



UNIVERSITI PUTRA MALAYSIA

***CLIMBERS' AWARENESS TOWARDS MOUNTAIN CLIMBING
PREPAREDNESS AT GUNUNG ANGI Negeri Sembilan***

MOHAMAD ZUL HAKIS BIN ABDULLAH

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MOHAMAD ZUL HAKIS BIN ABDULLAH

**FACULTY OF FORESTRY AND ENVIRONMENT
UNIVERSITI PUTRA MALAYSIA**

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MOHAMAD ZUL HAKIS BIN ABDULLAH

BAC. OF PARK & RECREATION SC. (HONS.)

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CLIMBING PREPAREDNESS AT GUNUNG ANGSI NEGERI
SEMBILAN**

By

MOHAMAD ZUL HAKIS BIN ABDULLAH

**A Project Report Submitted in Partial Fulfilment of the Requirements
for the Degree of Bachelor of Park and Recreation Science in the
Faculty of Forestry and Environment
Universiti Putra Malaysia**

2024

DEDICATION

A Special Dedication to:

I would like to express my thanks to all those who contributed in many ways to the success of this study and made it an unforgettable experience for me.

To my dear parents Abdullah bin Musa and Mariam binti Dollah, thank you for giving me the support to reach my dreams.

I would like to sincerely thank my supervisor, Ts. Dr. Mohd Hafizal bin Ismail for his guidance, support, and patience throughout this study.

Last but not least, I would like to give special thanks to my close friend Raja Razef and Haikal, who shared their knowledge, advice and effective teachings to me. Thank you very much to all

ABSTRACT

Mountain climbing is a popular recreational activity that requires readiness and preparation in carrying it out. It also includes an overview of the level of awareness among individuals involved in mountain climbing activities about the importance of being adequately prepared in various aspects. This includes an exploration of the climber's knowledge of the skills, equipment and safety measures essential to navigating challenging terrain. Data were analyzed using descriptive and t-tests and one-way ANOVA. Using a quantitative approach, questionnaires were distributed online aimed at those who had climbed the Gunung Angsi. This survey managed to record a total of 299 respondents. Therefore, this study can also touch on the potential risks associated with insufficient preparation and highlight the need to increase education and awareness in the climbing community. In addition, this study contributes to determine the factors the factors that can attract a person's interest in mountain climbing. In addition, it can look for any existing initiatives or proposals aimed at improving the preparedness of climbers and ensuring a safer and more effective mountaineering experience.

ABSTRAK

Pendakian gunung merupakan satu aktiviti rekreasi yang popular yang memerlukan kesediaan dan persiapan dalam melakukannya. Ia juga merangkumi gambaran keseluruhan tahap kesedaran dalam kalangan individu yang terlibat dalam aktiviti mendaki gunung tentang kepentingan bersedia dengan secukupnya dalam pelbagai aspek. Ini termasuk penerokaan pengetahuan pendaki tentang kemahiran, peralatan dan langkah keselamatan yang penting untuk menavigasi bentuk rupa bumi gunung yang mencabar. Justeru itu, Data dianalisis menggunakan deskriptif dan ujian-t dan serta oneway ANOVA . Menggunakan pendekatan kuantitatif, borang soal selidik diedarkan secara talian bertujuan untuk mereka yang pernah mendaki Gunung Angsi. Tinjauan ini berjaya merekodkan seramai 299 orang responden. Oleh itu, kajian ini juga boleh menyentuh potensi risiko yang dikaitkan dengan persediaan yang tidak mencukupi dan menyerlahkan keperluan untuk meningkatkan pendidikan dan kesedaran dalam komuniti pendakian. Selain itu, kajian ini menyumbang untuk menentukan faktor faktor yang boleh menarik minat seseorang terhadap aktiviti mendaki gunung. Selain itu, ia boleh mencari sebarang inisiatif atau cadangan sedia ada yang bertujuan untuk meningkatkan kesiapsiagaan pendaki dan memastikan pengalaman mendaki gunung yang lebih selamat dan berkesan.

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APPROVAL SHEET

I certified that this research project report entitled “**Climbers’ Awareness Towards Mountain Climbing Preparedness at Gunung Angsi, Negeri Sembilan**” by Mohamad Zul Hakis Bin Abdullah has been examined and approved as a partial fulfillment of the requirements for the degree of Bachelor of Park and Recreation Science in the Faculty of Forestry and Environment, Universiti Putra Malaysia.

Ts. Dr. Mohd Hafizal bin Ismail
Department of Recreation and Ecotourism
Faculty of Forestry and Environment
Universiti Putra Malaysia
(Supervisor)

Dr. Zamru Ajuhari
Final Year Project Coordinator
Department of Recreation and Ecotourism
Faculty of Forestry and Environment
Universiti Putra Malaysia

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CHAPTER 1

INTRODUCTION

1.1 General Background

Recreation is one of an activity that occurs after work or within leisure time and make us feel better. Recreation involved many types of activities like visiting areas such as parks, wilderness areas. lakes, rivers and forest as well as engaging in different activities that bring benefit to the person (Rickard, 2010). According to (Marwan, 2019), when a person participate in recreational activities, they want a pleasant experience such as happiness, excitement, good humor and well-being. These things cannot be supplied directly but can be stimulated by entertainment from the recreation activities.

The recreational activity of mountain climbing usually refers to individuals involved in climbing activities, whether rock climbing, mountain climbing or other forms of vertical climbing. Climbing can be done indoors on artificial walls or outdoors on natural rock formations or mountains. Gunung Angsi is home to a diverse range of flora and fauna. Along the trail, you may encounter various species of trees, ferns, and wildflowers well as such as birdlife, butterflies, and other small animals that inhabit the mountain.

Gunung Angsi is a popular mountain located in the state of Negeri Sembilan, Malaysia. It is a favorite destination for hiking and climbing enthusiasts due to

its accessibility and scenic beauty. Gunung Angsi is situated in the district of Kuala Pilah, approximately 90 kilometers south of Kuala Lumpur. It is easily accessible by road, and the starting point for the climb is at Ulu Bendul Recreational Park.

1.2 Problem Statement

Mountain climbing is an exciting and challenging outdoor activity that requires proper preparation and equipment to ensure the climber's safety. Despite the availability of information and resources on mountain climbing preparation, accidents and injuries can still occur. Understanding the factors that influence climbers' awareness of mountain climbing readiness is important in developing effective strategies to increase their readiness and reduce the incidence of accidents and injuries.

However, few studies have been conducted to identify the specific factors that influence climbers' awareness of mountain climbing readiness. Although some studies have examined climbers' attitudes towards risk-taking and safety, these studies have not explored the wider range of factors that can affect climbers' preparedness, such as level of experience, training and access to resources (Sundqvist, 2023). Lack of awareness and preparedness can cause accidents, serious injuries, and can even lead to death. Therefore, the need to identify the factors that influence climbers' awareness of mountain climbing readiness is critical. A better understanding of these factors can be helpful in

developing targeted interventions to promote the preparedness and safety of climbers and reduce the risks associated with mountaineering.

Motivation and attitude are important factors that can influence a climber's level of readiness for mountain climbing. However, the relationship between motivation and attitude towards mountaineering and the level of preparedness of climbers is not well understood (Babulal, 2020). The reason why climbers go astray when climbing this mountain is because unfamiliarity with the route itself (Fave et al, 2003). If climbers do not have enough knowledge of the route to be followed, they may easily get lost. Lack of understanding of the signs, intersections, or changes in direction required to follow can cause hikers to stray from the right lane. In addition, bad weather such as thick fog, heavy rain, or storms can cause climbers to lose visibility and have difficulty recognizing signs or directions. This can cause them to get lost. The cause of climbers getting lost when climbing a mountain is due to a lack of preparation. Climbers who do not prepare their trip properly, such as not carrying a map, compass, or other navigation aids, are at greater risk of getting lost. Knowledge of the terrain and the route followed, as well as carrying the appropriate navigational equipment, is very important to avoid navigational errors.

The need to determine the level of awareness and preparedness of climbers regarding safety measures while doing mountain climbing activities. This research aim to identify gaps in climbers' knowledge and understanding of safety measures and factors that may contribute to their existing preparation.

Additionally, it will help inform the development of effective education and training programs to increase climbers' safety awareness and preparedness, and reduce the incidence of injuries while mountaineering.

Mountains are fragile ecosystems that can be affected by human activities during mountain climbing activities such as throwing garbage in the wrong place. A study of mountain climbers' awareness can clarify their understanding of environmental conservation practices, such as the Leave No Trace principle, waste management, and respect for wildlife as well as respect for local communities. By raising climbers' awareness of their impact on the environment and encouraging responsible climbing practices, researchers and organizations can contribute to the preservation of mountain ecosystems for future generations.

1.3 Research Objectives

- 1) To identify climbers' awareness towards mountain climbing preparedness.
- 2) To examine relationship between climbers socio-demographic profiles and awareness toward preparedness in mountain climbing activity

1.4 Significance of the Study

The importance of studying climbers' awareness of mountain climbing readiness lies in several key aspects that need to be emphasized. The safety aspects of mountain climbing involve inherent risks, including extreme weather conditions, unclear climbing routes, altitude sickness and navigational challenges. Studies focusing on climber awareness can help identify knowledge gaps and misconceptions about safety measures, use of equipment and emergency procedures. By understanding the level of awareness of climbers, researchers, organizations and climbers themselves can work towards improving safety protocols, inform better policies and making thorough preparations before undertaking mountain climbing activities.

The development of mountain climbing skills is also important in this research. The development of mountaineering skills requires a combination of technical skills, physical fitness and mental readiness. Additionally studying climber awareness can provide insight into areas where additional training and education may be needed. This can help climbers develop the necessary skills, such as rope techniques, navigation, first aid, and self-rescue, to ensure a safe climbing experience.

CHAPTER 2

LITERATURE REVIEW

2.1 Background of Gunung Angsi

Gunung Angsi is a mountain located between Ulu Bendul, Kuala Pilah and Senawang, Seremban, Negeri Sembilan, Malaysia. It is one of the attractions of the Ulu Bendul Recreational Forest and is open for climbing. Gunung Angsi is located in a recreational forest that was established in 1972 with a development area of 6.9 hectares at that time. Gunung Angsi has a height of about 825 meters above sea level and is located close to the city of Seremban. Gunung Angsi is also considered a quite challenging climbing place for a beginner in this climbing activity. Gunung Angsi has its own uniqueness with its amazing natural beauty, including tropical rainforests, waterfalls, and clear rivers. Climbing Gunung Angsi usually takes four hours which goes through a 4.5 kilometer track along the Batang Terachi River (Maideen, & Damanhuri, 2011)

The type of forest, terrain, and vegetation found in Mount Angsi can be said to be suitable for carrying out a variety of recreational activities. Types of forests in Mount Angsi are mostly covered by tropical rainforests. Tropical rainforests are characterized by high rainfall throughout the year and are usually found in low-lying areas. In addition, the topography of Mount Angsi is hilly to mountainous, as it is part of the Titiwangsa Range. The terrain is undulating, with slopes and ridges that gradually rise towards the top of the mountain. In

terms of plants on the slopes of Mount Angsi are diverse and lush, typical of tropical rainforests. The forest is characterized by a layered canopy of tall trees, forming a dense and complex ecosystem. Some of the tree species commonly found in the area may include dipterocarp, meranti, jelutong, and other hardwood species. In addition, you may find a variety of epiphytes, lianas, ferns and mosses that thrive in the moist and fertile environment (Juhari, 2022).

