



## DIFFERENCES IN MOTIVATION AND CONSTRAINTS FOR PARTICIPATION BETWEEN DIFFERENT FORMS OF ADVENTURE SPORTS

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### ABSTRACT

Adventure sports have gained tremendous significance in the present context for varied purposes. There are varied array of activities for gaining health and leisure time benefits in adventure sports. A study was felt necessary to examine the motivations and constraints for participation in such activities. The purpose of the present investigation was to analyse the differences in motivations and constraints for participation between different forms of adventure sports. One hundred and three amateur participants in water based adventure sports (N=103) and Ninety seven amateur participants in Non-water based adventure sports (N=97) were purposefully selected for the present investigation. Their age ranged between 25 to 57 years from Karnataka, Tamilnadu, Kerala, Telangana and Andhra Pradesh. The participants were health and fitness enthusiasts with frequent visits to adventure sports destinations. Average years of participation was  $4 \pm 0.31$  years. Male participants were included in the present study. The motivation for participation in adventure sports was assessed through modified version of a standardized Questionnaire (Ewert, et. al., 2013). Constraints for participation in

adventure sports was assessed through the questionnaire on constraints on leisure activities based on the conceptual model by Crawford, Jackson & Godbey (1991). The normalcy of data were ascertained and homogeneity of sample was established. In order to compare the Mean scores on motivation and constraints, independent sample 't' test was employed. The results were described through tables and figures. The investigator himself visited the adventure sports destinations and collected data through questionnaire method. Motivation for participation in adventure sports was considerably high in water based adventure sports participants than those participating in non-water based adventure sports. Further, there are no distinctions in constraints for participation in water based and non-water based adventure sports.

**Keywords:** Adventure sports, Water, Recreation, Health, Fitness, Motivation and constraints.

### INTRODUCTION

Adventure tourism is an outdoor activity which is rapidly growing in popularity, as tourists want to experience thrill and risk on their holidays. Adventure tourism is niche tourism where the traveler should expect the



unexpected and participating or stepping outside their comfort zone. Nowadays adventure companies have come up with a complete tour package including trainer and quality equipment. Entrepreneurs have built unique infrastructure for tourists to get a complete package for adventure tourism (Xalxo, 2020).

Since the 1970s there has been an increase in adventure sports of various kinds. The rise of adventure sport must be seen on one hand on the background of developments inside the sports field itself. On the other hand the popularity of adventure sports needs to be seen on the background of central aspects of modern societies. Adventure sports certainly have things to offer that are difficult to find in other sports. There is a possibility for mastery and perfection in relation to challenging environments. There is a need for skills related not only to the body but the mind. One has to cope with anxiety and stress and yet perform. The reward is a strong blend of wonderful sensations and experiences (Breivik, 2010).

Adventure tourism in India is also a major source of income and employment. Adventure activity is categorized into two groups-hard and soft activities and adventure activities are divided into land based, water based and air based. Adventure tourists are motivated to achieve healthy mental state of mind by participating in adventure as an activity. Adventure tourism has picked up the market in India and has a lot of potential wherein outdoor environmental education helps the participants to understand more about region, communities and their histories (Xalxo, 2020).

Water adventure activities are activity based on water resources such as lake dams, canals, rivers, waterways, seas and oceans. Water based activities are sailing, surfing, motorized sports, white water rafting, kayaking, scuba diving and snorkeling. Famous water adventure spots in Karnataka are Malpe beach, Udupi, Karwar Island, Chikmagalur, Gokarna, Konkan coastal, Kunti Betta, Chitradurga and Dandeli (Xalxo, 2020).

Most motivational studies in adventure recreation have involved asking participants in a single adventure-based activity to indicate the level of importance they place on a set of potential motives. Surprisingly, few studies have compared patterns of motivations across different adventure activities. For example, do white water kayakers have the same motivations for participation as rock climbers? In addition, the relationship between gender and experience level and motivations for participation has not been fully understood within the adventure recreation context (Kerr & Houge Mackenzie, 2011)

Developing a better understanding of the types of motivations and variables that influence these motivations in the adventure recreation setting is important for several reasons. First, as previously mentioned, risk and potential danger are often inherently part of the adventure recreational experience. Thus, identifying what specific motives are involved in this form of recreational pursuit will provide a better understanding of why people initiate engagement, continue or cease engagement, and make choices regarding that engagement in activities that contain the potential of serious injury or death (Weiner, 1992).



The question arises what psychological variables, if at all, are the determining features of the participants of adventure sports. According to Ewert (1989), risk creation is itself a recreational activity in which risk and danger are experienced in the natural environment, and an individual's abilities play an important role in considering the outcomes of the situation.

