



UNIVERSITI PUTRA MALAYSIA

***EXPLORING THE EXPERIENCES AND BENEFITS OF PERSON WITH
VISUAL IMPAIRMENTS ON ADVENTURE BASED-THERAPY PROGRAM***

HAZIQA H BINTI MOHD BADLI YUSOF

**Ip
FPAS 2024 96**

**EXPLORING THE EXPERIENCES AND BENEFITS OF PERSON
WITH VISUAL IMPAIRMENTS
ON ADVENTURE BASED-THERAPY PROGRAM**

HAZIQA BINTI MOHD BADLI YUSOF

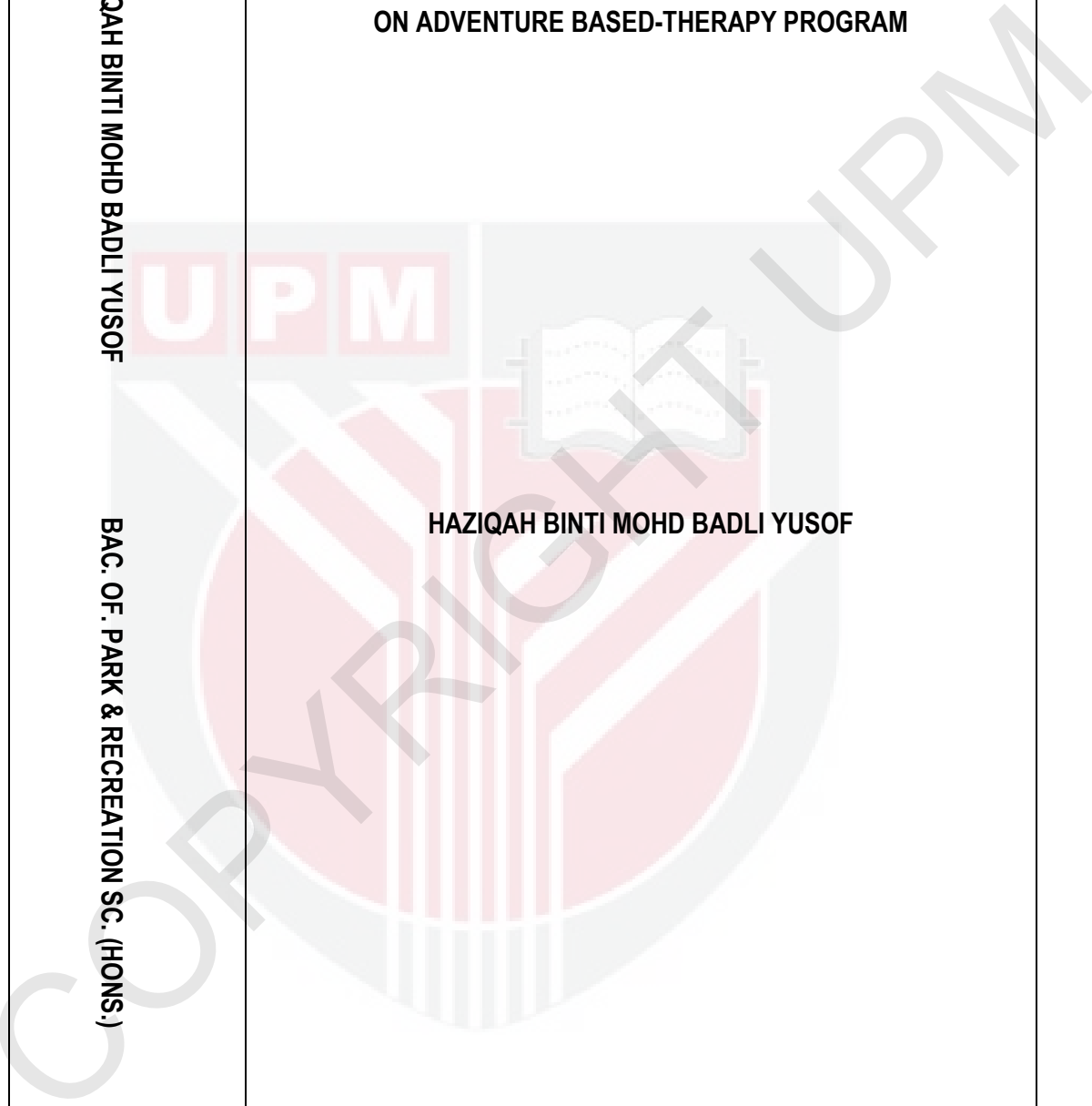
BAC. OF. PARK & RECREATION SC. (HONS.)