2.2 Mountain Climbing Activity

Mountain climbing is a tough sport and can have a big impact on a person. It usually involves climbing mountains or peaks, often over technical routes that require special equipment and training. Mountaineering can range from simple climbing to more advanced technical climbing, such as climbing the highest mountains, which often involves crossing glaciers. Mountain climbing is a physically and mentally challenging activity that requires a high level of fitness, strength and endurance. It also requires climbers to be prepared, knowledgeable about the risks and dangers involved, and equipped with the appropriate gear and equipment. Climbers often face various risks and dangers, including falls, and altitude sickness. As a result, mountaineering requires careful planning, risk assessment, and risk management strategies to ensure the climber's safety. Despite the risks, mountain climbing remains a popular activity around the world, attracting millions of climbers each year (Kim & Cho, 2021).

For many mountain climbers, it is a way to challenge themselves in mountain climbing activities physically and mentally, to experience the beauty and majesty of nature, and to push their limits to a higher level. However, mountaineering also has a significant impact on the natural environment, and sustainable climbing practices are increasingly emphasized to minimize the environmental impact of climbing (Huneka, 1969).

2.3 Awareness of Climbers Relating to Risk in Climbs

The awareness of climbers refers to the knowledge and understanding of climbers about the causes of risk and challenges in mountain climbing and the level of preparedness of climbers is very important in dealing with a risk. Studying the perception of risk that may happen to mountain climbers if they do not prepare when they want to climb the mountain. Studies have shown that climbers often underestimate the risks involved in mountain climbing, and they may not prepare well for emergencies. Climbers' awareness of risk and preparedness can be increased through training and education programs. Previous studies provide an overview of existing research related to this topic. Awareness in climbing is important to ensure safety and comfort while doing climbing activities. Good awareness will help climbers to avoid risks and dangers that can occur while on the mountain (Wang et al, 2016).

2.4 Recognise the Risks Involved in The Climb

Underestimating the risks while climbing is a common problem that can lead to accidents and serious injuries. It is important for climbers to understand and assess the risks associated with their climbing and take appropriate precautions to reduce those risks. Climbers ignore every risk that exists during the climb and this is the cause of an unwanted accident. Previous studies have explored the diversity of climbers' perceptions of the risks associated with mountain climbing. The study found that climbers often underestimate the risks involved in mountain climbing, and they may not be adequately prepared for emergencies. A suggestion that can be improved is through training and education programs that can be organized (Juhari, 2022)

2.5 Mountain Climbing Preparedness

Preparation for climbing is important for a person in mountain climbing activities. Before taking part in any mountain climbing activities, some important elements must be applied in the right way to ensure that the condition and stability of the person is well maintained and that no unwanted problems occur. Physical condition high level of physical fitness is necessary for climbing. A climber must be in good condition to withstand long hours of physical activity and withstand the physical demands of climbing, such as carrying heavy backpacks and equipment, and climbing steep and rugged terrain. The right equipment while climbing requires special equipment, such as the right shoes, ropes, and helmets. It is important to have the right equipment for the specific type of hike being undertaken and to ensure that all

equipment is in good condition. Preparation from a mental point of view while climbing should be well controlled, requiring focus, problem solving skills, and the ability to handle stress and uncertainty (Brandenburg & Davis, 2016).

2.6 Lack of Preparation Before Starting The Climb

Lack of preparation before starting a climb is a serious issue in mountain climbing. Climbers who do not prepare themselves adequately before starting a climb are more likely to experience accidents and injuries (Juhari 2022). Some of the common factors that contribute to this lack of preparation are in terms of lack of experience, inadequate equipment or gear and poor physical fitness. In addition, the lack of preparation in terms of food and drink while doing this climbing activity is also one of the factors that affect the physical condition of a climber (Huneke, 1969).

CHAPTER 3

METHODOLOGY

A study was conducted to understand a person's awareness in his preparation to climb Mount Angsi. This chapter will explain the research methodology of the current study.

3.1 Background of Study Area

Mount Angsi is a mountain located in the state of Negeri Sembilan, Malaysia. Mount Angsi reaches a height of 825 meters (2,707 feet) above sea level. It is a popular and popular hiking destination for locals and tourists alike. Mount Angsi has a well-marked trail leading to the top of Mount Angsi. The route to the top of Mount Angsi starts in the village of Ulu Bendul and goes through the forest and has to cross several streams along the way. The climb to the top takes around 3-4 hours, depending on the pace of the climber themselves. When at the top of Mount Angsi, climbers can enjoy a panoramic view of the surrounding forest and hills. Mount Angsi is also an area for various flora and fauna, including rare animal species. Mount Angsi was chosen by conducting research because this mountain is not too high and it is not too low, it is very suitable for beginners in mountain climbing activities

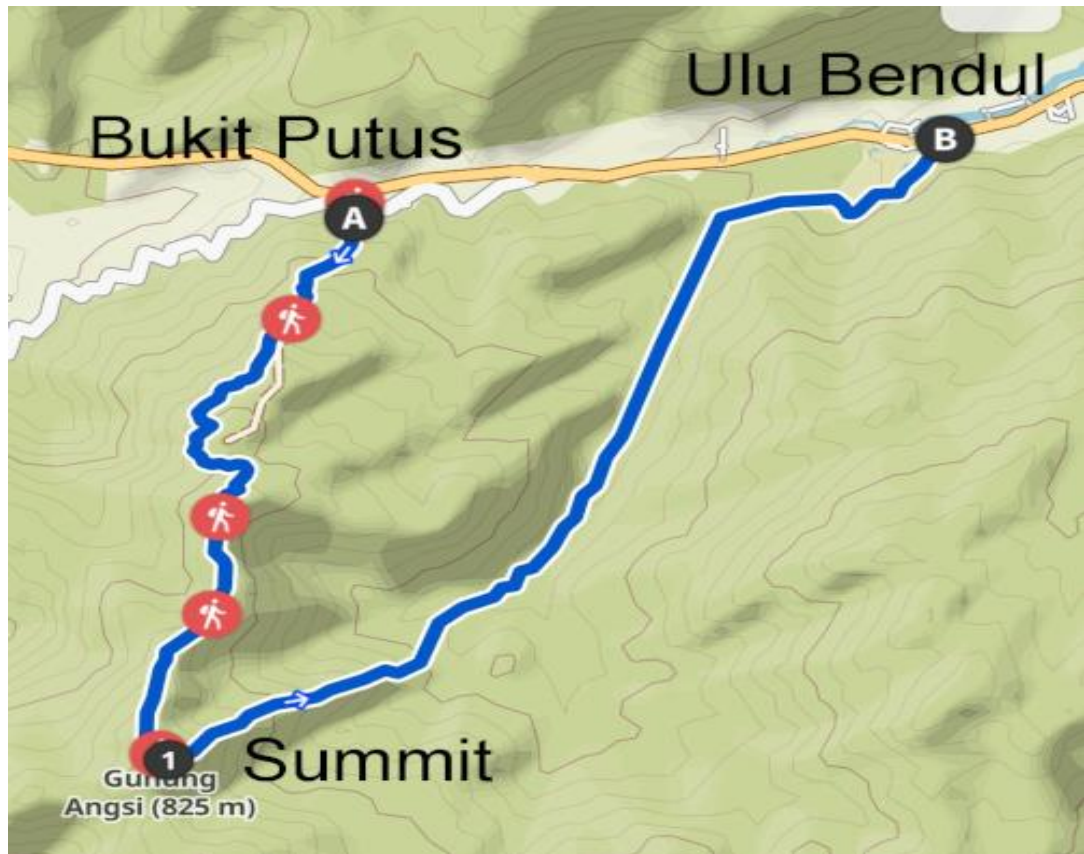


Figure 3.1 : The trail of Ulu Bendul forest Negeri Sembilan

3.2 Data Collection

3.2.1 On-Site Observations Along The Mountain Angsi Trail

Observation of climbers at the beginning of a mountain climb or during the climb were carried out to assess their level of preparedness in mountain climbing. This method allows direct observation of participants and can provide a more objective measure of their readiness. Record current observation data, using a standard data collection form that includes date, time, climber's experience level, and other relevant information, as well as observation of their level of readiness.

3.2.2 Instrument

The instrument used in this study in the form of a self-administered questionnaire, which can include questions about the climber's level of readiness to climb the mountain. The questionnaire is designed based on the objectives of the study and may include items on the climber's physical fitness, technical skills, knowledge of the terrain, equipment and emergency preparedness. This questionnaire developed using a scale that will be set.

3.2.3 Questionnaire Design

A questionnaire is a research tool used to collect data from individuals and groups to understand their attitudes, opinions, readiness and behavior regarding the awareness and readiness of mountain climbing. In this regard, the questionnaire was designed to collect information about the attitudes and awareness of climbers towards the willingness to climb mountains. The questionnaire is based on identified attitudes, which means the questions are designed to measure attitudes that have been identified by researchers as important factors in climber readiness. The intended questions were comprehensive and covered various aspects of mountaineering, including climbing experience, attitudes towards preparedness, knowledge of safety measures, and awareness of potential risks.

The aim of the questionnaire is to collect a large amount of data from a diverse group of climbers to identify the factors that influence climbers' awareness of their willingness to climb mountains. Data collected from questionnaires were

analyzed to identify patterns, correlations, and trends in climber attitudes and behaviors related to preparedness. This information were used to develop recommendations and strategies to increase the awareness and preparedness of climbers, with the ultimate goal of reducing the incidence of accidents and injuries during mountaineering.

3.3 Sample Size

Sample size is the number of completed responses survey receives. It's called a sample because it only represents part of the group of people (or target population) whose opinions or behavior you care about. The use of sample size calculation directly influences research findings. Very small samples undermine the internal and external validity of a study. Very large samples tend to transform small differences into statistically significant differences.

The sample size for distribtbing the questionnaire for this study is determined by using a Krejcie and Morgan (1970) Table. The tables provides a convenient way to choose the sample size based on the population of the study area.

N	S	N	S	N	S	N	S	N	S
10	10	100	80	280	162	800	260	2800	338
15	14	110	86	290	165	850	265	3000	341
20	19	120	92	300	169	900	269	3500	346
25	24	130	97	320	175	950	274	4000	351
30	28	140	103	340	181	1000	278	4500	354
35	32	150	108	360	186	1100	285	5000	357
40	36	160	113	380	191	1200	291	6000	361
45	40	170	118	400	196	1300	297	7000	364
50	44	180	123	420	201	1400	302	8000	367
55	48	190	127	440	205	1500	306	9000	368
60	52	200	132	460	210	1600	310	10000	370
65	56	210	136	480	214	1700	313	15000	375
70	59	220	140	500	217	1800	317	20000	377
75	63	230	144	550	226	1900	320	30000	379
80	66	240	148	600	234	2000	322	40000	380
85	70	250	152	650	242	2200	327	50000	381
90	73	260	155	700	248	2400	331	75000	382
95	76	270	159	750	254	2600	335	100000	384

Figure 3.2 : Table by Krejcie and Morgan (1970)

3.4 Sampling Technique

This study was used convenience sampling which is distribute the questionnaire to the visitors at online platform. A non-probability sampling method called convenience sampling selects participants based on their availability or ease of access. The researcher would find the best platform and convenient channels to find respondents online. After searching online channels or platforms the researcher would distribute survey link of google form through the selected channels.

