

Hiking Activity for Leisure Satisfaction

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ABSTRACT

This study was conducted for staff, students and mountain priests who followed the activities with UiTM Cawangan Pahang Adventure Club (UPAC). Since its establishment from 2005 until now, UPAC has given its members the opportunity to climb mountains, cross islands, travel to rivers and islands and even go overseas. By using the Leisure Satisfaction Scale (Beard and Ragheb, 1980, 1983) it turned out that most participants like and are interested in all the activities that were carried out. A total of 124 people were involved as respondents. There is a close relationship between attitudes to leisure and satisfaction derived from recreational and outdoor activities.

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1. Introduction

2. 1.1 Introduce the Hiking and Leisure Satisfaction

Hiking is very interesting and has become a popular activity in this country. This is because this activity is very good for health and socialization and can generate income for the local population and the country, therefore it is something that needs to be encouraged. It's just that these activities need to be controlled because they can cause environmental damage such as littering and taking assets without control such as rocks, tree roots and others. Based on its contribution to the country and as one of the sources of income for tourism and service industry, researchers are interested in seeing how hiking affects leisure satisfaction. How free time can be filled with hiking activities and how hiking increases the self-satisfaction of hikers. The author will show the findings of the Leisure Satisfaction Scale (Beard and Ragheb, 1980, 1983) which was used on 124 respondents in Malaysia. The same scale has been modelled by Ping Li, Zhou Bin and Chris Ryan (2017) in China. There are several reasons why we chose hiking as a study. This is because of its contribution towards the national income and the spill over effect on the country, especially the tourism industry. The most important thing is that we can take advantage of our natural assets and introduce our culture to the community in this world.

1.2 The Importance of Hiking Activity for Leisure Satisfaction

Hiking is a good and positive activity to escape for a moment from the hustle and bustle of work and the routine activities at work or at the university. Every time we hike, we operate 7 sub-dimensions of the dimensions namely *start*, *psychological*, *educational*, *social*, *relaxation*, *physical*, and *aesthetics*. We found that the 7 sub-dimensions have a good and positive correlation towards satisfaction. The correlation information is as below in Table 2.

Table 1. Correlations

		Start	Psycho	Edu	Social	Relax	Aesthetics	Physical
Start	Pearson Correlation	1	.294**	.334**	.365**	.308**	.300**	.379**
	Sig. (2-tailed)		.001	.000	.000	.001	.001	.000
	Sum of Squares and Cross-products	37.509	12.767	12.866	14.538	16.457	12.041	14.895
	Covariance	.307	.105	.105	.119	.135	.099	.122
	N	123	123	123	123	123	123	123
Psycho	Pearson Correlation	.294**	1	.760**	.713**	.758**	.630**	.679**
	Sig. (2-tailed)	.001		.000	.000	.000	.000	.000
	Sum of Squares and Cross-products	12.767	50.437	33.962	32.934	46.963	29.336	30.901
	Covariance	.105	.413	.278	.270	.385	.240	.253
	N	123	123	123	123	123	123	123
Edu	Pearson Correlation	.334**	.760**	1	.802**	.787**	.743**	.724**
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000
	Sum of Squares and Cross-products	12.866	33.962	39.592	32.837	43.230	30.667	29.230
	Covariance	.105	.278	.325	.269	.354	.251	.240
	N	123	123	123	123	123	123	123
Social	Pearson Correlation	.365**	.713**	.802**	1	.738**	.729**	.700**
	Sig. (2-tailed)	.000	.000	.000		.000	.000	.000
	Sum of Squares and Cross-products	14.538	32.934	32.837	42.357	41.905	31.140	29.218
	Covariance	.119	.270	.269	.347	.343	.255	.239
	N	123	123	123	123	123	123	123
Relax	Pearson Correlation	.308**	.758**	.787**	.738**	1	.743**	.723**
	Sig. (2-tailed)	.001	.000	.000	.000		.000	.000
	Sum of Squares and Cross-	16.457	46.963	43.230	41.905	76.116	42.558	40.428

	products							
	Covariance	.135	.385	.354	.343	.624	.349	.331
	N	123	123	123	123	123	123	123
Aesthetics	Pearson Correlation	.300**	.630**	.743**	.729**	.743**	1	.759**
	Sig. (2-tailed)	.001	.000	.000	.000	.000		.000
	Sum of Squares and Cross-products	12.041	29.336	30.667	31.140	42.558	43.050	31.933
	Covariance	.099	.240	.251	.255	.349	.353	.262
	N	123	123	123	123	123	123	123
Physical	Pearson Correlation	.379**	.679**	.724**	.700**	.723**	.759**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	
	Sum of Squares and Cross-products	14.895	30.901	29.230	29.218	40.428	31.933	41.116
	Covariance	.122	.253	.240	.239	.331	.262	.337
	N	123	123	123	123	123	123	123

