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Abstract

The purpose of this study was to describe and identify various constraints of participating in outdoor recreation activities among female students of Universiti Teknologi MARA, Perlis. This study examined on the structural and intrapersonal factors. 150 respondents selected convenience at UiTM Perlis. The respondents were based on their education level, 75 for diploma and 75 for bachelor. Result showed that the highest mean for structural constraint was economic ($M = 2.67$) where else the highest mean for intrapersonal constraint was physical ($M = 2.17$). This finding also showed that there was no significance differences for structural constraints based on education level but there were significance differences for intrapersonal constraints based on education level: 'Motivation' ($t = -7.03, p < 0.05$), 'Psychological' ($t = -6.31, p < 0.05$) and 'Physical' ($t = -4.77, p < 0.05$) respectively. In conclusion this study expected to enhance as guide to the related parties concerned for overcoming the structural and intrapersonal constraints that influenced participating of recreational activities among female students specifically in UiTM Perlis. Hence, this study provided valuable factors that contributed as constraints among females as scope of interest to University and Ministry Youth and Sport in the future recreational phenomena of constraints to females participating in outdoor recreation activities as a whole nationwide.

Keywords: *Outdoor recreation, Structural constraints, Intrapersonal constraints, Malaysia*

INTRODUCTION

Constraints is defined as factor that prohibit or prevents an individual or person from enjoying and participate a leisure activity (Kim & Trail, 2010). As far as constraints of females participating in recreational activities were concerned, constraints defined as factor that limit a performance relative to its' objective. While in leisure the term of constraints is defined as a factor that influence an individual from prohibits or object from participating and enjoying a leisure activity. Why don't more people involve in physical activity during outdoor activities? Is it because of lack motivation, constraints, or the complete lack of interest in these recreational activities or the combination of these things? This questions attempts to answer are often depend on the idea of recreational constraints.

According to Wood and Danyichuk's (2010) negotiation and constraints processes in a women participation in recreational activity at Ontario, Canada. It shows that females in this recreation group experienced various constraints of intrapersonal related to skill, physical conditions, outside involvements and lack of interest and the leisure barrier. Furthermore, some of the females allocate their decisions to not participate in certain group activities because lack of skill and lack or self-confident. They believe that their ability are not identical to those of their group member keep them from being interested in certain recreational activities. In the other hand there has a research that state the constraints to participate in sport events are divided into three main categories consisting of structural constraints and intrapersonal constraints (Pritchard et al, 2009).

Besides that, outdoor recreation is defined to a leisure activity that an individual spent their free time for participating an activity such as backpacking, hiking, camping, kayaking, and sport activity to escape from their daily routine. Furthermore, outdoor activity also involves to a team sport game or grouping activity. When the activity involved physical challenge, excitement or risk for example climbing also consider an outdoor recreation or adventure activity. In addition, some constraints for participation has acknowledged that these restrictions on outdoor activity depend largely on the demographic characteristics of a site's potential users.

METHODOLOGY

Respondents

This was self-administered questionnaire which distributed to 150 female students. This questionnaire was distributed for 75 diploma students from Kolej Kesinai and Dahlia 1 UiTM Perlis while another 75 bachelor degree students from Kolej Dahlia 2 and Dahlia 3. Respondents were given approximately 10 minutes to complete the questionnaire. Respondents didn't have to expose their names on questionnaire to guarantee secrecy and confidently. Once finish the questionnaire were gathered immediately. Furthermore, a pilot study were supervise to test on the reliability and validity of the item in the questionnaire. 40 respondents were involved on this study. The data collect through pilot study was analysed used reliability analysis to determine the Alpha Cronbach and value for validity .40 and above and inter-item reliability value was .45 above bellow than that item will be deleted.