3.5 Data Analysis

Information obtained from the questionnaire and coded to transfer it to data storage and then to analyze the data. The statistical package for the social sciences (SPSS) were used to conduct the analysis. To give a general picture of the sample, use descriptive analysis to describe the characteristics of the respondents. Frequencies, percentages, means, and standard deviations were specifically included in the descriptive analysis. This analysis was used to determine the sociodemographics, visit patterns, expectations, needs, and overall satisfaction of the respondents. In addition, ANOVA and t-test were also used in analyzing the data. The type The use of ANOVA and t-test of analysis of data that helps describe, or summarize data points in a constructive way such that patterns might emerge that fulfill every condition of the data. It describes the primary features of data by percentage, frequency, and mean values.

CHAPTER 4

RESULTS AND DISCUSSION

4.1 Introduction

This chapter highlights the findings from 299 respondents at Gunung Angsi, Negeri Sembilan on their demographic background and awareness of preparation for mountain climbing activities.

4.2 Respondents' Socio Demographic Characteristic

A descriptive analysis was carried out to reveal the pattern of the sample distribution. A total 10 main attributes from respondents namely gender, marital status, religion, ethnic, age, education level, employment, monthly income, involvement in climbing activities in a year, trend of mountaineering were reported.

4.2.1 Distribution of Respondents Demographic Profiles

Table 4.1 presents the results of the distribution of respondents by gender. In overall, gender almost balance between male (52.2%) and female (47.8%). This is show that the survey managed to get almost balance representation of booth female and male respondents. In regard to respondents marital status, majority of the respondents were single (68.9%) followed by married (29.1%) and (2.0%) for divorcee. This is not surprising as many common understanding

that those who are 'single' mainly have not committed to other daily life commitment in terms of time and financial arrangements, especially for outdoor recreation activities.

In terms of respondents ethnic group distribution, majority of respondents were Malay (92.3%), followed by Chinese and Indian (2.7%) and others (2.3%). In addition, the distribution of respondents by age shows similar connected relationship with marital status especially for 'single' status respondents where majority of respondents were aged between 19-25 (55.2%). Followed by the age range of 26-35 which is (20.4%). This is of course relevant to say that the majority of this age group range in Malaysia is still single. Besides that age 36-45 has a slightly lower percentage which is (14.7%). Additionally visitors that aged more than 46 years old taking up (7.0%), followed visitors group under 18 years old which is (2.7%).

For the educational level, the result show that the majority of respondents (47.5%) had a bachelor degree as their highest level of education. This is followed by those with STPM/Diploma/ Matriculation (26.8%). SPM has a slightly low percentage of (15.4%), Masters has only (5.7%) followed by Skill Certification (3.3%) and the lowest is PhD which is only (1.3%). This because this level of study plays an important role in doing mountain climbing activities because in terms of insufficient time to climb mountains. It can be seen that the PhD group has the lowest percentage because they are too busy with their work.

For employment group, the group is arranged from the highest to the lowest percentage. For the student (48.8%), private employee (20.7%), government employee (19.7%). For the own business without employees (6.4%) and the lastly own business with employees (4.3%).

Since the majority of demographic distribution were mainly from young-adult respondents, the majority of respondents rate their income group is less than RM 2500, which making up for (66.2%). The second highest income group is RM2501 – RM4850 making up (21.7%). Besides income RM4851 -RM10950 taking (9.7%), income group RM10951 – RM15051 taking (1.3%) and the last one income group above RM15051 taking up (1%). In term involvement in mountain climbing activities, the highest percentage 2-4 times which is (51.2%).

Besides, for the first time having a percentage (21.7%), for the 5-10 times having (17.4%) and lastly more than 11 times having (9.7%). The study wants to see if visitors prefer doing mountain climbing activities alone or in groups. In the questionnaire found that doing climbing activities with groups has the highest percentage which is (92.3%) while doing mountain climbing activities alone is only (7.7%).

Table 4.1 : Distribution of respondents' Socio-demographic background

Item	Frequency (f)	Percentage (%)
Gender		
Male	156	52.2
Female	143	47.8
Marital Status		
Single	266	68.9
Married	87	29.1
Divorce	6	2.0
Religion		
Islam	277	92.6
Christian	7	2.3
Buddhist	6	2.0
Hindu	7	2.3
Others	2	0.7
Ethnic		
Malay	276	92.3
Chinese	8	2.7
Indian	8	2.7
Others	7	2.3
Age		
<18 years old	8	2.7
19-25 years old	165	55.2
26-36 years old	61	20.4
36-45 years old	44	14.7
>46 years old	21	7.0
Educational Level		
Skills Certification	10	3.3
SPM	46	15.4
STPM/Diploma/Matriculation	80	26.8
Bachelor's Degree	142	47.5
Master	17	5.7
PhD	4	1.3
Employment		
Own business (with employees)	13	4.3
Own business (without employees)	19	6.4
Government employee	59	19.7
Private employee	62	20.7
Student	148	48.8

*Note: n=299

Table 4.1 : Continued

Item	Frequency (f)	Percentage (%)
Monthly Income		
<RM2500	198	66.2
RM2501-RM4850	65	21.7
RM4851-RM10950	29	9.7
RM10951-RM15051	4	1.3
>15051	3	1.0
Respondents involvement climbing activities in a year		
First times	65	21.7
2-4 times	153	51.2
5-10 times	52	17.4
11 times above	29	9.7
Trend of Mountaineering		
Climb alone	23	7.7
Climb with group	276	92.3

*Note: n=299

4.3 Distribution of respondents agreement on towards Mountain Climbing Preparedness

Table 4.2 shows the distribution of respondent's agreement on the criteria of preparedness to climb the mountain. The result shows that the majority of respondents agreed with the statements. In particular, majority of respondents agreed that choosing the right shoes for mountain climbing is essential for their comfort and performance (70.6%). Moreover, in relation to sustain the body energy while climbing the mountain, majority of respondents agree that brought enough food and drink for the hike is essential as well (70.9%). This is of course shows similar connections with statement "I have previous experience in mountain climbing" (69.2%). This is to say that majority of respondents were experience climbers and had the experience about the important of bringing enough food and water to maintain the body's energy during the activity.

Interestingly, the result shows that majority of respondents agree that "I carry communication devices such as GPS and a fully charged cell phone" (67.9%) as individuals preparedness is highly important. This shows that since price market for such device is mostly affordable, it is not surprising if most of the hikers nowadays bring the device for their own safety measure. Meanwhile, there was slightly disagreement among the respondents for that statement "I once climbed a mountain that was more than a day's journey" (41.5%). This is shows that, majority of respondents are day tripper hikers. However, some would choose to climb the mountain with moderate challenges (32.85%) as their day trip hiking.

Table 4.2 : Distribution of Respondents agreement on Mountain Climbing Preparedness

For this climb on Gunung Angsi...	Mean	Disagree % (f)	Neutral % (f)	Agree % (f)
I have shoes that are specifically for mountain climbing	2.64	6.7% (20)	22.7% (68)	70.6% (211)
I carry communication devices such as GPS and a fully charged cell phone	2.58	9.7% (29)	22.4% (67)	67.9% (203)
I brought enough food and drink for the hike	2.61	9.7% (29)	19.4% (58)	70.9% (212)
I have previous experience in mountain climbing	2.59	10.4% (31)	20.4% (61)	69.2% (207)
I have climbed more than 5 mountains in Peninsular Malaysia	2.37	21.1% (63)	21.1% (63)	57.9% (173)
I have informed the person in charge about my climbing schedule	2.59	9.0% (27)	23.4% (70)	67.6% (202)
I climb mountains that are only in peninsular Malaysia	2.33	21.1% (63)	24.1% (72)	54.8% (164)
I climbed a Mountain that didn't have a very challenging route	2.08	32.85% (98)	26.4% (79)	40.8% (122)
I once climbed a mountain that was more than a day's journey	1.97	41.5% (124)	19.7% (59)	38.8% (116)

Note: n=299. Mean was calculated based on the scale of 1 to 5, 1 being strongly disagree to 5, strongly agree. The scale was then combined to create a three-point scale of the measurement. 1 and 2 were combined as disagree, 3 as neutral, 4 and 5 as agree.

4.4 Distribution of respondents agreement on Factors Attracting Interest To Climb The Mountain

Table 4.3 shows percentage in the distribution of respondents on factors attracting interest to climb the mountain. For statement about climb the mountain to give myself health (90.6%). The next, around (86.0%) taking about had mental and physical strength before climbing Mountain. Besides, percentage (84.9%) about expected to see an interesting and beautiful view at the top of the Mountain. Furthermore, (84.3%) about climbed this mountain to test my abilities and capabilities only. The lastly percentage (78.9%) about climb a mountain to relieve mental stress.

The least respondents disagree (3.3%) taking about the had mental and physical strength before climbing Mountain. Besides that, about the climb the mountain to give myself health. Furthermore, about expected to see an interesting and beautiful view at the top of the Mountain (4.3%). Closely following (5.4%) about climbed this mountain to test my abilities and capabilities only. The lastly, (9.0%) about climb a mountain to relieve mental stress.

Table 4.3 : Distribution of Respondents agreement on Factors Attracting Interest To Climb The Mountain

	mean	Disagree % (f)	Neutral % (f)	Agree % (f)
The motivation to climb Mount Angsi is because...				
I climb the Mountain for my health	2.87	4.0% (12)	5.4% (16)	90.6% (271)
I chose a challenging route before climbing Mountain	2.40	20.4% (61)	18.4% (55)	61.2 (183)
I climb a mountain to relieve mental stress	2.69	9.0% (27)	12.0% (36)	78.9% (236)
I climbed this mountain to test my abilities and capabilities only	2.79	5.4% (16)	10.4% (31)	84.3% (252)
I had mental and physical strength before climbing Mountain	2.82	3.3% (10)	10.7% (32)	86.0% (257)
I like to choose to climb the same mountain	2.13	32.8% (98)	21.4% (64)	45.8% (137)
I expected to see an interesting and beautiful view at the top of the Mountain	2.80	4.3% (13)	10.7% (32)	84.9% (254)
I climb a Mountain that does not exceed 2000 meters	2.34	25.1% (75)	15.1% (45)	59.9% (179)

Note: n=299. Mean was calculated based on the scale of 1 to 5, 1 being strongly disagree to 5, strongly agree. The scale were then combined to create a three-point scale of the measurement. 1 and 2 were combined as disagree, 3 as neutral, 4 and 5 as agree.

4.5 Comparison between criteria for Mountain Climbing Preparedness and gender profile towards Mountain Climbing Preparedness

4.5.1 Comparison between Mountain Climbing Preparedness and gender.

Table 4.4 shows percentage Comparison between mountain climbing preparedness and gender. Were no significant different between male and female on the statement “I have shoes that are specifically for mountain climbing” ($t=8.212$, $p=0.20$) and “I carry communication devices such as GPS and a fully charged cell phone” ($t=1.132$, $p=0.98$). However, there was a significant different for the statement “I brought enough food and drink for the hike” ($t=31.07$, $p=0.01$). This is because gender-related variation in preparedness regarding carrying adequate food and drink supplies for mountain climbing, with female showing higher levels of preparedness in this aspect when compared to male (Lewis ,2000).

There were no significant different between male and female on the statement “I have informed the person in charge about my climbing schedule” ($t=4.460$, $p=0.36$). However there was a significant different for the statement “I have previous experience in mountain climbing” ($t=45.87$, $p=0.01$) and on statement “I have climbed more than 5 mountains in Peninsular Malaysia” ($t=43.38$, $p=0.01$). This is because gender does not play an important role in the ability to climb mountains because if seen in the data, females have more experience compared to males on average. Besides that, females have climbed more mountains compared to males, so that's why females have more experience than males (Yuniawati et al, 2019).