** . Correlation is significant at the 0.01 level (2-tailed)

Based on the correlation test as in the table above, all seven dimensions show a positive relationship with each other with a value of $p < 0.01$. This shows that these 7 dimensions lead to leisure satisfaction.

2. Literature Review

Walking, hiking, and backpacking are interrelated and are becoming popular all over the world. There are many benefits from the activity (Kraus, 2001; Coble et al., 2003). Despite different populations and indicators of active life, hiking continues to attract its audience to be the most popular leisure activity (Hull & Stewart 1995; Chhetri, 2004). This is because hiking activities contribute physically and emotionally.

3. Method

3.1 Approach

The research approach is quantitative and not forgetting, the researcher also looked at the qualitative aspects when looking at the answers given.

3.2 Sampling Procedures

Sampling is more of a purposive sampling, which means that only respondents who meet the conditions that are, have been involved in hiking activities or outdoor activities can answer the questionnaire.

3.2.1 Sample Size, Power, and Precision

The sample size that was successfully obtained was 124 respondents and after data entry 1 respondent had to be eliminated because most of the questions were not answered.

3.2.2 Research Design

This study uses a questionnaire distributed from March 2022 until March 2023 to 450 respondents who had climbed a mountain or hiked or participated in outdoor activities. The respondents consisted of the UPAC committee, UiTM staff, UiTM students, mountain guides or "Malim Gunung" who had followed and participated in hiking activities with UPAC or other parties. They are given a questionnaire after they had successfully completed the activity or after the activity has been carried out.

4. Results and Discussion

4.1 Statistics and Data Analysis

Why did you participate in UPAC activities?

Based on the data from the respondent's answers after being refined, there were 26 answers that can be classified as different answers even though sometimes the difference was very little. The 26 answers are as follows:

1. Interesting/ because the organized activities are all fun
2. To add experience/ to gain experience/expand thinking
3. Interest/because of deep interest/because I am interested in it

4. Responsibility
5. Healthy body and can calm the mind/relieve stress
6. Being able to enjoy the beauty of this virtual world
7. Strengthening friendship between UPAC members
8. Challenging activities/challenging myself/I like challenging activities, rugged/likes rugged
9. Can increase understanding
10. To participate in outdoor activities/can do outdoor activities/like outdoor activities
11. Being able to have fun
12. Able to build self-worth physical strength/physical/exercise
13. To fill free time/fill free time
14. Can add to existing knowledge/knowledge
15. To get out of the comfort zone
16. Interest in sports
17. Activities organized by UPAC/UPAC activities were fun and interesting/because I liked the activities that were always organized
18. Voluntary
19. No reason/no participation
20. Being able to enjoy the beauty of this virtual world
21. Strengthening friendship between UPAC members
22. A highly respected and trusted lecturer
23. Increase stamina/increase body fitness and stamina/want to maintain stamina
24. To implement an event for the class/related to the subject of OPM
25. Strengthening friendship between UPAC members
26. As alumni and career

From 26 answers, we reduce it further that 23 answers are all answers from 124 respondents. It turns out that the 26 answers are positive, good, and encouraging. So why they joined UPAC is clearly known. It consists as follows:

1. Interesting and fun
2. Good experience
3. Interest
4. Responsibility
5. Healthy body/peace of mind/peace of soul
6. Beauty of virtual reality
7. Strengthening relationships
8. Challenging activities
9. Improve understanding
10. Outdoor activities
11. Being able to have fun
12. Physical/physical strength
13. Filling free time
14. Increasing knowledge
15. Get out of the comfort zone
16. Interest in sports
17. Activities by UPAC
18. Voluntary
19. No reason/unrelated
20. Trust/ highly respected lecturer
21. Increases stamina
22. Execute event/subject/assignment
23. As alumni and career

The author is proud of the answers given, showing that the objective of this program has been successfully achieved and the objective of establishing the UiTM Pahang Adventure Club (UPAC) has also been achieved. It turns out that UPAC managed to gather an audience of participants who were responsible, enthusiastic, and dedicated in making any activity or program a success. The fun of doing a program based on the same interest, which was climbing and conquering mountains, mastering interesting places, even for a moment, still gave satisfaction. The participants were happy and had lots of fun, not to mention the committee and me as the Program Director, club chairman and club founder.