Instrumentation

Items in the questionnaire were adopted from Stanis, Schnieder, and Pereira's (2010) which considered high reliability (r values) that used to dissimilarity in constraints strategy for Park based leisure time outdoor activity by age. This questionnaire was divided into three sections. Section A, contained of personal data while Section B consist structural factors that constrain participation in outdoor recreation among females and for Section C consists the intrapersonal factors that constrain participation in outdoor recreation among females' students. Besides that, all data were analysed using the Statistical Package of Social Science (SPSS) version 22.0 for Windows. Thus Hypothesis was tested used Independent Sample T-Test, with significant value of $\leq .05$

RESULTS

This study was using descriptive and inferential statistical tools in order to answer the research questions with objectivity as showed the following elaboration:

Descriptive Results

Table 1: Structural factors that constrain participation in outdoor recreation among female students

Structural factors	Mean	Median	Standard Deviation
<i>Economic</i>	2.67	2.75	.480
Season	2.64	3.00	.837
Social	2.55	2.50	.508
Availability	2.51	2.66	.548

Table 1 showed the statistic of structural factors that constrain participating in outdoor recreation among female students. The highest mean factor for structural constraints are “Economic” (M=2.67), along with “Season” (M=2.64), “Social” (M=2.55), “Knowledge” (M=2.51) and “Availability” (M=2.51).

Table 2: Intrapersonal factors that constraints participation in outdoor recreation among female students

Intrapersonal Factors	Mean	Median	Standard Deviation
<i>Physical</i>	2.17	2.14	.661
Psychological	2.13	2.11	.549
Motivation	2.12	2.00	.609

Table 2 shows the statistic of intrapersonal factors that constrain participation in outdoor recreation among female students. The highest mean factor for intrapersonal constraints are “physical” (M=2.17), followed by “psychological” (M=2.13) and “motivation” (M=2.12).

Table 3: Is there any difference of structural constraints that influence participation in outdoor recreation among female students based on education level

Structural Constraints	Education level.	N	Mean	Std. Deviation	df	t	Sig. (2tailed)
Availability	Diploma	75	2.46	.505	148	-992	.323
	Bachelor	75	2.55	.588			
Economic	Diploma	75	2.60	.409	138	-1.71	.089
	Bachelor	75	2.73	.537			

Season	Diploma	75	2.74	.871	148	1.56	.119
	Bachelor	75	2.53	.794			
Social	Diploma	75	2.50	.444	148	-1.04	.298
	Bachelor	75	2.59	.564			

Table 3 shows the result of T-Test for research question three, there are no significance difference of structural constrain factors that influence participation in outdoor recreation between Diploma and Bachelor female students.

Table 4: Is there any difference of intrapersonal constraints that influence participation in outdoor recreation among female students based on education level.

Intrapersonal Constraints	Education level.	N	Mean	Std. Deviation	df	t	Sig. (2tailed)
Motivation	Diploma	75	1.81	.472	142	-7.03	.000
	Bachelor	75	2.42	.581			
Psychological	Diploma	75	1.88	.468	148	-6.31	.000
	Bachelor	75	2.38	.509			
Physical	Diploma	75	1.93	.432	148	-4.77	.000
	Bachelor	75	2.41	.758			

Table 4 shows result of Independent Sample T-Test have significance difference of intrapersonal constraints that influence participation in outdoor recreation between Diploma and Bachelor female students of UiTM Perlis. Intrapersonal constraints identified are “Motivation” $t = (142) = -7.03$, $p = 0.04$ (Diploma = 1.81, Bachelor = 2.42), “Psychological” $t = (148) = -6.31$, $p = 0.00$ (Diploma = 1.88, Bachelor = 2.38), and “Physical” $t = (148) = -4.77$, $p = 0.00$ (Diploma = 1.93, Bachelor = 2.41).

DISCUSSION

With the first finding after testing all item in five key factor structural constraints, we can see that the highest structural factors that influence female students to participate in outdoor recreation activity are economic. According to the data collection the mean score ‘economic’

(M=2.67), followed by 'season' (M=2.64) and 'social' (M=2.55). The economic become the main barrier for structural constraints because the focus groups was concern about economic. Students in both focus groups repeatedly mentioned the desire to involve in recreational activities, but that money and time constraints hindered participation. Thus cost of equipment is the most mentioned barrier to participation. As students they can't afford the cost of equipment, along with the fees of the activity and fares. Specifically, as a student they need to manage their economic properly due to their situation as students. This finding consistent with Kara and Demirci (2010) financial problems, were the most effective constraints for participating to the recreational activities.