There were no significant difference between male and female on the statement “I climb mountains that are only in peninsular Malaysia” ($t=0.68$, $p=0.80$) and “I climbed a Mountain that didn't have a very challenging route” ($t=0.42$, $p=0.38$). However, there was a significant difference for the statement “I once climbed a mountain that was more than a day's journey” ($t=0.001$, $p=0.01$). This suggests that gender plays an important role in the preference for mountain climbing that requires trips that span more than one day. Male have a higher tendency towards challenging and rugged expeditions when compared to female (Gstaettner et al., 2020).

Table 4.4 : Comparison between Mountain Climbing Preparedness and gender

Statement	Male	Female	<i>F</i>	Sig.
I have shoes that are specifically for mountain climbing	2.59	2.68	8.212	0.20
I carry communication devices such as GPS and a fully charged cell phone	2.58	2.58	1.132	0.98
I brought enough food and drink for the hike	2.50	2.73	31.07	0.01
I have previous experience in mountain climbing	2.50	2.77	45.87	0.01
I have climbed more than 5 mountains in Peninsular Malaysia	2.25	2.62	43.38	0.01
I have informed the person in charge about my climbing schedule	2.56	2.64	4.46	0.36
I climb mountains that are only in peninsular Malaysia	2.32	2.34	0.68	0.80
I climbed a Mountain that didn't have a very challenging route	2.03	2.12	0.42	0.38
I once climbed a mountain that was more than a day's journey	2.09	1.83	0.12	0.08

Note: n=299. Mean was calculated based on the scale of 1 to 5, 1 being disagree to 5, agree.

4.5.2 Comparison between Mountain Climbing Preparedness and Marital Status

Table 4.5 shows percentage Comparison between Mountain Climbing Preparedness and Marital Status. There were no significant different between marital status group on the statement “I have shoes that are specifically for mountain climbing” and “I carry communication devices such as GPS and a fully charged cell phone”. However, there was a significant different for the statement “I brought enough food and drink for the hike” ($F=3.18, p=0.04$). This is because marital status can influence individuals' willingness in terms of carrying sufficient provisions for mountain climbing. This is because married individuals show a higher level of readiness in this aspect than single and divorced individuals (Gstaettner et al., 2020)

There was a significant different for the statement “I have previous experience in mountain climbing” ($F=6.32, p=0.01$) and on the statement “I have climbed more than 5 mountains in Peninsular Malaysia” ($F=7.01, p=0.01$). This is because of the factor to relieve stress by climbing the mountain so that the problem disappears and that is why they have more experience than others (Gstaettner et al., 2019). There was a significant different for the statement “I climbed a Mountain that didn't have a very challenging route” ($F=8.48, p=0.01$). This is because Marital status affects the preference to choose less challenging mountain routes, singles show a higher tendency towards those routes than married and divorced individuals. This is because single don't want to go on a tough route that could cause injury to themselves s (Gaffar, 2019).

Table 4.5 : Comparison between Mountain Climbing Preparedness and Marital Status

Statement	Single	Married	Divorce	<i>F</i>	Sig.
I have shoes that are specifically for mountain climbing	2.57	2.77	3.00	4.44	0.12
I carry communication devices such as GPS and a fully charged cell phone	2.52	2.71	2.66	2.55	0.08
I brought enough food and drink for the hike	2.54^b	2.75^a	2.66^a	3.18	0.04
I have previous experience in mountain climbing	2.50^b	2.77^a	3.00^a	6.31	0.01
I have climbed more than 5 mountains in Peninsular Malaysia	2.25^b	2.26^a	2.66^a	7.01	0.01
I have informed the person in charge about my climbing schedule	2.56	2.64	2.33	0.88	0.42
I climb mountains that are only in peninsular Malaysia	2.41	2.18	2.00	3.05	0.07
I climbed a Mountain that didn't have a very challenging route	2.18^b	1.90^a	1.00^a	8.48	0.01
I once climbed a mountain that was more than a day's journey	1.90	2.10	2.33	1.96	0.14

Note: n=299, preparedness were measured on a scale of 1 to 3, 1 as disagree to 3, agree. ^a and ^b have significant differences. ^a is the insignificant statement and ^b is the most significant.

4.5.3 Comparison between Mountain Climbing Preparedness and Religion

Table 4.6 shows percentage Comparison between Mountain Climbing Preparedness and Religion. There were no significant different between religion group on the statement “I have shoes that are specifically for mountain climbing”. There were also no significant on the statement “I carry communication devices such as GPS and a fully charged cell phone” and on the statement “I brought enough food and drink for the hike”. The highest mean in the statement (3.00) Buddhist.

There were no significant different between religion group on the statement “I have previous experience in mountain climbing”. There were also no significant on the statement “I have climbed more than 5 mountains in Peninsular Malaysia” and on the statement “I have informed the person in charge about my climbing schedule”.

There were no significant different religion group on the statement “I climb mountains that are only in peninsular Malaysia”. There were also no significant on the statement “I climbed a Mountain that didn't have a very challenging route” and on the statement “I once climbed a mountain that was more than a day's journey”.

Table 4.6 : Comparison between Mountain Climbing Preparedness and Religion

Statement	Islam	Christian	Buddhist	Hindu	Others	<i>F</i>	Sig.
I have shoes that are specifically for mountain climbing	2.62	2.85	3.00	2.85	2.00	1.60	0.17
I carry communication devices such as GPS and a fully charged cell phone	2.56	2.71	3.00	2.85	2.00	1.39	0.23
I brought enough food and drink for the hike	2.60	2.57	2.83	2.57	3.00	0.36	0.83
I have previous experience in mountain climbing	2.58	2.85	2.83	2.57	2.00	0.87	0.48
I have climbed more than 5 mountains in Peninsular Malaysia	2.35	2.57	2.83	2.57	2.00	0.85	0.49
I have informed the person in charge about my climbing schedule	2.56	3.00	3.00	2.85	2.00	2.13	0.08
I climb mountains that are only in peninsular Malaysia	2.31	2.42	1.83	1.71	2.00	1.14	0.34
I climbed a Mountain that didn't have a very challenging route	2.08	2.42	1.83	1.71	2.00	0.74	0.57
I once climbed a mountain that was more than a day's journey	1.97	1.85	2.33	1.71	2.00	0.80	0.80

Note: n=299, preparedness were measured on a scale of 1 to 3, 1 as disagree to 3, agree.

4.5.4 Comparison between Mountain Climbing Preparedness and Ethnic

Table 4.7 shows percentage Comparison between Mountain Climbing Preparedness and Ethnic There were no significant different between ethnic group on the statement “I have shoes that are specifically for mountain climbing”. There were also no significant on the statement “I carry communication devices such as GPS and a fully charged cell phone” and on the statement “I brought enough food and drink for the hike”.

There were no significant different between ethnic group on the statement “I have previous experience in mountain climbing”. There were also no significant on the statement “I have climbed more than 5 mountains in Peninsular Malaysia” and on the statement “I have informed the person in charge about my climbing schedule”.

There were no significant different between ethnic group on the statement “I climb mountains that are only in peninsular Malaysia”. There were also no significant on the statement “I climbed a Mountain that didn't have a very challenging route” and on the statement “I once climbed a mountain that was more than a day's journey”.

Table 4.7 : Comparison between Mountain Climbing Preparedness and Ethnic

Statement	Malay	Chinese	Indian	Others	F	Sig.
I have shoes that are specifically for mountain climbing	2.62	3.00	2.87	2.57	1.45	0.23
I carry communication devices such as GPS and a fully charged cell phone	2.56	2.87	2.87	2.57	1.10	0.35
I brought enough food and drink for the hike	2.60	2.62	2.50	2.85	0.40	0.75
I have previous experience in mountain climbing	2.57	2.87	2.62	2.57	0.51	0.68
I have climbed more than 5 mountains in Peninsular Malaysia	2.34	2.62	2.62	2.57	0.74	0.53
I have informed the person in charge about my climbing schedule	2.56	3.00	2.87	2.71	1.83	0.14
I climb mountains that are only in peninsular Malaysia	2.32	2.50	2.62	2.42	0.51	0.68
I climbed a Mountain that didn't have a very challenging route	2.08	1.87	1.75	2.42	0.94	0.42
I once climbed a mountain that was more than a day's journey	1.97	2.25	1.87	1.85	0.81	0.81

Note: n=299, preparedness were measured on a scale of 1 to 3, 1 as disagree to 3, agree.

4.5.5 Comparison between Mountain Climbing Preparedness and Age

Table 4.8 shows percentage Comparison between Mountain Climbing Preparedness and Age. There was significant different between age group. Significant different for the statement “I have shoes that are specifically for mountain climbing” ($F=3.95$, $p=0.02$) , “I carry communication devices such as GPS and a fully charged cell phone” ($F=2.49$, $p=0.04$) and on the statement “I brought enough food and drink for the hike” ($F=2.55$, $p=0.04$). This is because, in the provision of shoes, GPS and brought enough food and drink for climbing age 46 and above has the highest percentage compared to others. This is because they put a lot of emphasis on equipment, safety and comfort in mountain climbing (Rickard, 2014)

There was a significant different for the statement “I have previous experience in mountain climbing” ($F=3.65$, $p=0.01$) and on the statement “I have climbed more than 5 mountains in Peninsular Malaysia” ($F=5.89$, $p=0.01$). This is because shows that the age >46 years old has more experience compared to other age percentages (Lewis, 2000).

However there was a significant different for the statement “I climbed a Mountain that didn't have a very challenging route” ($F=5.46$, $p=0.01$) and on the statement “I once climbed a mountain that was more than a day's journey” ($F=4.83$, $p=0.01$). This is because age >46 years old has more experience compared to other ages. They have been climbing mountains for a long time compared to other ages (Lechner et al, 2018).

Table 4.8 : Comparison between Mountain Climbing Preparedness and Age

Statement	<18 years old	19-25 years old	26-36 years old	36-45 years old	>46 years old	F	Sig.
I have shoes that are specifically for mountain climbing	2.88^a	2.55^a	2.59^a	2.86^b	2.90^a	3.95	0.02
I carry communication devices such as GPS and a fully charged cell phone	2.50^a	2.52^a	2.52^a	2.75^a	2.90^b	2.49	0.04
I brought enough food and drink for the hike	2.25^a	2.53^a	2.65^a	2.79^b	2.80^a	2.55	0.04
I have previous experience in mountain climbing	2.75^a	2.49^b	2.55^a	2.75^a	3.00^a	3.65	0.01
I have climbed more than 5 mountains in Peninsular Malaysia	2.12^a	2.23^a	2.36^b	2.65^a	2.95^a	5.89	0.01
I have informed the person in charge about my climbing schedule	2.75	2.58	2.39	2.68	2.90	3.03	0.20
I climb mountains that are only in peninsular Malaysia	2.62	2.48	2.06	2.25	2.04	4.39	0.06
I climbed a Mountain that didn't have a very challenging route	2.00^a	2.26^b	1.96^a	1.68^a	1.80^a	5.46	0.01
I once climbed a mountain that was more than a day's journey	2.00^a	1.89^a	1.81^a	2.11^a	2.71^b	4.83	0.01

Note: n=299, preparedness were measured on a scale of 1 to 3, 1 as disagree to 3, agree. ^a and ^b have significant differences. ^a is the insignificant statement and ^b is the most significant.