Having the same interests, wanting to increase knowledge, and seeking experience as well as keeping the body healthy and calming the soul are the motives of the participants/respondents. But what is important is to see the beauty of maya and acknowledge the greatness of Allah S.W.T. The program ran for one whole day, 2-3 days or 4 days and is still leisure, filled free time and demanded physical and physical strength. This is the time we were able to get out of the campus, out of the comfort zone and automatically increase our stamina, fitness and thinking power and intelligence.

Although this kind of program is often underestimated by the management and is often looked down upon because it is seen as not contributing to the Key Performance Indicators (KPI) of a university, there are many staff and students who are hungry for activities like this. What is moving is that there are respondents who express the opinion that one reason they follow this program is because the lecturers involved are trusted and highly respected. At least some think this program can help provide input to implement events/subjects/assignments. Some also think of their responsibilities as alumni and their preparation for careers.

How many times do you participate in activities?

>15 times	7 respondents	5.6%
8-14 times	5 respondents	4.0%
4-7 times	11 respondents	8.9%
1-3 times	81 respondents	65.3%
Never	18 respondents	14.5%

In UPAC, there were 7 people from UPAC who participated in this program which had been organised more than 15 times. This represents 5.6% of all respondents. A total of 5 people (4.0%) participated in the activity 8 to 14 times. It is not difficult to recognize these 12 people because they were UPAC committee members and die-hard fans of climbing sports, and all activities organized by UPAC. Not less than 11 people representing 8.9% have also been involved in this activity 4 to 7 times. Due to the challenging and capital-intensive nature of this activity, the commitment of 18.5% or 23 individuals is commendable. Since 2005, UPAC has successfully continued its operations for 18 years, consistently organizing at least one or two activities each year. The author feels that this situation will be more challenging in 2024 and the future due to the following factors:

4.1.1 Age Factor

Increasing age also hinders the effort to stay active to some extent because energy is decreasing, there are illnesses that require medication and are easily injured when doing strenuous activities. This is unavoidable because when the age is over 50 years old, the performance of strength, physicality and intensity are also affected. Medications that regulate blood can lead to increased fatigue if taken in excess, causing individuals to tire more easily than usual.

4.1.2 Commitment Factor

Along with our increasing age, commitment to work, family, society, religion, and others also increases. This requires time, energy, concentration, finances, and focus. Many have disappeared from the radar because of these factors. It's just that every time we meet, in events, campus activities, life outside, we understand that we have been involved in great activities.

4.1.3 No Support Factor

Since 2012, the management still gives space and supports the club's efforts and activities. This continued until 2016 and continued until 2018. The situation was quite difficult in 2019, during Covid-19 in 2020 until now. Since then, the club's activities have been quite difficult to carry out due to financial constraints and procedures regarding the transportation of assignments at work and fees imposed by management. Writers can be categorized from the year 1999 to 2011, it is very easy to make a program. It was a bit difficult in 2012 to 2018 and became more difficult from 2019 until now.

What is your favourite activity?

1	Hiking	59 respondents	47.2%
2	Island	13 respondents	10.4%
3	Cave	2 respondents	1.6%
4	Fishing	1 respondent	0.8%
5	Traveling	46 respondents	36.8%
6	Others	2 respondents	1.6%

Based on the respondents' answers, climbing is the most preferred activity which is 47.2% (that is a total of 59 respondents). This is easy to understand because the beginning of the establishment of UPAC started with

climbing activities as their first activity carried out in 2005. Most of the committee members and strong people of UPAC are climbers and they come to UPAC to climb. The second most preferred activity is traveling, which means that the respondents like to walk, enjoy the wind, go for a walk in any place of interest in villages and cities, villages and famous or not famous cities. The activity of traveling was chosen by 36.8% (that is a total of 46 people). Traveling is a more relaxed activity, taking a bus, car, van and going to a destination whether overnight or not. Moreover, it is an activity that is often carried out because the writers and participants who are mostly women are also interested in travelling. For participants who are not interested in extreme activities and do not feel fit or able, they will choose travel activities.