2024

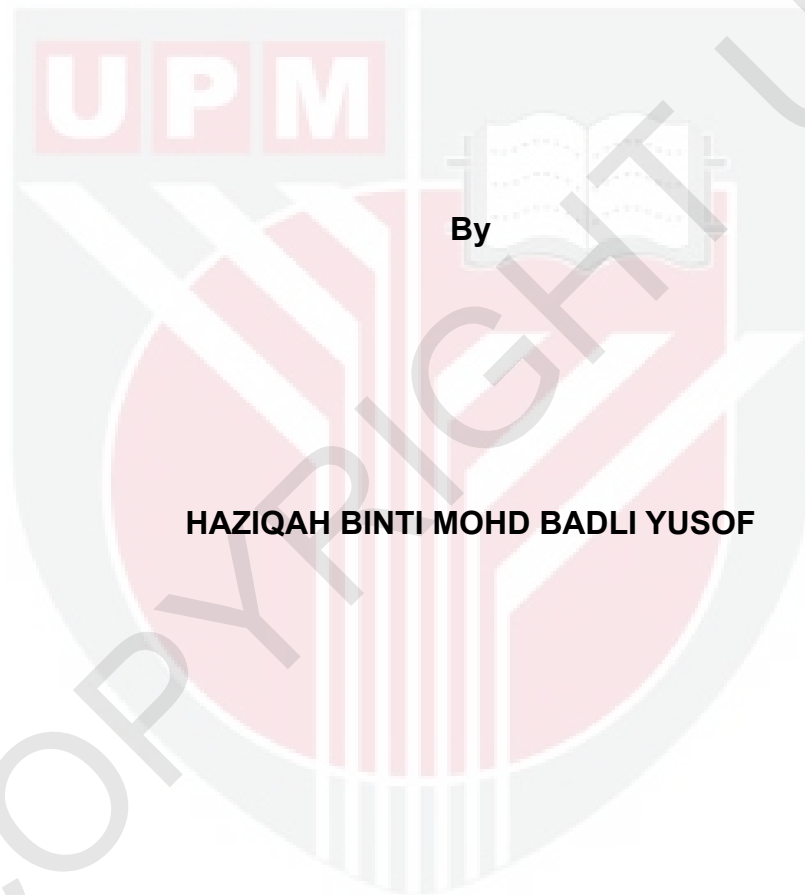
HAZIQA BINTI MOHD BADLI YUSOF

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

2024



**EXPLORING THE EXPERIENCES AND BENEFITS OF PERSON WITH
VISUAL IMPAIRMENTS
ON ADVENTURE BASED-THERAPY PROGRAM**



HAZIQA BINTI MOHD BADLI YUSOF

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

2024

DEDICATION

To my beloved parents and family,

Junainah binti Tumiran
Mohd Badli Yusof bin Mijan

To my awesome supervisor,

Dr. Mohd Aswad bin Ramlan

To my respective senior,

Muhammad Firdaus bin Jamaluddin

To my colleague Final Year Project,

Nur Syafiqah binti Azme
Muhammad Mirzan bin Mahather
Muhammad Zaimmuddin bin Yusof
And all student BSTR especially batch CYBER

Thank you for the endless love, support, and advice.

ABSTRACT

The demand for recreational activities is increasing due to the awareness of the advantages of recreation. However, minority groups do not get their equal right to do recreation because of their disability, at the same time they are sidelined and cause them to have internal and external issues, which is mental and physical. Therefore, this study was studied in detail to find out the perceptions, experiences, and opinions of one of the disabled people, namely the visually impaired, to evaluate all perspectives that can be used to draw up plans for other organizations to defend the fate of disabled people. The method that being used in this study is qualitative method which was carried out through in-depth interviews. This interview was indirectly able to understand the implied meaning they were trying to convey during the program. Visually impaired individuals who are members of Pertubuhan Pembangunan Orang Buta Malaysia (PPOBM) who have been participants in Unleash Your Power, be as interviewees in this study. The interview was recorded by recorder device and being transcribed to create coding. The outcome that been found in this study are majority of the respondent gain benefits based on psychology and physical well-being which give impact to them in balancing their quality of life.