4.5.6 Comparison between Mountain Climbing Preparedness and Education Level

Table 4.9 shows percentage Comparison between Mountain Climbing Preparedness and Education Level. However, there was a significant different for the statement “I brought enough food and drink for the hike” ($F=2.44$, $p=0.03$). This is because skill certification (SKM) is more important to their needs when climbing the mountain. They still lack experience in mountain climbing when compared to other education levels (Skeffington et al, 2017).

There were no significant different between education level group on the statement “I have previous experience in mountain climbing”. There were also no significant on the statement “I have climbed more than 5 mountains in Peninsular Malaysia” and on the statement “I have informed the person in charge about my climbing schedule” (Skeffington et al, 2017).

There were no significant different between education level group on the statement “I climb mountains that are only in peninsular Malaysia” and “I climbed a Mountain that didn't have a very challenging route”. However, there was a significant different for the statement “I once climbed a mountain that was more than a day's journey” ($F=5.21$, $p=0.01$). This is because those with a high level of education show a higher tendency towards adventurous expeditions and trips that exceed one day compared to those with a low level of education (Skeffington et al, 2017).

Table 4.9 : Comparison between Mountain Climbing Preparedness and Education Level

Statement	Skills Certification	SPM	STPM	Bachelor's Degree	Master	PhD	F	Sig.
I have shoes that are specifically for mountain climbing	2.60	2.50	2.53	2.70	2.88	3.00	2.15	0.06
I carry communication devices such as GPS and a fully charged cell phone	2.40	2.47	2.45	2.66	2.82	3.00	2.24	0.50
I brought enough food and drink for the hike	2.10^b	2.63^a	2.50^a	2.68^a	2.82^a	2.50^a	2.44	0.03
I have previous experience in mountain climbing	2.59	2.54	2.37	2.69	2.82	3.00	3.17	0.09
I have climbed more than 5 mountains in Peninsular Malaysia	2.30	2.52	2.06	2.47	2.47	2.50	3.35	0.07
I have informed the person in charge about my climbing schedule	2.50	2.52	2.52	2.65	2.52	2.50	0.69	0.69
I climb mountains that are only in peninsular Malaysia	2.30	2.39	2.37	2.33	2.11	2.00	0.47	0.80
I climbed a Mountain that didn't have a very challenging route	1.90	2.13	2.00	2.16	1.94	1.25	1.37	0.23
I once climbed a mountain that was more than a day's journey	1.80^a	1.89^a	1.60^a	2.19^b	2.17^a	2.00^a	5.21	0.01

Note: n=299, preparedness were measured on a scale of 1 to 3, 1 as disagree to 3, agree. ^a and ^b have significant differences. ^a is the insignificant statement and ^b is the most significant.

4.5.7 Comparison between Mountain Climbing Preparedness and Employment

Table 4.10 shows percentage Comparison between Mountain Climbing Preparedness and Employment. There were also no significant on the statement “I carry communication devices such as GPS and a fully charged cell phone” and on the statement “I brought enough food and drink for the hike”.

There were no significant different between employment group on the statement “I have previous experience in mountain climbing” and “I have informed the person in charge about my climbing schedule”. However, there was a significant different for the statement “I have climbed more than 5 mountains in Peninsular Malaysia” ($F=2.56$, $p=0.04$). This is because students have more free time compared to other employment sectors. Students may be able to hike every weekend because they have no other jobs compared to their own businesses and others (Wen & Lin, 2012).

There were no significant different between employment group on the statement “I climb mountains that are only in peninsular Malaysia” and “I once climbed a mountain that was more than a day's journey”. However, there was a significant different for the statement “I climbed a Mountain that didn't have a very challenging route” ($F=4.21$, $p=0.01$). This is because group of students is a young group and they only want to reach the top when compared to other sectors who want a challenging path to challenge themselves.

Table 4.10 : Comparison between Mountain Climbing Preparedness and Employment

Statement	Own business (with employee)	Own business (without employee)	Government employee	Private employee	Student	F	Sig.
I have shoes that are specifically for mountain climbing	2.70	2.73	2.71	2.67	2.57	0.82	0.50
I carry communication devices such as GPS and a fully charged cell phone	2.76	2.57	2.62	2.64	2.52	0.79	0.53
I brought enough food and drink for the hike	2.61	2.73	2.79	2.61	2.52	2.06	0.08
I have previous experience in mountain climbing	2.77	2.78	2.64	2.69	2.47	2.13	0.08
I have climbed more than 5 mountains in Peninsular Malaysia	2.53^a	2.42^a	2.49^a	2.54^a	2.21^b	2.56	0.04
I have informed the person in charge about my climbing schedule	2.76	2.57	2.52	2.54	2.61	0.49	0.75
I climb mountains that are only in peninsular Malaysia	2.30	2.21	2.27	2.14	2.46	2.07	0.09
I climbed a Mountain that didn't have a very challenging route	2.00^a	1.78^a	1.89^a	1.88^a	2.28^b	4.21	0.01
I once climbed a mountain that was more than a day's journey	2.23	1.78	2.00	2.08	1.91	0.84	0.50

Note: n=299, preparedness were measured on a scale of 1 to 3, 1 as disagree to 3, agree. ^a and ^b have significant differences. ^a is the insignificant statement and ^b is the most significant.

4.5.8 Comparison between Mountain Climbing Preparedness and Monthly Income

Table 4.11 shows percentage Comparison between Mountain Climbing Preparedness and Monthly Income. There was a significant different for the statement “I have shoes that are specifically for mountain climbing” ($F=3.54$, $p=0.02$) and on the statement “I have shoes that are specifically for mountain climbing” ($F=2.94$, $p=0.02$). This is because income groups of RM10951-RM15051 and >15051 and above care about comfort and safety when climbing mountains. This is because they can afford to buy more expensive shoes and carry a GPS while climbing the mountain (Fritschi and Giezendanner (2012). However, there was a significant different for the statement “I have previous experience in mountain climbing” ($F=4.72$, $p=0.01$). This is because the income groups of RM10951-RM15051 and 15052 and above have more experience when compared to others. This is because they will do mountain climbing activities every weekend because they can afford to climb mountains that require a large cost.

There were no significant different between monthly income on the statement “I once climbed a mountain that was more than a day's journey”. However, there was a significant different for the statement “I climb mountains that are only in peninsular Malaysia” ($F=2.79$, $p=0.03$) and on the statement “I climbed a Mountain that didn't have a very challenging route” ($F=2.90$, $p=0.01$). This is because monthly income group <RM2500 may only climb around the peninsular because the cost to climb in Sabah and Sarawak requires a large cost, so that's why they only climb the mountains in the peninsular.

Table 4.11 : Comparison between Mountain Climbing Preparedness and Monthly Income

Statement	<RM2500	RM2501- RM4850	RM4851- RM10950	RM10951- RM15051	>15051	F	Sig.
I have shoes that are specifically for mountain climbing	2.55^a	2.73^b	2.93^a	3.00^a	2.66^a	3.54	0.02
I carry communication devices such as GPS and a fully charged cell phone	2.50^b	2.70^a	2.79^a	3.00^a	3.00^a	2.94	0.02
I brought enough food and drink for the hike	2.56	2.67	2.83	2.25	3.00	1.82	0.12
I have previous experience in mountain climbing	2.47^b	2.72^a	2.93^a	3.00^a	3.00^a	4.72	0.01
I have climbed more than 5 mountains in Peninsular Malaysia	2.22	2.58	2.75	2.50	3.00	5.10	0.09
I have informed the person in charge about my climbing schedule	2.57	2.52	2.69	3.00	3.00	1.05	0.39
I climb mountains that are only in peninsular Malaysia	2.40^a	2.33^a	2.00^b	1.75^a	1.66^a	2.79	0.03
I climbed a Mountain that didn't have a very challenging route	2.22^b	1.83^a	1.65^a	2.00^a	2.00^a	2.90	0.01
I once climbed a mountain that was more than a day's journey	1.84	2.04	2.48	2.50	3.00	4.99	0.12

Note: n=299, preparedness were measured on a scale of 1 to 3, 1 as disagree to 3, agree. ^a and ^b have significant differences. ^a is the insignificant statement and ^b is the most significant.

4.5.9 Comparison between Mountain Climbing Preparedness and Respondents involvement climbing activities in a year

Table 4.12 shows percentage Comparison between Mountain Climbing Preparedness and Respondents involvement climbing activities in a year. There was a significant different for the statement “I brought enough food and drink for the hike” ($F=3.00$, $p=0.03$). This is because the group of climbers who are 11 times above bring enough supplies and drinks to climb the mountain because they are familiar with mountain climbing and know the right way to climb the mountain compared to beginners to climb the mountain who do not know the right way.

However, there was a significant different for the statement “I have previous experience in mountain climbing” ($F=10.98$, $p=0.01$) and on the statement “I have climbed more than 5 mountains in Peninsular Malaysia” ($F=10.04$, $p=0.01$). This is because respondents' involvement in climbing activities is associated with variations in previous experience in mountain climbing, with individuals who climb more frequently reporting higher levels of experience.

There were no significant different between respondents involvement climbing activities in a years group on the statement “I climb mountains that are only in peninsular Malaysia”. There were also no significant on the statement “I climbed a Mountain that didn't have a very challenging route” and on the statement “I once climbed a mountain that was more than a day's journey”.

Table 4.12 : Comparison between Mountain Climbing Preparedness and Respondents involvement climbing activities in a year

Statement	First times	2-4 times	5-10 times	11 times above	F	Sig.
I have shoes that are specifically for mountain climbing	2.52	2.62	2.71	2.86	2.44	0.06
I carry communication devices such as GPS and a fully charged cell phone	2.46	2.55	2.69	2.79	2.29	0.08
I brought enough food and drink for the hike	2.41^a	2.66^a	2.61^a	2.79^b	3.00	0.03
I have previous experience in mountain climbing	2.23^b	2.61^a	2.82^a	2.86^a	10.98	0.01
I have climbed more than 5 mountains in Peninsular Malaysia	1.95^b	2.40^a	2.53^a	2.80^a	10.04	0.01
I have informed the person in charge about my climbing schedule	2.53	2.59	2.57	2.65	0.24	0.87
I climb mountains that are only in peninsular Malaysia	2.52	2.35	2.34	1.82	5.27	0.11
I climbed a Mountain that didn't have a very challenging route	2.55	2.03	1.92	1.51	12.91	0.9
I once climbed a mountain that was more than a day's journey	1.80	1.90	2.05	2.55	5.48	0.06

Note: n=299, preparedness were measured on a scale of 1 to 3, 1 as disagree to 3, agree. ^a and ^b have significant differences. ^a is the insignificant statement and ^b is the most significant.

4.5.10 Comparison between Mountain Climbing Preparedness and Trend of Mountaineering

Table 4.13 shows percentage Comparison between Mountain Climbing Preparedness and Trend of Mountaineering. There were no significant different between trend of mountaineering group on the statement “I have shoes that are specifically for mountain climbing”. There were also no significant on the statement “I carry communication devices such as GPS and a fully charged cell phone” and on the statement “I brought enough food and drink for the hike”.