The activity of walking to the island is an activity that is no less great compared to other activities. The writer really likes this activity because the beauty of the island is hard to describe. Satisfaction is evident when looking at the sea waves and the blue colour of the ocean and the white and fineness of the sand. Boating, kayaking and any form of transportation are still beautiful. A total of 10.4% of respondents or a total of 13 people chose this activity.

Where are you planning to go?

1	Pahang	21 respondents	16.8%
2	Borneo	25 respondents	20.0%
3	Semenanjung	41 respondents	32.8%
4	Overseas	36 respondents	28.8%

Respondents were given four (4) choices of where they wanted to go or planned to go. Peninsular Malaysia or the Malay Peninsula is the main choice of the respondents whereby 41 people or 32.8% choose this destination as an option. There may be 11 states including Kuala Lumpur as the capital. This is easy to understand because for the respondents there are still many interesting places in this peninsula that have not yet been tracked whether forests, mountains, lakes, village forests and others. 36 respondents or 28.8% want to go abroad, which of course has more options of destinations that can be explored. This is the expected answer. Borneo, i.e., Sabah, Sarawak and the whole of Kalimantan are still a choice of destinations because of its vast land and many interesting places.

The state of Pahang itself as the author's state and as the host of this study was made, chosen, and favoured by 21 respondents or 16.8%. Pahang provides quite a lot of options with various variations. There are also those who choose Pahang who must compete with bigger places such as Borneo, the Peninsular and Overseas.

What keeps you from participating in activities?

1	Busy	28 respondents	22.6%
2	Family Commitment	8 respondents	6.5%
3	Money	51 respondents	41.1%
4	Work Commitment	15 respondents	12.1%
5	Others	19 respondents	15.3%

Based on the table above, it turns out that money is the main constraint causing respondents not to be able to participate in activities. This is understood because most of the respondents have higher commitment, which is financial commitment. From 2008 to 2013, the cost of living was not that high but after Covid-19 in the years after 2020 until now the cost of living increased quite sharply. This is not only happening in our country, but it is also happening all over the world. Rising cost of living is inevitable. So, it is reasonable that 51 respondents of 41.1% said money as the reason for not being able to participate in activities. This was followed by being busy or busy with 28 people or 22.6%. This can be related to being busy with family, busy at work, busy in finding additional income, busy in gaining knowledge, busy in improving skills, busy with the community and the local community and many others.

Others who were not specified contributed a total of 19 people or 15.3%. This is followed by work commitments of 15 people or 12.1% and family commitments of 8 people or 6.5%. The writer himself is also busy with family commitments, managing the garden, participating in community activities and other things. For example, from 2012 until 2023, the writer attended the Hajj course or at least accompanied the writer's mother to attend the Hajj course. Even if he does not go to the hajj course on Saturday, from 2014 to 2020, the writer will go to Kuantan to help run the EMBA (Executive Master of Business Administration) program. So, the writer also has limited time. The answer to this question is also related to the next question, what are the challenges in doing or engaging in activities?

What are the challenges in doing or engaging in activities?

1	Money	44 respondents	35.5%
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2	Time	55 respondents	44.4%
3	Employer	1 respondent	0.8%
4	Age	6 respondents	4.8%
5	Others	17 respondents	13.7%

The main challenge with the highest response is the time factor which is 55 people or 44.4%. This is being understood because the hiking or traveling program takes time and is time-consuming, which is at least half a day or almost a day. Usually a day or 2 (two) days is common. If the program involves many participants and the destination is quite far, it may take 3 days or up to 4 days. 4 (Four) days or reaching 5 (Five) days and 4 nights has happened to the program that took place in 2015 in Chemerong, Berembun and Langsir (CBL) Expedition where the program started at 5 pm on Thursday and finished at 4.00 am on Monday. The Climbing Program in conjunction with UiTM's 60 years simultaneously 60 mountains also took 4 days in 2016. It started on Wednesday and ended on Saturday. So, for the staff and students, they must allocate their free time and study time for this tough activity. They had to plan before they could comfortably participate in the hiking program.

