

Motivational Drivers for Hiking Among Students of Politeknik Hulu Terengganu

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Abstract

Hiking is a popular outdoor activity that offers both physical and psychological benefits. This study explores the key motivations behind hiking, focusing on the interplay between nature appreciation, social interactions, and personal well-being. A total of 206 respondents participated in the survey, providing insights into their primary reasons for hiking. The findings reveal that experiencing scenic beauty, enjoying the sounds and smells of nature, and feeling excitement are the most significant motivators. Additionally, socialization plays a crucial role, with many participants citing the desire to spend time with friends and like-minded individuals as a key factor. Physical well-being, including maintaining fitness and relaxation, also emerged as an important driver. Interestingly, the results suggest that most hikers prefer group activities over solitude. Moreover, hiking serves as a temporary escape from daily routines rather than an attempt to isolate oneself from family or responsibilities. These findings contribute to a deeper understanding of outdoor recreation behaviors, which can inform tourism planners, park managers, and wellness advocates in promoting hiking as a holistic leisure activity. Future research could explore the role of cultural and environmental factors in shaping hiking motivations across different populations and educational institutions.

Keywords: *Hiking Motivation, Nature Appreciation, Social Interaction, Physical Well-Being, Outdoor Recreation*

1.0 Introduction

In an increasingly fast-paced and digitally connected world, outdoor recreation offers a much-needed escape, with hiking emerging as one of the most popular and accessible activities. Recreation, defined as activities people engage in during their free time, is not only enjoyable but also recognized for its socially redeeming values. Unlike leisure, recreation carries a connotation of being morally acceptable to both individuals and society. People benefit from outdoor recreation because it allows them to gain valuable recreational experience from all activities (Fagerholm et al., 2021; Brymer et al., 2021). According to Tribe (2020), the number of people engaging in outdoor recreational activities has increased, as many individuals recognize the advantages of preserving their physical well-being and experiencing psychological benefits from leisure activities.

Hiking, a prominent form of outdoor recreation, continues to grow in popularity due to its accessibility and affordability (Reed, 2023). Studies have shown that individuals primarily engage in hiking to connect with nature (Moira et al., 2021; Mojiol et al., 2022). Furthermore, there is a strong correlation between recreational activities and mental health benefits (Lackey et al., 2021; Zulyniak et al., 2020). Kampert (2022) emphasized that regular hiking can enhance cardiovascular fitness, strengthen muscles, and improve endurance. Additionally, spending time in nature has been proven to reduce stress, alleviate anxiety, and boost overall mood. Research also indicates that hiking on uneven terrain requires greater energy expenditure compared to walking on flat surfaces, leading to improved physical fitness (Kampert, 2022). This study aims to identify the demographic and participation profile of trekking tourists – Since the study provides data on gender, age, marital status, education level, years of participation, and frequency of trekking activities, this objective aligns well with the findings and to explore the key motivations behind trekking participation – The study highlights the top reasons why individuals engage in trekking activities, such as physical rest, mental relaxation, escaping daily routines, and fitness.

2.0 Research Gap and Justification

Despite the growing interest in hiking, there remains a lack of research focusing on the motivations behind hiking participation, particularly among specific demographic groups such as students (Erdinc & Meltem, 2016; Suhail et al., 2024). Most previous studies have concentrated on general outdoor recreation trends rather than the underlying psychological and social factors that drive hiking participation (Kim et al., 2015; Asan & Emeksiz, 2016). Understanding hiking motivations is essential for developing targeted programs that promote engagement in outdoor activities, particularly among younger individuals who may face challenges such as lack of access, time constraints, or digital distractions (Rubane, 2024). Furthermore, hiking has been linked to cognitive benefits, including enhanced problem-solving skills and improved academic performance, making it particularly relevant for students (Atchley et al., 2012). That reasons make the best justification why this study are fills the loops of the previous study that related to this topic.

2.1 Contextualizing the Study Location

Politeknik Hulu Terengganu, situated in a region abundant with natural landscapes, provides an ideal setting to explore students' hiking motivations. The presence of diverse hiking trails offers unique opportunities to examine how access to nature influences outdoor recreational behavior. Additionally, students in higher education institutions often experience high academic pressure, making hiking a potential avenue for stress relief and mental well-being (Bratman et al., 2015). A study by the Outdoor Industry Association (2023) found that 85% of participants, including students, reported improved mental health after engaging in outdoor activities such as hiking. These findings highlight the need for further research on how hiking can benefit students academically and psychologically, particularly in institutions like Politeknik Hulu Terengganu, where outdoor environments are easily accessible.