ABSTRAK

Permintaan dalam melakukan aktiviti berekreasi semakin melonjak kerana kesedaran terhadap kelebihan berekreasi. Namun, golongan minoriti seperti ini tidak mendapat hak kesaksamaan mereka untuk melakukan rekreasi atas asbab kelainan upaya, sekaligus mereka disisihkan dan menyebabkan mereka mempunyai masalah dalaman dan luaran iaitu mental dan fizikal. Oleh itu, kajian ini dikaji secara terperinci bagi mengetahui persepsi, pengalaman serta pendapat dari salah satu kumpulan dari golongan OKU iaitu golongan yang mempunyai cacat penglihatan bagi menilai segala perspektif yang boleh digunakan untuk merangka perancangan kepada organisasi yang terbabit bagi membela nasib warga OKU. Kaedah yang digunakan dalam kajian ini ialah kaedah kualitatif yang dijalankan melalui temu bual mendalam. Temu bual ini secara tidak langsung dapat memahami maksud tersirat yang cuba mereka sampaikan sepanjang program berlangsung. Individu cacat penglihatan yang merupakan ahli Pertubuhan Pembangunan Orang Buta Malaysia (PPOBM) yang pernah menjadi peserta Unleash Your Power, menjadi orang yang ditemu bual dalam kajian ini. Temu bual itu dirakam menggunakan alat perakam dan ditranskripsi untuk membuat pengekodan. Hasil yang didapati dalam kajian ini adalah majoriti responden mendapat faedah berdasarkan psikologi dan kesejahteraan fizikal yang memberi impak kepada mereka dalam mengimbangi kualiti hidup

ACKNOWLEDGEMENT

All praise and glory go to Allah, the Almighty, whose Grace and Mercy have been with me throughout my course, for guiding me and giving strength in my everyday life.

I am really fortune that, I have the kindest association as well as supervisor, Dr. Mohd Aswad Ramlan. I would like to thank him for his care and support. His exemplary guidance, constant encouragement, and discrete advice throughout process to accomplish the thesis are so great that, even my most profound gratitude is not enough. May Allah always bless you and your family with peace and happiness and all success in your life of this dunya and hereafter.

Next, I would like to express my gratitude to my parent, Junainah binti Tumiran and Mohd Badli Yusof bin Mijan as well as my whole family member for their support and motivation throughout this researcher. None of this is possible without their support.

At last, but not least, I am thankful to all my colleague, my friends in BSTR (batch Cyber, Yong Belar and Sungai Rengil), academic staff and support staff from Department of Recreation and Ecotourism for their moral support and encouraging me during this study. I have no valuable words to express my thanks, but my heart is still full of favors received from every person.

TABLE OF CONTENTS

DEDICATION	i
ABSTRACT	ii
<i>ABSTRAK</i>	iii
ACKNOWLEDGEMENTS	iv
APPROVAL SHEETS	v
LIST OF TABLES	viii
LIST OF ABBREVIATION	ix

CHAPTER

1 INTRODUCTION	
1.1 General Background	1
1.2 Problem Statement	2
1.3 Objective of Study	4
1.4 Justification and Significance of Study	5
1.5 Definition of Key Terms	6
2 LITERATURE REVIEW	
2.1 Introduction	7
2.2 Benefits of Outdoor Recreation	7
2.3 People with Disabilities (PWDs)	9
2.4 People with Visual Impairments (PWVI)	10
2.5 Therapeutic Recreation	12
2.6 Adventure Therapy	13
3 GENERAL METHODOLOGY	
3.1 Introduction	14
3.2 Research Type	15
3.3 Data Collection	16
3.4 Thematic Analysis	17
4 RESULTS AND DISCUSSION	
4.1 Introduction	20
4.2 Demographic Profile	21
4.3 Perception of People with Visual Impairment Towards Participation in Outdoor Recreation	23
4.3.1 Participation Factors	24
4.3.2 Accessibility	26
4.3.3 Public Awareness	28
4.4 Factors That Influence or Deter People with Visual Impairment from Engaging in Any Adventure-Based Therapy Program	29
4.4.1 Lack of Confidence	29
4.4.2 Refused Services	30

4.4.3	Negative Public Perceptions	30
4.5	The Impacts of Adventure Therapy on the Well-Being and Health-Related Quality of Life among Individual with Visual Impairment	32
4.5.1	Psychological Well-Being	33
4.5.2	Physical Well-Being	34
4.6	Discussion	35
4.6.1	Perception of People with Visual Impairment Towards Participation in Outdoor Recreation	
4.6.2	Factors That Influence or Deter People with Visual Impairment from Engaging in Any Adventure-Based Therapy Program	38
4.6.3	The Impacts of Adventure Therapy on the Well-Being and Health-Related Quality of Life among Individual with Visual Impairment	42
5	CONCLUSIONS AND RECOMMENDATIONS	
5.1	Conclusions	43
5.2	Limitations of This Study	44
5.3	Recommendations	45
	REFERENCES	46
	APPENDICES	48
	PUBLICATION OF THE PROJECT UNDERTAKING	53