The second high challenge is the money factor which is 44 people or 35.5%. This is because nowadays, especially after the Covid-19 pandemic and the increase in the cost of goods around the world due to weather changes, the increase in the cost of participating in activities is also inevitable. Fees for guides or mountain guides, transportation costs, rental rates, food costs and others also contribute to the cost of participation and the cost of organizing the program. At most we should have RM50 and for the two-day program we should have RM100 in our pocket for the one-day program. The next challenges are others that are not specifically stated or are more personal matters, which are 17 people or 13.7%. The age factor is the fourth challenge, which is 6 people or 4.8%. There are respondents who have reached their late 40s and early 50s where their energy, physical strength and stamina are no longer as strong as when they were in their 20s, 30s, so to get involved in every hiking program requires them to train longer in preparation and this demand sacrifices time of one another.

The first variable in E-Kembara called *Start*. Start as beginning or starting point for any activity, is task, move, action. In this variable, dimension, or construct, it consists of four (4) items. 1 You believe you are a climber/hiker. 2. You have a good relationship. 3. Climbing/hiking is dangerous. 4. Your equipment is sufficient. START dimension is opening a question asking you about your belief, your relationship with others, your mindset and philosophy and what you have like strengths, passions, skills, dedications, and desires. We expect positive responses from respondents nevertheless any answer is most welcome. There is no right and wrong answer, it's up to respondent to answer the way he or she likes. The author believes that the author is hiker/climber. The author has a good relationship with any or most of the people especially with UPAC members as those who have some interest with the author.

Yes, hiking and climbing is dangerous especially in certain areas having steep sloping and deep gorged areas. Most of the time, we could see this situation easily. The condition of the edge of this gorge and narrow trail is very dangerous because if you fall you can be injured or in serious cases it can cause death. On the other hand, dealing with danger is fun and managing risk is satisfaction. The author experiences hiking of Gunung Senyum, which it is a thrilling moment as the track rests on rotting iron. What made it worse, is the tightening screws of the step pillar iron that have been removed. Thus, that is a small part of the risk faced. Adequate equipment is essential for hiking. This is crucial for safety, security and comfortability when doing hiking activities.

Second variable in E-Kembara, called *Psycho*. The full name is psychological. There are four items/indicators under this construct, psychological. 1. Hiking is exciting/ interesting. 2. Hiking for leisure makes me more confident. 3. Hiking brings me a sense of accomplishment. 4. I use skills to better experience leisure involved in hiking. Psychological dimension is a very significant dimension/construct of this study. How can you say it is not interesting or exciting when you go for it. Hiking is a very exciting and interesting activity. At the first, you might be vague, confused, or uncertain if this the first activity or you first experience. It is understood because you must put some effort when hiking in terms of your energy, stamina, and focus. Sometimes you must spend money buying the right clothes for this activity and not forget the time like half day or one day or a few days.

But after the first time, the second time becomes easier because you already know the expectation and you may be more prepared, even the second time can be more tough than the first. That's how the process of the activity begins. The more you are involved, the more it is exciting. As a result, in the coming days when you are organizer or a part of a committee, the feeling is different. Truly you will be become more excited. For item 2, hiking for leisure makes me more confident, yes, during free time and leisure time, carefully planning a hiking program can help raise confident level for everyone. When you successfully climb a mountain, it breeds confidence. When you manage to conquer the mountain, you will become more confident.

This occurs automatically for most people. Number 2 item is very much related to item 3, hiking brings me a sense of accomplishment, yes, truly said. Accomplishment is an achievement, a mission accomplished. Confidence is achievement. Anyone who has confidence will lead to achievement and success. The item forth: I use skills to better experience leisure involved in hiking. Some people have skills, some other people do not have skills, but they still can gain and learn skills. This item four doesn't affect either they answer agree or disagree. However, it is good if our respondent answer agrees, that means there must be a skill in hiking activities.

The third variable is *Education*. This is the full name; the short form is called *Edu*. There are also four items in this dimension; 1. Hiking increases my awareness of the surroundings. 2. Hiking offers me the opportunity to try new things. 3. Hiking makes me more aware of myself. 4. Hiking helps me to learn about other people. Education is always one of the most important dimension/constructs in E-Kembara because it opens about your potential, capability as an individual in a group and connect you as a complete and comprehensive system and how it interacts to other people, plant, trees, environment as whole. As a result, it is a complete biosystem and ecosystem that complement each other. Educational dimension is very wide and broad, and touches each other in all aspects, whether small, as small, or as large as possible. When we climb, we will deal with everything starting from equipment preparation, fitness aspect, stamina ability and mental strength. For the first item, hiking increases my awareness of the surroundings. By logic, most respondents answer agree or strongly agree.