However, there was a significant different for the statement “I have previous experience in mountain climbing” ($F=23.35$, $p=0.01$) and on the statement “I have climbed more than 5 mountains in Peninsular Malaysia” ($F=16.78$, $p=0.01$). This is because trend of mountaineering, whether climbing alone or with a group, is associated with variations in respondents' previous experience in mountain climbing. Those who climb alone tend to report higher levels of experienter (Babulal, 2020).

There were no significant different between trend of mountaineering group on the statement “I climb mountains that are only in peninsular Malaysia”. There were also no significant on the statement “I climbed a Mountain that didn't have a very challenging route” and on the statement “I once climbed a mountain that was more than a day's journey”.

Table 4.13 : Comparison between Mountain Climbing Preparedness and Trend of Mountaineering

Statement	Climb Alone	Climb with Group	<i>F</i>	Sig.
I have shoes that are specifically for mountain climbing	2.69	2.63	0.252	0.66
I carry communication devices such as GPS and a fully charged cell phone	2.78	2.56	9.015	0.07
I brought enough food and drink for the hike	2.26	2.64	10.585	0.06
I have previous experience in mountain climbing	2.86	2.56	23.35	0.01
I have climbed more than 5 mountains in Peninsular Malaysia	2.65	2.34	16.78	0.01
I have informed the person in charge about my climbing schedule	2.56	2.58	0.11	0.88
I climb mountains that are only in peninsular Malaysia	2.26	2.34	0.43	0.66
I climbed a Mountain that didn't have a very challenging route	1.73	2.10	0.34	0.05
I once climbed a mountain that was more than a day's journey	1.95	1.97	0.10	0.93

Note: n=299. Mean was calculated based on the scale of 1 to 5, 1 being disagree to 5, agree.

4.6 Comparison between criteria for Factors Attracting Interest To Climb The Mountain and gender profile towards Mountain Climbing Preparedness

4.6.1 Comparison between Factors Attracting Interest To Climb The Mountain and Gender

Table 4.14 shows percentage Comparison between Factors Attracting Interest to Climb The Mountain and Gender. There was a significant different for the statement “I climb the Mountain for my health” ($F=29.19$, $p=0.01$) and on statement “I climb a mountain to relieve mental stress” ($F=28.60$, $p=0.01$). This is because women often engage in physical activities, including mountain climbing, for health and well-being benefits (Huneke, 1969).

However, there was a significant different for the statement “I had mental and physical strength before climbing Mountain” ($F=19.37$, $p=0.02$). This is because statistically significant difference. This suggests that women may place greater emphasis on mental and physical preparation for this challenging activity such as mountain climbing (Kler, 2016).

There were no significant different between male and female on the statement “I climb a Mountain that does not exceed 2000 meters”. However, there was a significant different for the statement “I expected to see an interesting and beautiful view at the top of the Mountain” ($F=49.79$, $p=0.01$). This is because female are more excited to see the scenery at the top of the mountain compared to male. Female feeling tired is paid by seeing the interesting scenery on the mountain (Susanto & Rizkiyah, 2018).

Table 4.14 : Comparison between Factors Attracting Interest To Climb The Mountain and Gender

Statement	Male	Female	<i>F</i>	Sig.
I climb the Mountain for my health	2.80	2.93	29.19	0.01
I chose a challenging route before climbing Mountain	2.37	2.44	0.29	0.42
I climb a mountain to relieve mental stress	2.59	2.81	28.60	0.01
I climbed this mountain to test my abilities and capabilities only	2.76	2.81	2.77	0.37
I had mental and physical strength before climbing Mountain	2.76	2.88	19.37	0.02
I like to choose to climb the same mountain	2.10	2.15	2.19	0.66
I expected to see an interesting and beautiful view at the top of the Mountain	2.71	2.90	49.76	0.01
I climb a Mountain that does not exceed 2000 meters	2.23	2.24	5.37	0.01

Note: n=299. Mean was calculated based on the scale of 1 to 5, 1 being disagree to 5, agree.

4.6.2 Comparison between Factors Attracting Interest To Climb The Mountain and Marital Status

Table 4.15 shows percentage Comparison between Factors Attracting Interest to Climb The Mountain and Marital Status. There were no significant different between marital status group on the statement “I climb the Mountain for my health”. There were also no significant on the statement “I chose a challenging route before climbing Mountain” and on the statement “I climb a mountain to relieve mental stress”.

There were no significant different between marital status group on the statement “I had mental and physical strength before climbing Mountain” and “I like to choose to climb the same mountain”. However, there was a significant different for the statement “I climbed this mountain to test my abilities and capabilities only” ($F=4.48$, $p=0.01$). This is because single have enough energy when compared to others. Single has a mature age and to test his ability to climb the mountain is very high and even better compared to married and divorced (Gstaettner et al, 2020).

There were no significant different between marital status group on the statement “I expected to see an interesting and beautiful view at the top of the Mountain”. There were also no significant on the statement “I climb a Mountain that does not exceed 2000 meters”.

Table 4.15 : Comparison between Factors Attracting Interest To Climb The Mountain and Marital Status

Statement	Single	Married	Divorce	<i>F</i>	Sig.
I climb the Mountain for my health	2.83	2.95	2.66	2.85	0.59
I chose a challenging route before climbing Mountain	2.44	2.31	2.50	0.91	0.40
I climb a mountain to relieve mental stress	2.73	2.62	2.66	0.99	0.37
I climbed this mountain to test my abilities and capabilities only	2.84^b	2.65^a	2.66^a	4.48	0.01
I had mental and physical strength before climbing Mountain	2.82	2.85	2.66	0.49	0.61
I like to choose to climb the same mountain	2.18	2.00	2.00	1.49	0.22
I expected to see an interesting and beautiful view at the top of the Mountain	2.83	2.73	2.83	1.24	0.29
I climb a Mountain that does not exceed 2000 meters	2.48 ^b	2.06 ^a	1.66 ^a	9.74	0.01

Note: n=299, preparedness were measured on a scale of 1 to 3, 1 as disagree to 3, agree. ^a and ^b have significant differences. ^a is the insignificant statement and ^b is the most significant.

4.6.3 Comparison between Factors Attracting Interest To Climb The Mountain and Religion

Table 4.16 shows percentage Comparison between Factors Attracting Interest to Climb The Mountain and Religion. There were no significant different between religion group on the statement “I climb the Mountain for my health”. There were also no significant on the statement “I chose a challenging route before climbing Mountain” and on the statement “I climb a mountain to relieve mental stress”.

There were no significant different between religion group on the statement “I climbed this mountain to test my abilities and capabilities only”. There were also no significant on the statement “I had mental and physical strength before climbing Mountain” and on the statement “I like to choose to climb the same mountain”.

There were also no significant different between religion group on the statement “I expected to see an interesting and beautiful view at the top of the Mountain”. There were also no significant on the statement “I climb a Mountain that does not exceed 2000 meters”.

Table 4.16 : Comparison between Factors Attracting Interest To Climb The Mountain and Religion

Statement	Islam	Christian	Buddhist	Hindu	Others	<i>F</i>	Sig.
I climb the Mountain for my health	2.86	2.85	3.00	3.00	2.00	2.23	0.06
I chose a challenging route before climbing Mountain	2.38	3.00	2.50	2.71	2.00	1.40	0.23
I climb a mountain to relieve mental stress	2.68	2.85	3.00	3.00	2.00	1.52	0.19
I climbed this mountain to test my abilities and capabilities only	2.77	3.00	3.00	3.00	2.00	1.99	0.09
I had mental and physical strength before climbing Mountain	2.81	3.00	3.00	3.00	2.00	2.38	0.057
I like to choose to climb the same mountain	2.14	2.28	1.50	1.85	2.00	1.04	0.38
I expected to see an interesting and beautiful view at the top of the Mountain	2.79	3.00	3.00	3.00	2.00	2.15	0.07
I climb a Mountain that does not exceed 2000 meters	2.35	2.28	2.33	2.14	2.00	0.20	0.93

Note: n=299, preparedness were measured on a scale of 1 to 3, 1 as disagree to 3, agree. ^a and ^b have significant differences. ^a is the insignificant statement and ^b is the most significant.

4.6.4 Comparison between Factors Attracting Interest To Climb The Mountain and Ethnic

Table 4.17 shows percentage Comparison between Factors Attracting Interest to Climb The Mountain and Ethnic. There were no significant different between ethnic group on the statement “I climb the Mountain for my health”. There were also no significant on the statement “I chose a challenging route before climbing Mountain” and on the statement “I climb a mountain to relieve mental stress”.

There were also no significant different between ethnic group on the statement “I climbed this mountain to test my abilities and capabilities only”. There were also no significant on the statement “I had mental and physical strength before climbing Mountain” and on the statement “I like to choose to climb the same mountain”.

Beised that, there were no significant different between ethnic group on the statement “I expected to see an interesting and beautiful view at the top of the Mountain”. There were also no significant on the statement “I climb a Mountain that does not exceed 2000 meters”.

Table 4.17 : Comparison between Factors Attracting Interest To Climb The Mountain and Ethnic

Statement	Malay	Chinese	Indian	Others	F	Sig.
I climb the Mountain for my health	2.86	3.00	3.00	2.57	1.52	0.20
I chose a challenging route before climbing Mountain	2.38	2.75	2.75	2.57	1.14	0.33
I climb a mountain to relieve mental stress	2.68	2.87	3.00	2.71	0.88	0.45
I climbed this mountain to test my abilities and capabilities only	2.77	3.00	3.00	2.71	0.94	0.42
I had mental and physical strength before climbing Mountain	2.81	3.00	3.00	2.71	0.92	0.43
I like to choose to climb the same mountain	2.14	1.62	2.00	2.28	1.40	0.38
I expected to see an interesting and beautiful view at the top of the Mountain	2.79	3.00	3.00	2.71	0.93	0.42
I climb a Mountain that does not exceed 2000 meters	2.36	2.25	2.00	2.28	0.51	0.67

Note: n=299, preparedness were measured on a scale of 1 to 3, 1 as disagree to 3, agree. ^a and ^b have significant differences. ^a is the insignificant statement and ^b is the most significant.

4.6.5 Comparison between Factors Attracting Interest To Climb The Mountain and Age

Table 4.18 shows percentage Comparison between Factors Attracting Interest to Climb The Mountain and Age. There was a significant different for the statement “I chose a challenging route before climbing Mountain” ($F=2.501$, $p=0.05$) and on the statement “I climb a mountain to relieve mental stress” ($F=3.64$, $p=0.01$). This is because that age is associated with variations in the motivation to choose challenging routes before climbing, with younger individuals expressing a higher inclination for challenging routes compared to older age group (Rizkiyah, 2018)

However, there was a significant different for the statement “I like to choose to climb the same mountain” ($F=3.61$, $p=0.01$). This is because that age is associated with variations in the preference for climbing the same mountain, with younger individuals expressing a higher inclination for variety and diversity in their climbing experiences compared to older age groups (Ewert et al, 2013).

There was a significant different for the statement “I climb a Mountain that does not exceed 2000 meters” ($F=11.90$, $p=0.01$). This is because younger individuals expressed a higher tendency for this preference than older age groups because young people often do not want to try and climb challenging heights (Gstaettner et al 2020).