The risk plays a role as motivation factor for adventure tourists' to participate in adventure activities. However, different study mentioned that adventure tourist's unwillingness to be the subject of actual risk also provides a different view on risk role in adventure tourism. This research aims to investigate the role of risk for adventure tourists' motivation to engage with adventure tourism. This study uses quantitative research methods to achieve its aim (Akbar, 2017).

Fear and stereotypes of various groups of people can potentially have lasting impacts on how one lives their everyday life. This can include how people develop their lifestyles, eating habits, socialization skills, as well as participation and engagement in leisure and physical activities. According to the Centers for Disease and Control (CDC, 2015), many of these fears and stereotypes have been found to impact people of color and ethnic minority groups significantly.

If your self-esteem relies on your adventure abilities, what happens when you get old? I argue here that aging adventure athletes: measure their skills against past accomplishments; aim to maintain their capabilities as long as they can; are reluctant to acknowledge when they can't; and are eventually compelled to adopt a different approach to adventure, accepting

that they now need assistance, but can still contribute experience (Buckley, 2018).

## METHODOLOGY

The purpose of the present investigation was to analyse the differences in motivations and constraints for participation between different forms of adventure sports. One hundred and three amateur participants in water based adventure sports (N=103) and Ninety seven amateur participants in Non-water based adventure sports (N=97) were purposefully selected for the present investigation. Their age ranged between 25 to 57 years from Karnataka, Tamilnadu, Kerala, Telangana and Andhra Pradesh. The participants were health and fitness enthusiasts with frequent visits to adventure sports destinations. Average years of participation was  $4 \pm 0.31$  years. Male participants were included in the present study. The motivation for participation in adventure sports was assessed through modified version of a standardized Questionnaire (Ewert, et. al., 2013). The instrument used in this study consisted of a 14-item questionnaire that was adapted from a study by Ewert & Hollenhorst (1989). The questionnaire consisted of fourteen statements with 5 point Likert scale from 'strongly agree' to 'strongly disagree'. All the fourteen items assessed respondents' motivations for participating in their activity. The statements were based on the collection of theories cited in the introduction (Kuentzel & McDonald, 1992; Lee, Graefe, & Li, 2007; Buckley, 2012). Face, construct, and content validity were determined through a panel of experts by the original authors of the questionnaire. Constraints for participation in adventure sports was



assessed through the questionnaire on constraints on leisure activities based on the conceptual model by Crawford, Jackson & Godbey (1991). The model conceptualizes three types of constraints to participation in leisure activities- intra-personal, interpersonal, and structural constraints. However, the current study adds two constraints, influencing participation in adventure sports. In the questionnaire, 37 questions use a 5-point Likert-type scale. The possible responses ranged from 1 (strongly disagree) to 5 (strongly agree). Higher scores indicate that respondents perceive greater constraints. The investigator himself visited the adventure sports destinations and collected data through questionnaire method. He requested the selected subjects to assemble in an area appropriate for filling the questionnaire. After a brief orientation by the investigator, the subjects were given ample time to register their responses after which the filled in questionnaires were received back for analysis. The normalcy of data were ascertained and homogeneity of sample was established. In order to compare the Mean scores on motivation and constraints, independent sample 't' test was employed. The results were described through tables and figures.

### FINDINGS OF THE STUDY

The raw data on motivation for participation in adventure sports was subjected to descriptive statistics and the results are provided in table 1 as below.

TABLE 1.  
DESCRIPTIVE RESULTS ON MOTIVATION FOR PARTICIPATION IN DIFFERENT FORMS OF ADVENTURE SPORTS

Sub variables	Sports type	N	Mean	Std. Deviation	Std. Error Mean
Self-image	Water based adventure sports	103	4.17	.76	.07494
	Non-water based adventure sports	96	2.81	.85	.08644
Sensation seeking	Water based adventure sports	103	3.93	.89	.08748
	Non-water based adventure sports	96	2.94	.84	.08573
Social factor	Water based adventure sports	103	3.94	.94	.09277
	Non-water based adventure sports	96	3.03	.90	.09156
Overall motivation	Water based adventure sports	103	4.01	.74	.07288
	Non-water based adventure sports	96	2.93	.68	.06894

From table 1 it is evident that the results on motivation is normally distributed with acceptable homogeneity of sample. The raw data was further subjected to comparative statistics and the results are provided in table 2 as below.