The moment you participate, whenever you join or you plan the program, directly or spontaneously you will be thinking about the place, the destination, you yourself and those who join the program. We will think and study a little bit about our ability, capability, and competency to join the program. Thinking about the destination, the transport, the journey and what are the preparation or supplies such as clothes, food, drink, medicines, and others. Something around us means paying attention to fauna and flora and keeping the environment clean and safe including trails, rivers, trees, waterfalls, forests, mountains, and everything. Item 2 hiking offers me the opportunity to try new things. Yes, hiking during a different time and in a different location with the others making new friends is always a new thing, new experience, new episodes and always new. For example, we can go using a different route or trail even if the mountain is a similar one. As a real example like Gunung Ledang (Mount Ophir), there are few different routes and trails for climbing. Each hiking and climbing are possible by carrying out various activities that are mostly the same but also different in other situations. We can do different activities according to the destination and location as well as time.

Item 3, hiking makes me more aware of myself. When we are hiking or climbing, it reflects on what purpose of life for us in this world. Hiking activity is not just to have fun and get away from the hustle and bustle of work but to know yourself and what is our purpose living in this World. Life goes up and down like a wheel, so does hiking, it goes up and down a mountain. Sometimes just six of us with guided hiking or climbing like hiking to Gunung Berantai, Kuala Sentul, Maran feels like we are being watched by other creatures or beings. Items 4, hiking helps me to learn about other people. When we travel or hike, we will get to know new people like "Love Our Rivers and Mountains" in Dabong, Kuala Krai Selatan, Kelantan Darul Naim in February 2023, we get to know UCYP University and their staff and students more closely.

The fourth variable in this study is *Social*. This is the full name; the short form is *Soc*. There are four items in this dimension. 1. Hiking allows me to socialize with others; 2. Hiking helps me find friends; 3. I find people are very friendly when I; 4. I meet people who are willing to take part in hiking. Socializing is always the primary purpose for participants involved in hiking. Like sports and social events and gathering, hiking is also a way for us to socialize whether we realize it or not. It is informal and more relaxed. It is easy for us to talk about something that is quite difficult in an official situation. For item 1. Hiking allows me to socialize with others. Of course, and almost certainly the respondent will answer, hiking is one way to socialize. In one day or two- or three-days program, we have wide-open opportunities to interact and express our opinions and show the direction of the future. We may be shy, but the discussion session held at each program gives the participants the widest opportunity to express their opinions.

Item 2 hiking helps me find friends, yes, it is exactly true. There is always new friend that we found even not many. New people that we can approach for the sake of friendship and "silaturahmi". This is very good and offers a sense of well-being. It just depends on whether they contact us, or we contact them. For item 3, I've found that people tend to be very friendly while hiking, although it can vary. Sometime people are more friendly or warm because we just know them. Sometimes activities made us more friendly and approachable. For item 4, I meet people who are willing to take part in hiking, yes for sure, they are adventure enthusiasts, committed hikers and some of them are very committed and hardcore.

The fifth variable in this research is *Relaxation*. This is the full name, the short name is *Rel*. There are four items in REL Dimension; 1. Hiking helps me relax; 2. Hiking helps me to relieve stress. 3. Hiking helps me to get into good mood; 4. Because I like hiking so much, I become fully engaged in the activity. Relaxation is

the best dimension variable/construct that explaining how beautiful the hiking activity. Relaxation came from the word relax. Relaxation means you are free from tension and anxiety. When you relax, you feel better, your mood is excellent, your mental seems very healthy and stable, your brain works excellently and astoundingly. When it comes to activity, hiking is a pleasant activity that makes you become calm and less worried. Relaxation is a way of spending time in which you rest and feel comfortable. This is what we wanted to see, and we wish for that. With that we become happy and comfortable because nothing worries you. You are enjoying the activity or hobby; you will get peace of mind and that can lessen the stress effects on your mind and body. Relaxation is very good because it keeps your heart healthy, reduces stress, reduces muscle tension, improves brain function and memory, and helps you to avoid depression, anxiety, and obesity.

The first item 1. Hiking helps me relax. Truly all or almost all respondents answered agree and strongly agree. We should relax because this activity anticipated relaxing the brain because of the wide view with fresh air and cheerful friends. We don't have to think about our work, our studies, our family temporarily. However, during activities, we will plan our work, our studies, or family better. This is part of healing to recover or put as a remedy when we return home. So far, every time there is a program, I am always waiting and cannot wait to follow it or organize it. I feel satisfied after we return from the program.