Table 4.18 : Comparison between Factors Attracting Interest To Climb The Mountain and Age

Statement	<18 years old	19-25 years old	26-36 years old	36-45 years old	>46 years old	<i>F</i>	Sig.
I climb the Mountain for my health	2.75	2.83	2.90	2.95	2.90	0.99	0.42
I chose a challenging route before climbing Mountain	3.00^b	2.38^a	2.57^a	2.27^a	2.19^a	2.501	0.05
I climb a mountain to relieve mental stress	2.75^a	2.75^a	2.81^a	2.45^b	2.42^a	3.64	0.01
I climbed this mountain to test my abilities and capabilities only	3.00	2.83	2.78	2.63	2.66	1.91	0.10
I had mental and physical strength before climbing Mountain	3.00	2.80	2.83	2.86	2.85	0.52	0.72
I like to choose to climb the same mountain	1.87^a	2.21^a	2.27^a	1.86^a	1.66^b	3.61	0.01
I expected to see an interesting and beautiful view at the top of the Mountain	3.00	2.84	2.81	2.70	2.57	2.31	0.06
I climb a Mountain that does not exceed 2000 meters	2.62^a	2.56^a	2.32^a	1.88^a	1.57^b	11.90	0.01

Note: n=299, preparedness were measured on a scale of 1 to 3, 1 as disagree to 3, agree. ^a and ^b have significant differences. ^a is the insignificant statement and ^b is the most significant.

4.6.6 Comparison between Factors Attracting Interest To Climb The Mountain and Education Level

Table 4.19 shows percentage Comparison between Factors Attracting Interest to Climb The Mountain and Education Level. There was a significant different for the statement “I chose a challenging route before climbing Mountain” ($F=3.09$, $p=0.01$). This is because SPM and Master's degrees indicate a higher tendency for challenging paths than other levels of education. Because they are still young and have enough energy to go through the difficult path (Kler, 2016).

There were no significant different between education level group on the statement “I climbed this mountain to test my abilities and capabilities only”. There were also no significant on the statement “I had mental and physical strength before climbing Mountain” and on the statement “I like to choose to climb the same mountain”.

There were no significant different between education level group on the statement “I expected to see an interesting and beautiful view at the top of the Mountain”. There were also no significant on the statement “I climb a Mountain that does not exceed 2000 meters”.

Table 4.19 : Comparison between Factors Attracting Interest To Climb The Mountain
and Education Level

Statement	Skills Certification	SPM	STPM	Bachelor's Degree	Master	PhD	<i>F</i>	Sig.
I climb the Mountain for my health	2.80	2.93	2.85	2.83	3.00	3.00	0.78	0.56
I chose a challenging route before climbing Mountain	2.40^a	2.71^b	2.25^a	2.38^a	2.70^a	1.75^a	3.09	0.01
I climb a mountain to relieve mental stress	2.50	2.71	2.70	2.71	2.70	2.50	0.29	0.91
I climbed this mountain to test my abilities and capabilities only	2.80	2.76	2.80	2.80	2.70	2.50	0.41	0.84
I had mental and physical strength before climbing Mountain	2.70	2.91	2.76	2.84	2.82	2.75	0.85	0.51
I like to choose to climb the same mountain	2.10	2.28	2.06	2.14	2.05	1.75	0.54	0.74
I expected to see an interesting and beautiful view at the top of the Mountain	2.70	2.89	2.77	2.81	2.70	2.75	0.59	0.70
I climb a Mountain that does not exceed 2000 meters	2.40	2.36	2.51	2.33	1.76	1.75	2.66	0.11

Note: n=299, preparedness were measured on a scale of 1 to 3, 1 as disagree to 3, agree. ^a and ^b have significant differences. ^a is the insignificant statement and ^b is the most significant.

4.6.7 Comparison between Factors Attracting Interest To Climb The Mountain and Employment

Table 4.20 shows percentage Comparison between Factors Attracting Interest to Climb The Mountain and Employment. There were no significant different between employment group on the statement “I climb the Mountain for my health”. There were also no significant on the statement “I chose a challenging route before climbing Mountain” and on the statement “I climb a mountain to relieve mental stress”.

There were no significant different between employment group on the statement “I climbed this mountain to test my abilities and capabilities only”. There were also no significant on the statement “I had mental and physical strength before climbing Mountain” and on the statement “I like to choose to climb the same mountain”.

There were also no significant different between employment group on the statement “I expected to see an interesting and beautiful view at the top of the Mountain”. However, there was a significant different for the statement “I climb a Mountain that does not exceed 2000 meters” ($F=7.41$, $p=0.01$). This is because status can influence outdoor recreation preferences, with students often seeking different recreational experiences compared to individuals in the workforce (Setiyani & Fetriana, 2020).

Table 4.20 : Comparison between Factors Attracting Interest To Climb The Mountain and Employment

Statement	Own business (with employees)	Own business (without employees)	Government employee	Private employee	Student	F	Sig.
I climb the Mountain for my health	3.00	2.94	2.94	2.88	2.80	1.80	0.13
I chose a challenging route before climbing Mountain	2.53	2.47	2.40	2.43	2.37	0.19	0.94
I climb a mountain to relieve mental stress	2.84	2.68	2.74	2.50	2.75	2.13	0.08
I climbed this mountain to test my abilities and capabilities only	2.92	2.84	2.77	2.67	2.82	1.12	0.35
I had mental and physical strength before climbing Mountain	2.92	2.78	2.86	2.90	2.77	1.18	0.32
I like to choose to climb the same mountain	2.38	2.15	2.10	2.04	2.15	0.44	0.78
I expected to see an interesting and beautiful view at the top of the Mountain	2.91	2.84	2.81	2.67	2.84	1.46	0.21
I climb a Mountain that does not exceed 2000 meters	2.53^a	2.36^a	2.06^a	2.01^a	2.58^b	7.41	0.01

Note: n=299, preparedness were measured on a scale of 1 to 3, 1 as disagree to 3, agree. ^a and ^b have significant differences. ^a is the insignificant statement and ^b is the most significant.

4.6.8 Comparison between Factors Attracting Interest To Climb The Mountain and Monthly Income

Table 4.21 shows percentage Comparison between Factors Attracting Interest to Climb The Mountain and Monthly Income. There were no significant different between monthly income group on the statement “I climb the Mountain for my health”. There were also no significant on the statement “I chose a challenging route before climbing Mountain” and on the statement “I climb a mountain to relieve mental stress”.

There were no significant different between monthly income group on the statement “I climbed this mountain to test my abilities and capabilities only”. There were also no significant on the statement “I had mental and physical strength before climbing Mountain” and on the statement “I like to choose to climb the same mountain”.

However, there was a significant different for the statement climb a Mountain that does not exceed 2000 meters ($F=7.13$, $p=0.01$). This is because high income prefers to climb a mountain that is not too high because climbing a high mountain will consume energy and will make him lazy to work (She et al.2019).

Table 4.21 : Comparison between Factors Attracting Interest To Climb The Mountain and Monthly Income

Statement	<RM2500	RM2501- RM4850	RM4851- RM10950	RM10951- RM15051	>15051	F	Sig.
I climb the Mountain for my health	2.82	2.95	2.93	3.00	3.00	1.42	0.22
I chose a challenging route before climbing Mountain	2.37	2.53	2.31	2.75	2.00	0.96	0.42
I climb a mountain to relieve mental stress	2.76	2.60	2.51	2.50	2.66	1.64	0.16
I climbed this mountain to test my abilities and capabilities only	2.82	2.78	2.55	3.00	2.66	1.93	0.10
I had mental and physical strength before climbing Mountain	2.79	2.89	2.86	3.00	2.66	0.79	0.53
I like to choose to climb the same mountain	2.19	2.10	1.72	1.75	2.66	2.355	0.06
I expected to see an interesting and beautiful view at the top of the Mountain	2.83	2.75	2.72	3.00	2.66	0.74	0.56
I climb a Mountain that does not exceed 2000 meters	2.52^b	2.06^a	1.86^a	2.00^a	2.00^a	7.13	0.01

Note: n=299, preparedness were measured on a scale of 1 to 3, 1 as disagree to 3, agree. ^a and ^b have significant differences. ^a is the insignificant statement and ^b is the most significant.

4.6.9 Comparison between Factors Attracting Interest To Climb The Mountain and Respondents involvement climbing activities in a year

Table 4.22 shows percentage Comparison between Factors Attracting Interest to Climb The Mountain and Respondents involvement climbing activities in a year. There was a significant different for the statement “I chose a challenging route before climbing Mountain” ($F=4.37$, $p=0.01$). This is because that the level of involvement in climbing activities is associated with variations in the motivation to choose challenging routes before climbing, with individuals who climb more frequently expressing a higher inclination for challenging routes compared to those with less involvement (Nemeth et al., 2021).

However, there was a significant different for the statement “I climbed this mountain to test my abilities and capabilities only” ($F=5.07$, $p=0.01$) and on the statement “I had mental and physical strength before climbing Mountain” ($F=5.37$, $p=0.01$). This is because climbers who regularly climb this mountain will often not face a big problem in going through a challenging route or not (Nemeth et al, 2021).

There were no significant different between respondents involvement climbing activities in a year group on the statement “I expected to see an interesting and beautiful view at the top of the Mountain”. There were also no significant on the statement “I climb a Mountain that does not exceed 2000 meters”.

Table 4.22 : Comparison between Factors Attracting Interest To Climb The Mountain and Respondents involvement climbing activities in a year

Statement	First times	2-4 times	5-10 times	11 times above	F	Sig.
I climb the Mountain for my health	2.70	2.90	2.93	2.92	3.68	0.11
I chose a challenging route before climbing Mountain	2.10^b	2.52^a	2.48^a	2.34^a	4.37	0.01
I climb a mountain to relieve mental stress	2.70	2.73	2.73	2.41	2.28	0.08
I climbed this mountain to test my abilities and capabilities only	2.76^a	2.84^a	2.84^a	2.44^b	5.07	0.01
I had mental and physical strength before climbing Mountain	2.63^b	2.87^a	2.86^a	2.93^a	5.37	0.01
I like to choose to climb the same mountain	2.12	2.20	1.94	2.10	1.15	0.32
I expected to see an interesting and beautiful view at the top of the Mountain	2.75	2.85	2.80	2.65	1.68	0.17
I climb a Mountain that does not exceed 2000 meters	2.64	2.42	2.21	1.51	14.31	0.13

Note: n=299, preparedness were measured on a scale of 1 to 3, 1 as disagree to 3, agree. ^a and ^b have significant differences. ^a is the insignificant statement and ^b is the most significant.

4.6.10 Comparison between Factors Attracting Interest To Climb The Mountain and Trend of Mountaineering

Table 4.23 shows percentage Comparison between Factors Attracting Interest to Climb The Mountain and Trend of Mountaineering. There were no significant different between trend of mountaineering on the statement “I climb the Mountain for my health”. There were also no significant on the statement “I chose a challenging route before climbing Mountain” and on the statement “I climb a mountain to relieve mental stress”.

There were also no significant different between trend of mountaineering on the statement “I climbed this mountain to test my abilities and capabilities only”. There were also no significant on the statement “I had mental and physical strength before climbing Mountain” and on the statement “I like to choose to climb the same mountain”.

There were no significant different between trend of mountaineering on the statement “I expected to see an interesting and beautiful view at the top of the Mountain”. There were also no significant on the statement “I climb a Mountain that does not exceed 2000 meters”.