2.2 Research Aim

Therefore, this study aims to determine the hiking motivations among students at Politeknik Hulu Terengganu, contributing to a deeper understanding of how outdoor recreation influences student well-being, engagement, and academic performance.

3.0 Materials and Methods

This study employed a quantitative survey approach to collect data on students' motivation for hiking activities, aligning with the study's objectives outlined in the introduction. The study focused on students at Politeknik Hulu Terengganu, an institution situated in a natural environment rich with hiking trails, making it an ideal setting to examine the factors influencing students' participation in hiking activities.

3.1 Population and Sample

The study population consisted of students from Politeknik Hulu Terengganu, with a sample of 206 respondents selected using a stratified random sampling technique to ensure representation from various academic programs. This method was chosen to reduce sampling bias and to ensure that the findings reflect the diverse student body. The inclusion criteria for respondents were as follows:

- i. Students who had participated in hiking activities within the past year, ensuring their experiences were recent and relevant.
- ii. Aged between 18 and 26 years, representing the typical age range of tertiary-level students and aligning with the developmental stage targeted in the study.

Students who had never engaged in hiking activities were excluded from this study. This exclusion was necessary to maintain the integrity of the data, as their lack of experience would not contribute meaningful insights into the study's objectives, which involved understanding perceptions, behaviors, or challenges related to hiking.

3.2 Instrumentation

Data was collected using an online questionnaire adapted from Yuniawati et al. (2019). The questionnaire comprised two sections:

- i. **Section A:** Respondents' demographic information (age, gender, academic program, hiking experience).
- ii. **Section B:** Items related to hiking motivation, measured using a 5-point Likert scale (1 = Strongly Disagree to 5 = Strongly Agree).

The questionnaire underwent a reliability test, yielding a Cronbach's Alpha value of 0.85, indicating high reliability.

3.3 Data Collection Procedure

The data collection process was conducted via Google Forms, with the questionnaire link distributed through institutional email and official social media platforms of Politeknik Hulu Terengganu. Students were given two weeks to complete the questionnaire, and reminders were sent every five days to improve response rates. By the end of the data collection period, a total of 206 completed responses were received, resulting in a response rate of 68.7%. The daily response distribution was as follows:

Table 1: Samples response

11 March: 62 responses	12 March: 33 responses	13 March: 10 responses
14 March: 2 responses	16 March: 42 responses	17 March: 55 responses
18 March: 1 response	19 March: 1 response	

The increase in response rates observed on 16 and 17 March coincided with the timing of follow-up reminders, indicating that periodic notifications played a significant role in encouraging participation. All responses were collected anonymously and securely stored for further analysis.

3.4 Data Analysis

The collected data were analyzed using SPSS version 25, employing the following techniques Descriptive analysis: Frequency, percentage, mean, and standard deviation to understand respondents' profiles and trends in hiking motivation.

3.5 Ethical Considerations

This study obtained ethical approval from the Politeknik Hulu Terengganu Research Ethics Committee. All respondents provided informed consent before participating in the study, ensuring they fully understood the research objectives, potential risks, and their right to voluntary participation. To maintain confidentiality, all personal data were anonymized, and no identifying information was recorded or shared. Participants were also given the right to withdraw from the study at any stage without any negative consequences. Furthermore, the raw data and study protocol will be securely stored in a public repository, ensuring transparency and allowing future researchers to expand on these findings while adhering to ethical research standards.

4.0 Results

Demographic Characteristics of Trekking Participants

Table 2: Demographic Characteristics of Participants (n=206)

Variable	Category	Frequency (N)	Percent (%)	Valid Percent (%)
Gender	Female	130	63.1	63.1
	Male	76	36.9	36.9
	Total	206	100.0	100.0
Age	18 - 20	150	72.8	72.8
	21 - 23	55	26.7	26.7
	24 - 26	1	0.5	0.5
	Total	206	100.0	100.0
Nationality	Malay	195	94.7	94.7
	Indian	6	2.9	2.9
	Others	5	2.4	2.4
	Total	206	100.0	100.0
Course of Study	DAT/DAC	35	17.0	17.0
	DHR	41	19.9	19.9
	DRT	90	43.7	43.7
	DUP	40	19.4	19.4
	Total	206	100.0	100.0
Semester of Study	1	11	5.3	5.3
	2	96	46.6	46.6
	3	18	8.7	8.7
	4	51	24.8	24.8
	5	23	11.2	11.2
	6	7	3.4	3.4
	Total	206	100.0	100.0

The demographic analysis provides an insight into the characteristics of the respondents and their relevance to the study.