Item 2, Hiking helps me to relieve stress. Stress is normal and stress under control is good. Without stress we are too relaxed and without challenges which is also not good. Stress is usually counted negatively but stress needs to be there to move our activity, work movement and keeps our determination. Stokes and Kite (2001) explained that stress is an agent, condition, event, situation, variable that disrupts normal conditions of the individual. Many previous studies have shown that whether it is a daily activity or something unexpected, stress will affect our lives including work, family, and free time. Hiking can relieve stress if we do this activity at the right place and at the right time, which is maybe at the beginning of the semester or after exam season. As an organizer and having been involved in this activity for a long time since 1999 until present (2024). We will consider all factors to give the best satisfaction to everyone.

Item 3, Hiking helps me to get into a good mood. Mood is under personal predispositions beside personality, this is stated in Affective Events Theory. In psychology, mood is an affective state. Moods are typically described as having either a positive or negative valence. When you sweat, you will see the beauty and uniqueness of nature, away from the hustle and bustle of the city and tiring routine tasks. As a result, it will embody a very positive mood. Moreover, friendship has already started to develop between the participants and the organizers. In fact, a good and positive mood will stimulate to help plan the next program. That is how the program continues, and the club or association will live on.

Item 4, Because I like hiking so much, I become fully engaged in the activity. This is very true, when you love something, you will focus on that and do whatever for it. Carrying out activities, using all energy, that we have, and feeling satisfaction are examples of all these. It's really challenging, especially a day activity or just one day program. Sometimes our work in the village such as gardening, cutting unwanted small trees and grass, going into the bush, digging plant holes, making circle for our plants under hot sun or under the splash of sunlight will give some positive effect for hiking. Moreover, some of us do not have much time to practice because of the workload and family commitments.

The sixth variable in this study is *Physical*. This is the full name; the short name is *Phy*. There are four items in PHY Dimension; 1. Hiking challenges my personal fitness; 2. Hiking enhances my general fitness; 3. Hiking enables me to retain my strength; 4. Hiking is good for my general health. Physical and fitness strength is very important, and this is the main purpose of hiking. We want to be physically healthy and spiritually healthy including mental health and this can be achieved through hiking activities. There is a close connection between physical fitness and spiritual fitness, and we start with these goals with hiking. Prayer and prayer recitation are never left out and most of the time we pray in congregation or pray together (mass prayer). When we have physical strength and fitness, hiking becomes easier and more interesting. Physical strength and fitness are important to prevent injury and reduce the risk of injury.

For the item 1, Hiking challenges my personal fitness. Every climb has its own challenge, and all climbs are tough. So, this will challenge the physical fitness of the participants. To build up the fitness, it takes few weeks of few months, depends on the individual. For those who are young from the age of 20 to 40, a few weeks is enough. For those over 40 years old up to 60 years old may need a minimum of one month. You are doing something more or you must push up to the limit. Challenges can be overcome because your mind controls your body.

Item 2, Hiking enhances my general fitness. Physical training every day or in a week 2 or 3 times for a month or three weeks will still build fitness. High intensity training will be carried out a few days before hiking and training will stop two days or a day before hiking is most appropriate to provide preparation. Of course, hiking improves overall fitness, and it is true that hiking enhances my general fitness. After hiking our muscle experience cramps and pain but stamina and fitness have been built.

Item 3, Hiking enables me to retain my strength. For participants and members who sometimes participate in hiking activities, maybe 1-2 times a year that is enough to maintain their physical strength. This is because at other times, they may be involved in gardening, sports and so on. Along with increasing age and higher financial commitments and greater responsibilities, 1-3 activities per year is appropriate. Moving in groups combining all ages, we prefer leisurely hikes rather than occasional extreme activities.

Item 4, Hiking is good for my general health. Of course, everyone involved in hiking must be healthy and think positively. The organizer or club always encourages healthy activities. Prior training before the actual activity provides preparation. Warming up or warming down every time you start the journey is very good, Health is one of the reasons why hiking is an option.