Table 4.23 : Comparison between Factors Attracting Interest To Climb The Mountain and Trend of Mountaineering

Statement	Climb Alone	Climb with Group	<i>F</i>	Sig.
I climb the Mountain for my health	2.78	2.87	3.39	0.48
I chose a challenging route before climbing Mountain	2.43	2.40	0.27	0.86
I climb a mountain to relieve mental stress	2.39	2.72	7.60	0.06
I climbed this mountain to test my abilities and capabilities only	2.69	2.79	2.53	0.46
I had mental and physical strength before climbing Mountain	2.69	2.83	4.89	0.16
I like to choose to climb the same mountain	2.00	2.14	1.79	0.45
I expected to see an interesting and beautiful view at the top of the Mountain	2.47	2.83	26.59	0.06
I climb a Mountain that does not exceed 2000 meters	1.95	2.38	0.10	0.07

Note: n=299. Mean was calculated based on the scale of 1 to 5, 1 being extremely not important to 5, extremely important.

CHAPTER 5

CONCLUSION

5.1 Introduction

This study aims to examine climbers' awareness of their willingness to climb mountains, analyzing factors such as gender, marital status, age, education level, and frequency in mountain climbing. This study also discusses the level of readiness and awareness of a person related to mountain climbing. In general, respondents show a high level of awareness in climbing this mountain by carrying communication devices and having specific mountain climbing shoes. Also in aspects such as bringing enough food and drinks, showing that users understand and always care about that. Next in this study is also to understand the level of preparedness of climbers when taking care of the route and the variety of challenges while climbing and at the same time to prevent the occurrence of injuries that are not wanted by mountain climbers. The implications that can be found in this study are about the awareness of a mountain climber in his preparation before starting mountain climbing activities.

5.2 Limitations of the Study

This study, however, has several limitations, most notably the use of a non-random sampling strategy. The possibility of bias can occur because of the tendency to select or encourage one outcome or answer over others. For

example, the majority of respondents who answered the questionnaire are respondents from Malay ethnic. Although many efforts have been done to reach respondents of various demographic background, the use of online survey only able to reach individuals within Malay ethnic, hence limiting the number of respondents from different ethnic groups. Another limitation of the study is the data collection was only conducted through an online survey only, because Gunung Angsi under the Negeri Sembilan forestry department issued a notice to close the place due to the monsoon season. This survey is only distributed through social media and the target group is more limited than a face-to-face survey.

5.3 Recommendation

In terms of improvements in the future, perhaps this study can be done widely. Besides that, in future studies the survey should be conducted earlier before the monsoon season arrives. In addition, the improvement that can be made is to further promote Angsi Mountain to outsiders so that it continues to progress and make many people climb in that place, thus adding and facilitating the collection of data from time to time and future researchers can make more widely. In addition, the recommendation for this study is the authority that responsible for being assigned to look after any outdoor recreation on the peninsular Malaysia, they can also take into account the attribution of responsibility or risk perception from other climbers.

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APPENDICES



FACULTY OF FORESTRY AND ENVIRONMENT

Pandangan Anda Terhadap Kesedaran Persediaan Aktiviti Mendaki Gunung

Your Views on the Awareness of Preparation for Mountain Climbing Activities

Tinjauan ini mengandungi tiga bahagian dan akan mengambil masa 10 minit untuk dilengkapkan. Tiada jawapan yang betul ataupun salah, soalan ini berdasarkan pandangan dan pengalaman anda. Matlamat umum adalah untuk mengenal pasti kesedaran pendaki terhadap kesediaan mendaki gunung dan untuk mengkaji hubungan antara profil sosio-demografi pendaki dan kesedaran ke arah kesediaan dalam aktiviti mendaki gunung.

SEMUA MAKLUMAT AKAN DIRAHSIAKAN

This survey contains three parts and will take 10 minutes to complete. There is no right or wrong answer, this question is based on your view and experience.

The general goal is to identify climbers' awareness of readiness for mountain climbing and to study the relationship between the socio-demographic profile of climbers and awareness towards readiness in mountain climbing activities.

ALL INFORMATION WILL BE CONFIDENTIAL

Untuk sebarang pertanyaan, sila hubungi / *For any inquiry (s), please contact:*

MOHAMAD ZUL HAKIS BIN ABDULLAH

01112919602 @ zhakisabdullah@gmail.com

Fakulti Perhutanan Dan Alam Sekitar,
Universiti Putra Malaysia

Bahagian A: Demografik
Section A : Demographic

Sila tandakan (/) pada ruangan yang telah disediakan
Please tick (/) in the space provided

1. Jantina/Gender :

- () Lelaki / Male
- () Perempuan / Female

2. Umur/Age :

- () 18 years and under
- () 19 – 25 years old
- () 26 – 35 years old
- () 36 – 45 years old
- () 41> years old and above

3. Status Perkahwinan/Marital Status :

- () Bujang / Single
- () Berkahwin / Married
- () Berceraai / Divorcee

4. Etnik/Ethnic :

- () Melayu / Malay
- () Cina / Chinese
- () India / Indian
- () Lain-lain / Others : Sila nyatakan / Please state_____

5. Agama/Religion :

- () Islam
- () Christian
- () Buddhist
- () Hindu
- () Lain-lain / Others : Sila nyatakan / Please state_____

6. Tahap pendidikan/Education level :

- () Sijil Kemahiran / Skills Certification
- () SPM
- () STPM/Diploma/Matriculation
- () Bachelor's Degree
- () Master
- () PhD

7. Pekerjaan/*Employment* :
- ☐ Perniagaan sendiri (dengan pekerja) / *Own business (with employees)*
 - ☐ Perniagaan sendiri (tanpa pekerja) / *Own business (without employees)*
 - ☐ Kakitangan kerajaan / *Government employee*
 - ☐ Kakitangan swasta / *Private employee*
 - ☐ Pelajar / *Student*
8. Pendapatan bulanan (RM)/*Monthly income (RM)* :
- ☐ <2,500.00
 - ☐ 2,501.00 – 4,850.00
 - ☐ 4,851.00 – 10,950.00
 - ☐ 10,951.00 – 15,050.00
 - ☐ >15,051.00
9. Amalan Mendaki Gunung / *Trend of Mountaineering* :
- ☐ Mendaki secara solo / *Hike solo*
 - ☐ Mendaki dengan kumpulan / *Hiking with a group*
10. Kekerapan penglibatan dalam aktiviti mendaki dalam setahun / *Frequency of involvement in climbing activities in a year* :
- ☐ Ini kali pertama / *This is the first time*
 - ☐ 2-4 kali / *2-4 times*
 - ☐ 5-10 kali / *5-10 times*
 - ☐ 11 kali dan ke atas / *11 times and above*

Bahagian B: Persediaan Mendaki Gunung
Section B: Mountain Climbing Preparedness

Soalan tersebut disediakan adalah untuk melihat persediaan seseorang itu dalam mendaki gunung. Sila jawab semua soalan mengikut skala yang diberikan.

The question is prepared to see the person's preparation in climbing the mountain. Please answer all questions according to the scale provided

- 1: Sangat Tidak Setuju/ *Strongly disagree*
2: Tidak Setuju/ *Disagree*
3: Neutral
4: Setuju/ *Agree*
5: Sangat Setuju/ *Strongly agree*

PERALATAN MENDAKI GUNUNG / MOUNTAINEERING EQUIPMENT

Bil./ No.	Perkara / Items	1	2	3	4	5
1.	Saya mempunyai kasut yang khusus untuk mendaki Gunung <i>I have shoes that are specifically for mountain climbing</i>					
2.	Saya membawa peranti komunikasi seperti GPS dan telefon bimbit yang dicas sepenuhnya <i>I carry communication devices such as GPS and a fully charged cell phone</i>					
3.	Saya membawa bekalan makanan dan minuman yang mencukupi untuk pendakian <i>I brought enough food and drink for the hike</i>					

KEKERAPAN MENDAKI GUNUNG / MOUNTAIN CLIMBING FREQUENCY

Bil./ No.	Perkara / Items	1	2	3	4	5
1.	Saya mempunyai pengalaman sebelum ini dalam mendaki Gunung <i>I have previous experience in mountain climbing</i>					
2.	Saya telah mendaki lebih daripada 5 Gunung di Semenanjung Malaysia <i>I have climbed more than 5 mountains in Peninsular Malaysia</i>					
3.	Saya telah memaklumkan kepada orang yang bertanggungjawab tentang jadual pendakian saya <i>I have informed the person in charge about my climbing schedule</i>					

GUNUNG PILIHAN UNTUK MENDAKI / THE IDEAL MOUNTAIN TO ASCEND

Bil./ No.	Perkara / Items	1	2	3	4	5
1.	Saya mendaki Gunung yang ada di semenanjung Malaysia sahaja <i>I climb mountains that are only in peninsular Malaysia</i>					
2.	Saya mendaki Gunung yang tidak mempunyai laluan yang terlalu mencabar <i>I climbed a Mountain that didn't have a very challenging route</i>					
3.	Saya pernah mendaki Gunung yang lebih satu hari perjalanan <i>I once climbed a mountain that was more than a day's journey</i>					

Bahagian C: Faktor Menarik Minat Untuk Mendaki Gunung
Section C: Factors Attracting Interest To Climb The Mountain

Soalan tersebut adalah untuk melihat faktor seseorang dalam minat untuk mendaki gunung. Sila jawab semua soalan mengikut skala yang diberikan

*The question is to see a person's factors in the interest in mountain climbing.
Please answer all questions according to the scale provided*

1: Sangat Tidak Setuju/ *Strongly disagree*

2: Tidak Setuju/ *Disagree*

3: Neutral

4: Setuju/ *Agree*

5: Sangat Setuju/ *Strongly agree*

MOTIVASI UNTUK MENDAKI / MOUNTAIN CLIMBING MOTIVATION

Bil./ No.	Perkara / Items	1	2	3	4	5
1.	Saya mendaki Gunung untuk memberi kesihatan pada diri <i>I climb the Mountain for my health</i>					
2.	Saya memilih laluan yang mencabar sebelum mendaki Gunung <i>I chose a challenging route before climbing Mountain</i>					
3.	Saya mendaki Gunung untuk menghilangkan tekanan perasaan <i>I climb a mountain to relieve mental stress</i>					

DAYA TAHAN MENDAKI GUNUNG / MOUNTAIN CLIMBING FREQUENCY

Bil./ No.	Perkara / Items	1	2	3	4	5
1.	Saya mendaki Gunung ini adalah untuk menguji kebolehan dan kemampuan diri saya sahaja <i>I climbed this mountain to test my abilities and capabilities only</i>					
2.	Saya mempunyai kekuatan dari segi mental dan fizikal sebelum mendaki Gunung <i>I had mental and physical strength before climbing Mountain</i>					
3.	Saya memilih untuk mendaki Gunung yang sama <i>I like to choose to climb the same mountain</i>					

GUNUNG PILIHAN UNTUK MENDAKI / THE IDEAL MOUNTAIN TO ASCEND

Bil./ No.	Perkara / Items	1	2	3	4	5
1.	Saya menjangka dapat melihat pemandangan yang menarik dan cantik di puncak Gunung <i>I expected to see an interesting and beautiful view at the top of the Mountain</i>					
2.	Saya mendaki Gunung yang tidak melebihi 2000 meter <i>I climb a Mountain that does not exceed 2000 meters</i>					



Photo 1



Photo 2

PUBLICATION OF THE PROJECT UNDERTAKING

This is to certify that I have no objection to publish the project entitle 'Climbers Awareness Towards Mountain Climbing Preparedness At Gunung Angsi Negeri Sembilan' by the supervisor in a joint authorship. However, it has evaluated by the Faculty of Forestry and Environment, University Putra Malaysia and published the form approved by the faculty.



(Mohamad Zul Hakis Bin Abdullah)

Date : February 2024