Money</b>	<b>3.38</b>	<b>2.76</b>	<b>.002</b>
20.	Low Cost of Recreation	3.13	3.00	.414
21.	The Current Trend of Outdoor Recreation	3.51	3.66	.451
22.	<b>Accessibility To The Recreation Area</b>	<b>4.05</b>	<b>3.55</b>	<b>.003</b>

### **Enjoy the Nature**

The result shown that the most significance participation motive for outdoor recreation for these students are to Enjoy The Nature. For the students of Faculty of Science (m=3.51) and for the students of Faculty of Non Science (m=4.00). Meanings, the students from the both faculties are enjoy and appreciate the value of the natural environment while having the outdoors recreation activities. However, the desire for this participation motive is higher from the students of Faculty of Non Science compare to the students of Faculty of on Science.

### **Looking For New Experience**

The result shown that the most significance participation motive for outdoor recreation for these students are also to Looking For New Experience. For the students of Faculty of Science (m=3.48) and for the students of Faculty of Non Science(m=4.10). Meanings, the students from the both faculties are preferred to Looking For New Experience while having the outdoors recreation activities. However, the desire for this participation motive is higher from the students of Faculty of Non Science compare to the students of Faculty of Science.

### **To Take The Challenge**

The result shown that the most significance participation motive for outdoor recreation for these students are also to Looking For New Experience. For the students of Faculty of Science ( $m=3.43$ ) and for the students of Faculty of Non Science ( $m=3.83$ ). Meanings, the students from the both faculties are preferred to take the challenge while having the outdoors recreation activities. However, the desire for this participation motive is higher from the students of Faculty of Non Science compare to the students of Faculty of Science.

### **Accessibility to the Recreation Area**

The result shown that the most significance participation motive for outdoor recreation for these students are also the accessibility to the recreation area. For the students of Faculty of Science ( $m=4.05$ ) and for the students of Faculty of Non Science ( $m=3.55$ ). Meanings, the students from the both faculties are preferred to having the outdoors recreation activities depended on the accessibility to the recreation area. However, the desire for this participation motive is higher from the students of Faculty of Science compare to the students of Faculty of Non Science.

### **As A Social Need**

The result shown that the most significance participation motive for outdoor recreation for these students are also as a social need. For the students of Faculty of Science ( $m=3.28$ ) and for the students of Faculty of Non Science ( $m=3.61$ ). Meanings, the students from the both faculties are preferred to having the outdoors recreation activities as a social need of life. However, the desire for this participation motive is higher from the students of Faculty of Non Science compare to the students of Faculty of Science.

### **Excess of Pocket Money**

The result shown that the most significance participation motive for outdoor recreation for these students are Excess of The Pocket Money. For the students of Faculty of Science ( $m=3.38$ ) and for the students of Faculty of Non Science ( $m=2.76$ ). Meanings, the students from the both faculties are preferred to having the outdoors recreation activities if they have an excess of the pocket money. However, the desire to participate in outdoor recreation activities is higher from the students of Faculty of Science compare to the students of Faculty of Non Science.

### **Conclusion & Recommendation**

The purpose of this study is to identify the participation motive in outdoor recreation for the students of higher private institution for City Campus Kuala Lumpur. This study is important in order to know the participation motive for the student from the higher educational institute due to the research in this area is still low in the field of research in Malaysia. Even the previous research in outdoor recreation has been approached, but the research is limited to the higher public institution only. Furthermore, the study for city campus student is very rare in Malaysia due to the number of city campus University in Malaysia is still very limited. For city campus university, they do not have the complete facility for sports and recreation activities. Their

location is in the middle of the city centre area, and do not have a large space to provide all the sports and recreational facilities. Besides, this study also need to identify the participation motive in outdoor recreation for the two different faculties located in this city campus.

Based on the findings, generally the main significance for their motivation in participation for outdoor recreation for private city campus students are To Enjoy The Nature, Looking For New Experience, To Take Challenge, As A Social Needs, Long Semester Break Period, Excess To The Pocket Money and The Accessibility To the Recreation Area.

For the students of Faculty of Science, their main participation motive in outdoor recreation are the Accessibility To The Recreation Area, followed by For Healthy and As A Necessities of Life. The students from this school are busy with all the academic syllabus, they have to give a higher commitment on the academic due to the niche and high profile programs are taking by the students. They do not have a long leisure time to fulfill with the recreational experience activities due to the high commitment in the academic program during the studies. They preferred the recreational activities offered to them are within the city centre areas that have a better accessibility to that recreational areas thereof. Meanings, the modern or developed recreational areas are the priority for them for having the outdoor recreational experiences rather than to have the program in the wild and primitive forest area. They also understood that the healthy lifestyle is important in their hectic life, so their participation in outdoor recreation activities is also to keep the healthy lifestyle practices in their life because that is a necessities of life.

However, for the students from Faculty of Non Science, their main priority in outdoor recreation participation are Looking For New Experience, followed by Looking For Self Confidence and As A Physical Training. The students from this school are highly motivated in participating in outdoor recreation activities. They are willing to participating in the challenging activities because they are enjoy to having the activities in the nature. They also are looking to enrich their self confidence as part of personal development and also for spiritual strength. They also believe that the participation in outdoor recreation activities is able to get them fit, hence their participation motive in outdoor recreation also as a physical training for them.

Overall, the students from higher private city campus institution are really motivated in participating in outdoor recreation activities. In this case, the level of motivation for participating in outdoor recreation activities from the student of Faculty of Non Science is a bit higher than the students from Faculty of Science. However, the student of Faculty of Science also interested to participating in outdoor recreation activities, but their participation motives are different. Meanings, the categories of outdoor recreation activities offered for them should be different with the students from Faculty of Non Science. The students of Faculty of Science need the less adventure of outdoor recreation activities, in line with the city campus that have the very limited of outdoor recreational facilities and only focus for the study. Although, they still need the outdoor recreation participation, in order to keep on having the healthy lifestyle practices and as a necessities of life. Therefore, the leisure recreational and modern outdoor

recreation concept is supposed to be approached. For the students of Faculty of Non Science, they're highly motivated in outdoor recreation, and they are interested in challenging outdoor recreation activities in order to gain the recreational experiences to improve themselves in self confidence and to get their physical fit. At the same time, they also enjoy themselves while involving with nature. Meaning, the extreme outdoor recreation activities should be offered in order to fulfill their outdoor recreation motives desired. Although, the outdoor education concept should be implemented during the students participating in outdoor recreation activities in order to ensure the activities are beneficial and the students may feel the maximum satisfaction while having the outdoor recreation activities.

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