CONSTRAINTS TO PARTICIPATION IN OUTDOOR RECREATIONAL ACTIVITIES AMONG MALAY FEMALES IN PULAU INDAH, SELANGOR, MALAYSIA

NOR AKMAR BINTI ABDUL AZIZ

MASTER OF SCIENCE
UNIVERSITI PUTRA MALAYSIA

2006
CONSTRAINTS TO PARTICIPATION IN OUTDOOR RECREATIONAL ACTIVITIES AMONG MALAY FEMALES IN PULAU INDAH, SELANGOR, MALAYSIA

By

NOR AKMAR BINTI ABDUL AZIZ

Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia, in Fulfilment of Requirement for the Degree of Master of Science

May 2006
DEDICATION

-Specially dedicated to my-

 Lovely Mum
Puan Hajah Chek Yan Mohd Sidi

Sisters and Brothers
Azlina Abdul Aziz
Saifulazmi Abdul Aziz
Amaliah Abdul Aziz
Engku Ghaz Adli Ku Abdul Halim

Niece
Engku Julia Humairah

Special friend
Mohd. Hariz Raymond

All my friends
'Thanks a lot for your patience, encouragement, supporting and loving me'
Abstract of thesis presented to the Senate of the Universiti Putra Malaysia in fulfilment of the requirement for the degree of Master of Science

CONSTRAINTS TO PARTICIPATION IN OUTDOOR RECREATIONAL ACTIVITIES AMONG MALAY FEMALES IN PULAU INDAH, SELANGOR, MALAYSIA

By

NOR AKMAR BINTI ABDUL AZIZ

May 2006

Chairman : Manohar Mariapan, PhD

Faculty : Forestry

The study was carried out at four villages in Pulau Indah, Klang between December 2005 to March 2006. The data was collected by using a structured questionnaire. The purpose of this research is to identify the constraining factors affecting participation in outdoor recreational activities among Malay females. The objectives are to determine interpersonal, intrapersonal and structural constraining factors affecting Malay females level of participation in outdoor recreational activitiess at Pulau Indah, Klang, to identify the type of recreation activities Malay females are willing to participate in and to identify elements that would facilitate Malay females to participate in outdoor recreational activities based on their demographics profile and constraints. Interest in outdoor recreation and physical ability are the major factors in intrapersonal. Meanwhile for interpersonal constraints, the factors include friend’s participation, friend’s knowledge on the benefits of outdoor recreation and the respondent’s concern on accidents or injuries with the involvement of incompetent friends. Busy with commitment, do not have own transportation, do not have strong financial support and
knowledge about the type of facilities provided which suit their preference are among the structural constraints for which the Malay females in Pulau Indah do not participate in outdoor recreation. The most serious constraint for Malay females in Pulau Indah is intrapersonal constraints. Respondents in Pulau Indah, Klang generally have the desire to participate in outdoor recreational activities, which are adventurous, challenging, and nature based such as rock climbing, trekking, jet skiing, sight-seeing and traveling. The different age group, occupation, marital status and education level provided the different types of outdoor recreation activity preferences. Malay females in Pulau Indah, reported that the key measure needed to encourage Malay females participation in outdoor recreational activities is through the dissemination of information concerning the benefits and importance of outdoor recreation. Activities offered should also be suitable with the Malay custom and culture, and that parks should provide good and comfortable facilities. Besides that, the parks also need to provide complete and proper equipments. Fitness, physical ability, the availability of time and safety also influence their participation in outdoor recreational activities. Respondents also suggested that Majlis Perbandaran Klang (MPK) provide quality recreational parks to attract their participation in outdoor recreational activities.
Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk ijazah Master Sains

HALANGAN UNTUK MELIBATKAN DIRI DALAM AKTIVITI REKREASI LUAR DIKALANGAN WANITA MELAYU DI PULAU INDAH, SELANGOR, MALAYSIA

Oleh

NOR AKMAR BINTI ABDUL AZIZ

Mei 2006

Pengerusi : Manohar Mariapan, PhD
Fakulti : Perhutanan

ACKNOWLEDGEMENTS

I would like to take this opportunity to thank my supervisor Dr. Manohar Mariapan for his continuing support and excellent advice. I realized that he is not only an excellent academician, but also an example of a wise guru. My sincere thanks are also extended to Prof. Madya Dr. Shukri Mohammed and Dr. Azlizam Aziz for their relentless comments in seeing my thesis achieve its objectives.

I am grateful for the generous help of Mr. Mohd. Fakhri Marzuki from Majlis Daerah Klang and the kampung chief and residents of Pulau Indah, Klang, in providing kind cooperation to complete this project.

Finally, I would like to thank the help of Miss Nor Azlina Sumailan, Mr. John Keen Chubo, Dr. Nyoman Wistara, Ex-Samth97, all friends and colleagues in Faculty of Forestry UPM-Serdang and Faculty of Agriculture and Food Sciences UPM-Bintulu Campus.
I certify that an Examination Committee met on 30th May 2006 to conduct the final examination of Nor Akmar Binti Abdul Aziz on her Master of Science thesis entitled “Constraints to Participation in Outdoor Recreational Activities Among Malay Females in Pulau Indah, Selangor” in accordance with Universiti Pertanian Malaysia (Higher Degree) Act 1980 And Universiti Pertanian Malaysia (Higher Degree) Regulation 1981. The Committee recommends that the candidate be awarded the relevant degree. Members of the Examination Committee are as follows:

SRIDAR A/L RAMACHANDRAN, PhD
Faculty of Economics and Management
Universiti Putra Malaysia
(Chairman)