- i. Gender Distribution: Most respondents were female (63.1%), while males constituted 36.9% of the total sample. This gender distribution suggests a higher female participation rate in the study, which may reflect the gender composition of the student population in the chosen field of study or institution.
- ii. Age Group: The largest age group was 18–20 years (72.8%), followed by 21–23 years (26.7%), with only 0.5% aged between 24–26 years. This indicates that most respondents are young adults, likely first- or second-year university students. The minimal representation of older students may be due to the structure of the academic programs, where the majority of students enrol immediately after high school.
- iii. Nationality: Most respondents were Malay (94.7%), while a small proportion were Indian (2.9%) and from other ethnic groups (2.4%). This distribution is reflective of the general demographic composition of the institution or region where the study was conducted, suggesting a predominantly Malay student body.
- iv. Course of Study: The largest proportion of students (43.7%) were enrolled in the DRT program, followed by DHR (19.9%), DUP (19.4%), and DAT/DAC (17.0%).

dominance of the DRT program suggests its popularity among students, possibly due to career prospects, faculty preferences, or institutional strengths in this area.

- v. Semester of Study: Most students were in their second semester (46.6%), followed by those in their fourth semester (24.8%). A smaller percentage of students were in their first (5.3%) and final semesters (3.4%). The higher proportion of second-semester students indicates that many participants were relatively new to their academic programs, which could influence their perspectives and experiences in the study.

Table 3: Motivations for Trekking Participation

Motivation Factor	Mean	Std. Deviation
To experience tranquility	3.99	0.820
To think about your personal values	3.98	0.832
To get to know the lay of the land	3.99	0.820
To learn more about nature	4.32	0.787
To have your mind move at a slower pace	3.99	0.829
To think about good times, you've had in the past	3.92	0.877
To enjoy the smells and sounds of nature	4.33	0.763
To view the scenic beauty	4.44	0.754
To experience excitement	4.33	0.775
To learn more about things	4.33	0.744
To feel your independence	4.20	0.835
To test your abilities	4.30	0.781
To develop your skills and abilities	4.33	0.739
To test your endurance	4.22	0.771
To tell others about the trip	4.00	0.903
To develop a sense of self-pride	4.13	0.834
To show others you can do it	4.00	0.955
To be with respectful people	4.14	0.906
To meet other people in the area	4.00	0.867
To be with others who enjoy the same things	4.22	0.808
To do something with your family	4.17	0.829
To be with friends	4.38	0.747
To avoid everyday responsibilities	4.08	0.926
To be away from crowds of people	4.17	0.866
To be away from the family for a while	3.74	1.104
To have a change from your daily routine	4.11	0.839
To be alone	3.68	1.211
To relax physically	4.27	0.858
To keep physically fit	4.32	0.749

4.1 Interpretation of Hiking Motivation Data

The data presents the motivations behind hiking among the respondents (N = 206) based on a 5-point Likert scale. The mean scores and standard deviations provide insights into the relative importance of different motivations. Here's a breakdown of the findings:

a. Highly Rated Motivations (Mean > 4.30)**Table 4:** These motivations indicate the strongest reasons why people go hiking.

Reasons why people go hiking
To view the scenic beauty (M = 4.44, SD = 0.754)
To enjoy the smells and sounds of nature (M = 4.33, SD = 0.763)
To experience excitement (M = 4.33, SD = 0.775)
To learn more about things (M = 4.33, SD = 0.744)
To develop skills and abilities (M = 4.33, SD = 0.739)
To be with friends (M = 4.38, SD = 0.747)
To keep physically fit (M = 4.32, SD = 0.749)

Interpretation: The most significant motivations for hiking revolve around appreciating nature's beauty, experiencing excitement, learning new things, and socializing with friends. Many hikers also value hiking as a way to maintain physical fitness and develop personal skills and abilities.

b. Moderately Important Motivations (Mean 4.00 - 4.29)**Table 5:** These motivations are still important but slightly less emphasized.

Important but slightly less emphasized
To relax physically (M = 4.27, SD = 0.858)
To learn more about nature (M = 4.32, SD = 0.787)
To test your abilities (M = 4.30, SD = 0.781)
To test your endurance (M = 4.22, SD = 0.771)
To be with others who enjoy the same things (M = 4.22, SD = 0.808)
To develop a sense of self-pride (M = 4.13, SD = 0.834)
To be with respectful people (M = 4.14, SD = 0.906)
To do something with your family (M = 4.17, SD = 0.829)
To avoid everyday responsibilities (M = 4.08, SD = 0.926)
To be away from crowds of people (M = 4.17, SD = 0.866)
To have a change from daily routine (M = 4.11, SD = 0.839)

Interpretation: Many people see hiking as a way to relax, escape daily responsibilities, and spend quality time with family and like-minded people. The motivations also indicate a desire for self-improvement, endurance testing, and a break from crowded places.

c. Lower Rated Motivations (Mean < 4.00)**Table 6:** These motivations were less important compared to others.