LIST OF TABLES

Table		Page
4.1	Demographic Characteristics of Target Respondent	22
4.2	The Perception of People with Visual Impairments Toward Participation in Outdoor Recreation	23
4.3	The Factors That Influence or Deter People with Visual Impairments from Engaging in Any Adventure-Based Therapy Program	29
4.4	The Impacts of Adventure Therapy on the Well-Being and Health-Related Quality of Life Among Individuals with Visual Impairments	32

LIST OF ABBREVIATION

CTRS	Certificied Therapeutic Recreation Specialist
NCTRC	National Council for Therapeutic Recreation Certification
PPOBM	Pertumbuhan Persatuan Orang Buta Malaysia
PWD	People with Disabilities
PWVI	People with Visual Impairments
QOL	Quality of Life
RT	Recreation Therapeutic
WOM	Word of Mouth
WHO	World Health Organization
UN	United Nation

CHAPTER 1

INTRODUCTION

1.1 General Background

Outdoor recreation refers to any activity done in free time without any commitment within that time and being conducted outside of the building or in a natural setting (Jenkins et al., 2006). Activities such as hiking, camping, climbing walls, and cycling are examples of outdoor recreational activities that are increasingly popular with the public, either individually or in groups. Some activities require the expertise of staff for the sake of guaranteed personal safety. The opportunities for recreation, meaningful experiences and exploring nature gain many good benefits in terms of physical and mental health (Blinks et al., 2015).

Most of the research regarding the subject of outdoor recreation has only focused on the engagement of people without disabilities. However, some research does not specify the engagement and advantages of people with disabilities. Some facilities provided in national or public facilities are insufficient because of their lack of awareness of people with disabilities. For example, research by Sola et al., (2019) reported that one of the interviewees felt disappointed as the national park has limited access to wheelchairs. The interviewer, who is classified as

physically disabled, can't feel enjoyment while having outdoor recreation due to the constraints faced.

Therapeutic recreation serves to empower individuals with disabilities by endorsing their freedom to engage in outdoor recreational activities, aligning with the principles outlined in the Standard Rules on the Equalization of Opportunity for People with Disabilities (UN, 1994). This approach harnesses recreational activities as primary interventions to enhance both physical and mental well-being. Notably, due to the diverse spectrum of physical and mental challenges among individuals with disabilities, specialized expertise becomes crucial. Professionals with specialized knowledge are essential to cater to their unique needs effectively and appropriately.

1.2 Problem Statement

Research conducted by William et al. (2004) indicates a tendency among individuals with disabilities to prefer outdoor activities that do not demand significant physical effort. Outdoor recreation, marked by engaging in adventurous pursuits beyond confined spaces, inherently involves facing challenges and embracing associated risks. However, individuals with disabilities frequently attribute their decreased enjoyment of outdoor activities to their physical limitations. As barriers in these activities become greater, the higher the inclination among individuals with disabilities to partake in them.

Specifically, individuals with visual impairments encounter significant challenges and dissatisfaction in program-based outdoor activities. Armstrong et al. (2022) highlighted their dissatisfaction with program facilitators and the constraints such as identifying their intrapersonal, interpersonal, and structural factors as deterrents to their engagement in outdoor recreation.

Adventure therapy is acknowledged as beneficial for enhancing the health-related quality of life and overall well-being of individuals with disabilities, existing research concerning its effectiveness remains limited. Harper et al. (2021) underscored the lack of comprehensive program structures and activity details, hindering a thorough understanding of causal links between interventions and outcomes. Identifying the constraints, issues, needs, and preferences of the PWDs is essential to guide the development of tailored programs.

This study aims to explore the impact of adventure therapy-based programs on the health-related quality of life and well-being of individuals specifically affected by visual impairments. However, recognizing the limited research addressing the precise impact of adventure therapy on this demographic, this study also aims to fill this gap by comprehensively understanding the perceptions and challenges faced by individuals with visual impairments towards participating in outdoor recreation. This understanding is crucial for designing tailored adventure therapy

programs that effectively cater to their needs and preferences. To achieve this, the study will seek answers to the following questions:

1. What is the perception of people with visual impairment toward participating in outdoor recreation?
2. What influences people with vision impairments not to join any adventure-based therapy program?
3. How does adventure therapy impact the well-being and health-related quality of people with visual impairments?