ABDULLAH MOHD, PhD
Associate Professor
Faculty of Forestry
Universiti Putra Malaysia
(Internal Examiner)

AHMAD SHUIB, PhD
Associate Professor
Faculty of Economics and Management
Universiti Putra Malaysia
(Internal Examiner)

NOOR AZLIN YAHAYA, PhD
Forest Research Institute of Malaysia
Kepong (FRIM), Selangor
(External Examiner)

HASANAH MOHD. GHAZALI, PhD
Professor/Deputy Dean
School of Graduate Studies
Universiti Putra Malaysia

Date:
This thesis submitted to the Senate of Universiti Putra Malaysia and has been accepted as fulfillment of the requirement for the degree of Master of Science. The members of the Supervisory Committee are as follows:

**MANOHAR MARIAPAN, PhD**
Lecturer
Faculty of Forestry
Universiti Putra Malaysia
(Chairman)

**SHUKRI MOHAMMED, PhD**
Associate Professor
Faculty of Forestry
Universiti Putra Malaysia
(Member)

**AZLIZAM AZIZ, PhD**
Lecturer
Faculty of Forestry
Universiti Putra Malaysia
(Member)

____________________
**AINI IDERIS, PhD**
Associate Professor/Dean
School of Graduate Studies
Universiti Putra Malaysia

Date:
DECLARATION

I hereby declare that the thesis is based on my original work except for quotations and citations which have been duly acknowledged. I also declare that it has not been previously or concurrently submitted for any other degree at UPM or other institutions.

NOR AKMAR BINTI ABDUL AZIZ

Date:
**TABLE OF CONTENTS**

<table>
<thead>
<tr>
<th>DEDICATION</th>
<th>ii</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABSTRACT</td>
<td>iii</td>
</tr>
<tr>
<td>ABSTRAK</td>
<td>v</td>
</tr>
<tr>
<td>ACKNOWLEDGEMENT</td>
<td>vi</td>
</tr>
<tr>
<td>APPROVAL</td>
<td>viii</td>
</tr>
<tr>
<td>DECLARATION</td>
<td>x</td>
</tr>
<tr>
<td>LIST OF TABLES</td>
<td>xiv</td>
</tr>
<tr>
<td>LIST OF FIGURES</td>
<td>xvii</td>
</tr>
</tbody>
</table>

**CHAPTER**

1  **INTRODUCTION**

1.1 Background 1
1.2 Problem Statement 3
1.3 Objectives 5

2  **LITERATURE REVIEW**

2.1 Introduction 6
2.2 Constraints in Outdoor Recreation Participation 7
2.2.1 Gender Issues 9
2.3 Conceptual Framework in Constraints 13
2.3.1 Intrapersonal Constraints 16
2.3.2 Interpersonal Constraints 17
2.3.3 Structural Constraints 18
2.4 Constraints to Participation among Females 19
2.5 Background of Residents in Pulau Indah 22

3  **METHODOLOGY**

3.1 Introduction 35
3.2 Research Framework 28
3.3 Research Theory 28
3.4 Research Instrument 32
3.4.1 Pilot Survey 33
3.5 Population and Sample Size 33
3.6 Data Collection 34
3.7 Census 34
3.8 Analyses of Data 34
3.8.1 Descriptive Analysis and Crosstabulation 34
3.8.2 Cronbach’s Alpha 35
3.8.3 T-test and Analysis of Variance (ANOVA) 36
3.8.4 Linear regression 36
4 RESULT AND DISCUSSION

4.1 Introduction 38

4.2 Response Rate 38

4.3 Demographic Characteristics of the Respondents 40

4.3.1 Age 40

4.3.2 Marital Status 41

4.3.3 Education Level 42

4.3.4 Employment 43

4.3.5 Monthly Income 44

4.4 Constraints to Participation in Outdoor Recreation Activities 45

4.4.1 Intrapersonal Constraints 45

4.4.2 Interpersonal Constraints 49

4.4.3 Structural Constraints 53

4.5 Cronbach’s Alpha Reliability on Constraints Items 71

4.5.1 Intrapersonal Constraint Concepts 71

4.5.2 Interpersonal Constraint Concepts 73

4.5.3 Structural Constraints Concepts 74

4.6 Constraints to Participation in Outdoor Recreation Activities Based on Demographic Profile 62

4.6.1 Comparisons between Respondents’ Education Status on Constraint Concepts 62

4.6.2 Comparisons between Respondents’ Occupation Type on the Level of Agreement on Constraint Concepts 72

4.6.3 Comparisons between Respondents’ Age Group on the Level of Agreement on Constraint Concepts 81

4.6.4 Level of Agreement on Constraint by Malay Female in Pulau Indah, Klang Based on Marital Status 89

4.7 Intrapersonal, Interpersonal and Structural Constraint Factors that Predict Malay Females in Pulau Indah, Klang Interest in Outdoor Recreational Activities Participation 96

4.8 Participation and Preferences in Outdoor Recreation Activities by Malay Females in Pulau Indah, Klang 98

4.8.1 Participation and Preferences in Outdoor Recreation Activities Malay Females in Pulau Indah, Klang Based on Demographic Profile 101

4.9 Recommendation and Opinion on Recreation Activities by Respondents to Facilitate Malay females to Participate in Outdoor Recreation Activities Based on Their Demographic Profiles and Constraints 115
5 CONCLUSION, IMPLICATION AND RECOMMENDATIONS

5.1 Summary of the Study 121
5.2 Implications of the Study 124
5.3 Recommendations 125
5.4 Future Research in This Area 126

REFERENCES 128
APPENDIX
BIODATA OF THE AUTHOR