Important compared to others
To experience tranquility (M = 3.99, SD = 0.820)
To think about personal values (M = 3.98, SD = 0.832)
To have your mind move at a slower pace (M = 3.99, SD = 0.829)
To think about past good times (M = 3.92, SD = 0.877)

To tell others about the trip ($M = 4.00$, $SD = 0.903$)

To show others you can do it ($M = 4.00$, $SD = 0.955$)

To meet other people ($M = 4.00$, $SD = 0.867$)

To be alone ($M = 3.68$, $SD = 1.211$)

To be away from family for a while ($M = 3.74$, $SD = 1.104$)

Interpretation: The least motivating factor is "to be alone", suggesting that most hikers prefer social interactions rather than solitude. "To be away from family for a while" also had a lower rating, implying that people do not hike to escape family responsibilities. While motivations related to self-reflection and nostalgia (e.g., thinking about personal values or past memories) are present, they are not as strong as the physical and social aspects of hiking.

5.0 Discussion

The findings of this study highlight that the primary motivations for hiking revolve around nature appreciation, socialization, and physical well-being. Respondents overwhelmingly indicated that enjoying scenic beauty ($M = 4.44$, $SD = 0.754$), experiencing the sounds and smells of nature ($M = 4.33$, $SD = 0.763$), and learning more about nature ($M = 4.32$, $SD = 0.787$) were key motivators for engaging in hiking. Based on the previous study by Richardson & McEwan (2023), the study uncovered an important interaction effect: while nature immersion alone provided emotional restoration, the combination with social interaction produced significantly greater psychological benefits. This synergistic effect was especially pronounced in academic settings, where students described stress reduction as deriving equally from "green exercise" (nature exposure) and "peer bonding" (social connection) (Richardson & McEwan, 2023). The findings suggest that organized group hikes may serve as potent social therapy interventions, particularly for young adults navigating the social and academic pressures of university life.

Another major hiking driver is social interaction. The results suggest that respondents enjoy hiking as a shared experience, particularly with friends ($M = 4.38$, $SD = 0.747$) or like-minded individuals ($M = 4.22$, $SD = 0.808$). Studies have shown that many participants reported that hiking served to bond with friends and family, rather than just for solitude or physical challenge. In urban trail settings, socializing was even more prominent than in remote wilderness hikes (D'Antonio et al., 2020).

The physical benefits of hiking were also evident in the results, as maintaining fitness ($M = 4.32$, $SD = 0.749$) and physical relaxation ($M = 4.27$, $SD = 0.858$) emerged as strong motivators. Research suggests that engagement in outdoor physical activities can lead to better cardiovascular health, improved endurance, and overall well-being (Eigenschenk et al., 2019; Et al., 2005). Additionally, hiking as an escape from routine was a notable motivation, with participants viewing it as a break from daily responsibilities ($M = 4.08$, $SD = 0.926$) but not necessarily to escape family life ($M = 3.74$, $SD = 1.104$). This suggests that while individuals seek temporary relief from work and urban stress, they do not associate hiking with avoiding familial commitments.

Interestingly, the data indicates that hiking is not primarily about solitude. Although some respondents valued time alone ($M = 3.68$, $SD = 1.211$), this was one of the lowest-rated motivations. The desire to hike alone is notably stronger among individuals looking to escape the constant stimulation of digital and social life. Taff et al. (2024) found that 78% of tech-free thru-hikers on the Pacific Crest Trail reported greater satisfaction with solitude. However, this challenges a common perception—research shows that most hikers, whether on city paths or remote trails, favour company over solitude. Group hikes with friends or family are the norm,

highlighting hiking as a social activity rather than a solitary retreat. Even in isolated settings, people tend to choose connection over isolation, questioning the idealized image of the lone adventurer. Ultimately, hiking is more often driven by the need for social bonds than solitary reflection (D'Antonio et al., 2020).

6.0 Conclusion

Overall, this study shows that hiking is more than just a physical exercise, it's an experience shaped by our love for nature, the joy of social connection, and the pursuit of personal well-being. While moments of solitude and reflection are part of the journey, it's the shared laughter, breathtaking landscapes, and sense of belonging that truly drive people to hit the trails. These findings offer useful insights for outdoor recreation planners, educators, and even the tourism industry when designing activities that connect with people's real motivations. Moving forward, future research could explore how different cultures, age groups, or hiking experience levels influence these motivations. By doing so, we can better understand how to make hiking and other outdoor activities more meaningful, inclusive, and enjoyable for everyone.

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