The last dimension variable in this study is *Aesthetics*. This is the full name; the short name is *Aes*. There are also four items in AES Dimensions; 1. The hiking trails go through fresh and green areas; 2. The hiking trails go through interesting places; 3. The hiking trails have high landscape value; 4. The hiking trails are well planned and designed. The beauty of the scenery, the uniqueness of the place, the artistry of insect sounds creates their own aesthetic value. The peaceful atmosphere is full of tranquillity to see the river water flowing, waterfall struck the ground, to see the height of the tress and mountains which give a thousand meanings. Biodiversity exists in tropical rainforests whether hilly and mountainous areas such as the Titiwangsa Range (Banjaran Titiwangsa) or lowland or flat forests such as the Krau Nature. Reserve is an aesthetic beauty.

For item 1; The hiking trails go through fresh and green areas. Since we are in Malaysia covered 65% to 70% by trees either planted or naturally lived, our trails mostly through fresh and green areas. Our hiking trails passing through forest (jungle) or bush (belukar) or village areas or through farm, garden, and orchard which most trails are green. It is refreshing but also inhabited by insects, worms and microorganism that are rich in diversity. Green and fresh are the main strains of hiking activities.

Item 2; The hiking trails go through interesting places. This item response is up to the respondents. Some trails do not have a focal point, only the natural assets in the place itself like Gunung Dato at Rembau, Negeri Sembilan, and Bukit Kertau, Chenor, Maran, Pahang. There are only Malay villages there with rubber and palm oil plantations and abandoned swamps. Some mountains are very close to international hot spot destinations like Gunung Irau, Gunung Brincang and Gunung Berembun, all in Cameron Highland. Cameron Highland under Titiwangsa Range have a lot of advantages due to weather and ideal for tourism and agriculture.

Item 3; The hiking trails have high landscape value. In fact, it can be said that all the trails are unique, distinctive, and very beautiful. Although the trails are wet, slippery, mud and looks dirty, the trails still have its own advantages. This is because our life as hikers is full of sweat, blood, and tears. This expression is also for farmers and gardeners and fishermen who are all in the researcher's heart and soul.

Item 4 which is the last item; The hiking trails are well planned and designed. For places that are often visited such as Gunung Nuang, Hulu Langat, Selangor and Gunung Angsi, Ulu Bendul, Kuala Pilah, Negeri Sembilan, the trail there is clear and there is a well-planned signboard. For trails that are quite rarely travelled such as Gunung Berantai, Kuala Sentul, Maran, Pahang or Gunung Senyum, Temerloh, Pahang, there is signboard but very limited. Sometimes to give and maintain the naturalness of the place, we do not need to prepare the complete trail. That might be and sustainable. So far from 1999 to 2024 (present), all hiking/climbs have gone smoothly and have been successfully achieved.

5. Conclusion

This paper is presented resenting based on 24 years of experience in the outdoor activities which is mostly on hiking. Previous Literature Review of 100 articles about hiking and activities are related. Discussion was conducted with staffs, students, hiker lovers in Pahang, and around Malaysia. Malaysia has more than 300 mountains (Ahmad, 2011; Latif, 2006). Pahang itself has around 71 mountains (Md Zaide, 2022). Hiking can be derived for hiking, tourism, nature-based tourism, mountain tourism, village tourism, community-based tourism, and eco-tourism. Hiking started in Switzerland and Himalaya- 1860s. Mountain tourism contributed to 15%-20% of worldwide tourism (\$70-\$90 billion per year) (Buckley, 2007; Fredman & Heberlein, 2005; Pomfret, 2006). In Malaysia hiking as a leisure activity started in the 1970s. The estimation Pahang gets is RM20-RM30 million earnings. Is hiking activity derived from leisure satisfaction? People are stressed at work while students are stressed at campuses. Maybe the perfect activity which combines all the needs/ requirement is hiking. Hiking is derived from leisure satisfaction by combining elements of psychological educational, social factors, relaxation, physical factors, and aesthetics. The study was conducted with 124 respondents consisting of active climbers, hikers' lovers, fans of extreme activities, and outdoor enthusiasts in UiTM Pahang. They are staff, students, and mountain guiders (Malim Gunung). Data collection from March 2022-March 2023. 450 questionnaires distributed; 124 questionnaires returned. The software used is Statistical Package for Social Sciences (SPSS 28.0 version). The value of mean indicates that the majority are satisfied. Standard Deviation (SD) is acceptable. Skewness and Kurtosis indicate normality. Very clearly this

study shows that hiking activity is derived from leisure satisfaction. This study can be continued to see the effect of climbing towards work performance

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