TABLE 2.  
SUMMARY OF 'T' TEST FOR DIFFERENCES IN MOTIVATION FOR PARTICIPATION IN ADVENTURE SPORTS

Sub variables	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Self-image	11.937	197	.000	1.36041	.11397
Sensation seeking	8.022	197	.000	.98455	.12273
Social factor	6.924	197	.000	.90408	.13057
Overall motivation	10.761	197	.000	1.08298	.10064

From table 2 it becomes evident that there is significant difference in Mean values of motivation and its sub-variables between water based and non-water based adventure sports. The motivation sub-variable self-image was  $4.17 \pm 0.76$  in water based adventure sports and  $2.81 \pm 0.85$  in non-water based adventure sports; Sensation seeking was  $3.93 \pm 0.89$  in water based adventure sports and  $2.94 \pm 0.84$  in non-water based adventure sports; Social factor in water based adventure sports was  $3.94 \pm 0.94$  and in Non-water based adventure sports was  $3.03 \pm 0.90$ ; Overall motivation in water based adventure sports was  $4.01 \pm 0.74$  and in Non-water based



adventure sports was  $2.93 \pm .68$ . The results make it clear that the participants of water based adventure sports had higher motivation than participants of non-water based adventure sports.

The raw data on constraints for participation in adventure sports was subjected to descriptive statistics and the results are provided in table 3 as below.

TABLE 3.  
DESCRIPTIVE RESULTS ON CONSTRAINTS FOR PARTICIPATION IN DIFFERENT FORMS OF ADVENTURE SPORTS

Sub variables	Sports type	N	Mean	Std. Dev.	Std. Mean Error
Intra-personal	Water based adventure sports	103	2.63	1.09	.10774
	Non-water based adventure sports	96	2.80	.93	.09517
Inter-personal	Water based adventure sports	103	2.60	1.13	.11143
	Non-water based adventure sports	96	2.68	.81	.08367
Structural	Water based adventure sports	103	2.74	1.01	.09981
	Non-water based adventure sports	96	2.71	.90	.09137
Reputation	Water based adventure sports	103	2.63	1.17	.11553
	Non-water based adventure sports	96	2.72	.91	.09298
Safety	Water based adventure sports	103	2.61	1.35	.13322
	Non-water based adventure sports	96	2.61	1.22	.12467
Overall constraints	Water based adventure sports	103	2.64	.96	.09487
	Non-water based adventure sports	96	2.71	.56	.05743

From table 3 it is evident that the results on constraints is normally distributed with acceptable homogeneity of sample. The raw data was further subjected to comparative statistics and the results are provided in table 4 as below.

TABLE 4.  
DESCRIPTIVE RESULTS ON CONSTRAINTS FOR PARTICIPATION IN DIFFERENT FORMS OF ADVENTURE SPORTS

Sub variables	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Intra-personal	1.185	197	0.237	0.17128	0.14456
Inter-personal	0.534	197	0.594	0.07530	0.14089
Structural	0.219	197	0.827	0.02981	0.13591
Reputation	0.572	197	0.568	0.08560	0.14960
Safety	0.016	197	0.987	0.00293	0.18311
Overall constraints	0.562	197	0.575	0.06343	0.11284

From table 2 it becomes evident that there is no significant difference in Mean values of constraints and its sub-variables between water based and non-water based adventure sports. The results make it clear that the constraints are almost similar to participants of water based adventure sports and non-water based adventure sports. There is no specific difference in constraints between the two groups.

## DISCUSSION

All the sub-variables of motivation- Self-image, Sensation seeking, Social factor and overall motivation were found to be significantly different in water based and non-water based adventure sports participants. In a similar study by Kerr & Mackenzie (2012) explored possible multiple motives for participation in different adventure sports. The results indicated that the participants' motivation was multifaceted. While some participants shared common motives, these were often described in different orders of importance by different participants. The range of motives for adventure sport participation found included: goal achievement, risk taking, social motivation, escape from boredom, pushing personal boundaries and overcoming fear, as well as connecting with the natural environment, and pleasurable



kinaesthetic bodily sensations from moving in water or air.

In another study, participant motivations were investigated by Lynch & Dibben (2016) through an interpretive methodology and the theoretical framework of self-determination theory. Exploratory, in-depth interviews with 22 participants in six different New Zealand events revealed intrinsic and extrinsic motivations, some of which overlap with motivations previously found for endurance sports and others which are also associated with outdoor recreation. In addition, two sets of dynamic relationships between motivations appear to exist: one set is competence, challenge and self-responsibility and the other is adventure, place and identity.

At the same time, all the sub-variables of constraints- Intra-personal, Inter-personal, Structural, Reputation, Safety and Overall constraints did not differ significantly on the basis of different forms of adventure sports under investigation. In a similar study, Hines, et. al., (2029) explored factors contributing to leisure choice in outdoor recreation, awareness of university outdoor programming, and the motivations or constraints that influenced individual participation. This study found that factors that constrained minority participation in College outdoor adventure programming included structural and inter/intrapersonal barriers, family leisure history, lack of role models and knowledge of adventure, cultural differences, and negative perceptions related to participation in adventure activities.

## CONCLUSION

Motivation for participation in adventure sports was considerably high in water based adventure sports participants than those participating in non-water based adventure sports. Further, there are no distinctions in constraints for participation in water based and non-water based adventure sports.

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