For the second finding after testing all item in three key factor intrapersonal constraints we can see that the highest structural factor that influence female students to participate in outdoor recreation activity are physical. According to the result we can see that 'physical' (M=2.17), followed by 'psychological' (M= 2.13) and 'motivation' (M= 2.12). It showed that physical are the highest mean score (M = 2.17) among the three sub component. This is because female students more concern about their physical appearance because outdoor recreation activities demand physical and most of the females perceived barrier due to their lack of confident with their physical appearance. This study support by Laura and Karen (2012) found that some of the more well-known intrapersonal constraints highlighted in research for women's leisure have been feelings of shyness, self-consciousness and body image.

Furthermore, for the third finding, it showed that there are no significance difference of structural constrain that influence participation in outdoor recreation between Diploma and Bachelor female students of UiTM since $p > 0.05$. Thus the hypothesis of this component were rejected. This is because since they are still student they were more focusing on their study instead their physical health so they observe structural constraints exactly similar. Specifically, for this semester both diploma and bachelor student has been combined so the crowd will increase this will automatically have effected the availability and social because since the facility provided in UiTM Perlis are very limited as for an example replacement class to weekend will limit the involvement of student in any recreational activities. Besides that, regarding knowledge for details about the program most of the information seems like

highlighting more into man's sport than a women's sport as stated by Moradi (2011) women's sport is covered by the media such as TV, radio, newspaper and magazine, to a much lower extent than men's sport.

For the last finding, it showed that there are significance difference of intrapersonal constrains that influence participation in outdoor recreation between Diploma and Bachelor female students. Thus the hypothesis of this component is accepted. The result for the key component are "Motivation" $t = (142) = -7.03, p = 0.04$ (Diploma = 1.81, Bachelor = 2.42), "Psychological" $t = (148) = -6.31, p = 0.00$ (Diploma = 1.88, Bachelor = 2.38), and "Physical" $t = (148) = -4.77, p = 0.00$ (Diploma = 1.93, Bachelor = 2.41). This study consistent with Tinele, Brijesh and Natalia (2011) Women show significantly difference greater intrapersonal constraints along education, age, income, gender and residence variables. The result indicate that bachelor students seems perceived motivation constraints higher than diploma students. Mean score for bachelor students ($M=2.42$) higher than diploma students. This because they seems to had low motivation to take part in recreational activities this may because their internally motivation such their instinct for performing an action either to involve in recreational activities or not. Bachelor students also perceived high mean score $M = 2.41$ on physical as proved by the previous chapter, this may because they were influenced by their assumption towards their body shape. Because outdoor recreation demand physical challenge so this might limit the intention of students that they don't have confidence to keep engaged in outdoor recreation activities. Furthermore, this study also found that bachelor student shows high mean score on psychological as proved by previous chapter which the mean score is $M = 2.38$. They might concern about their psychological conditions that arise internal to the individual such as their personality factor, more temporary factors such as their moods and their attitude.

CONCLUSIONS

In spite of all, with this study that have been done will provide general information for UiTM Perlis for improving their management to the participation among female student in outdoor recreation. This study also carried out to fulfil the degree requirement of Bachelor in Sport

Management (HONS). Beside that this approach highlights the idea that constraints are not easily portray into a simple categorization of intrapersonal, and structural (Wood & Danylchuk, 2012). Furthermore, examining constraints also easier an understanding of leisure and constraints as they discard into the lives of individuals in more general terms. The highest mean for this study for structural constraints are ‘economic’ (M=2.67) and ‘physical’ (M=2.17) for intrapersonal constraints which suggests the demand on individuals’ economic and physical is the primary reason the respondents are not participating more in recreational activities. The team management of UiTM Perlis should consider this constraint as a strategies needed to help participants negotiate these constraints and encourage increased outdoor recreation participation. Thus in this study identified that structural constraints show no significance difference for both focus group. While intrapersonal constraints showed significance difference for both focus group. Nevertheless, UiTM Perlis could understand better about constraints specifically structural constraints that influenced female students to take part in recreational activities with this study it could improve about healthy lifestyle and physical health of female students.

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