1.3 Objectives of Study

1. To discover the perception of people with visual impairment in participation in outdoor recreation.
2. To identify the factors that influence or deter people with vision impairments from engaging in any adventure-based therapy program.
3. To investigate the impacts of adventure therapy on the well-being and health-related quality of life among individuals with visual impairment.

1.4 Justification and Significance of the Study

The significance of this study lies in evaluating the efficacy of outdoor recreation programs in enhancing both physical and mental well-being among individuals with visual impairments. By comprehensively understanding the perceptions, barriers, and influencing factors affecting their participation, this research aims to shed light on crucial variables that inhibit their engagement in outdoor activities. The study outcomes will contribute to raising awareness about the potential advantages of outdoor recreation specifically tailored for individuals with disabilities.

Moreover, this research holds relevance for park managers and the public at large, fostering the identification of prevalent issues and the formulation of effective solutions. The study intends to improve the knowledge that could be one day helpful in establishing frameworks that facilitate the continuous integration of individuals with visual impairments into outdoor recreation, ensuring inclusive and accessible experiences.

Additionally, this study holds pivotal importance in generating reliable data concerning the psychological well-being and needs of individuals with disabilities. Accurate and comprehensive data serve as the foundation for tailored interventions and support systems, ultimately aiming to enhance their quality of life and mental health outcomes.

1.5 Definition of Key Terms

The following definitions provided to clarify their use in this study:

Person with Disabilities (PWDs): Disability is a result of health conditions, environmental and personal factors, and can occur at three levels: impairment in body function, activity limitation, and participation restriction. It includes traditionally disabled individuals and those with various health conditions like chronic diseases, mental disorders, multiple sclerosis, and old age (WHO).

Person with Visual Impairments (PWVI): Visual impairments refer to a loss of vision acuity or field, affecting an individual's ability to see clearly and across large areas. They can be total or partial blindness. The World Health Organization reports 253 million people worldwide have visual impairments, with 36 million blinds (WHO). In Malaysia, only 50,000 are registered while the other is unidentified (PPOBM).

Adventure Therapy: A treatment for trauma, behavioral issues, substance misuse, and mental health issues, combining adventure experiences with therapy methods to enhance resilience and self-esteem (Sandra et al., 2004).

CHAPTER 2

LITERATURE REVIEW

2.1 Introduction

Outdoor recreation is defined as any activities that are done voluntarily during leisure time to gain satisfaction and are conducted outside of the building and can be grouped whether by family or friends (Phipps, 1985). Activities like hiking, cycling, strolling, and playing badminton are examples of outdoor recreation that involve physical movement and can be conducted in natural or semi-natural areas. The benefits of outdoor recreation can boost individual physical health, satisfaction, quality of life (QOL), and efficient use of time. Recreation activities strengthen bonds with others, replenish energy, and stimulate the senses (Li et al., 2012). In terms of outdoor recreation, outdoor recreation can be divided into three types which are regarding age, participant, and activity (Owens et al., 1970).

2.2 Benefits of Outdoor Recreation

Individuals who engage in outdoor activity may gain benefits through it. Gulam (2016) claimed several advantages that might contribute to social, mental, and physical health.

Social

People in contemporary society tend to be divided into antagonistic groups based on disparities in social standing, education, nationality and more. Recreation offers an opportunity for involvement and accomplishment, fostering democracy and honouring young people to socialise with others.

Mental health

Issues about mental health nowadays is growing more conscious whether within themselves or people surrounding them. Particularly for people with mental issues, recreation is required for preventing illness and encouraging healthy living as it prompts rapid reactions to cope with mental health.

Physical health

Engaging in outdoor recreation activities is essential for preserving system welfare, fostering mental stability, and igniting nerve centers. It serves as a kind of health insurance against cardiovascular issues, warding off sickness and promoting well-being.

2.3 People with Disabilities (PWDs)

People with disabilities (PWDs) are defined as:

“... neither purely a biological nor a social construct but the result of interactions between health conditions and environmental and personal factors. Disability can occur at three levels: an impairment in body function or structure; a limitation in activity, such as the inability to read or move around; and a restriction in participation, such as exclusion from school or work. As such, people with disabilities include those who are traditionally understood as disabled (for example wheelchair users, people who are blind or deaf or people with intellectual impairments) and people who experience difficulties in functioning due to a wide range of health conditions such as chronic diseases, severe mental disorders, multiple sclerosis, and old age...” (WHO, 2018)

According to statistics, there are 1.3 billion people with disabilities worldwide, or 16% of the 8 billion inhabitants on the planet. In fact, due to unfavorable living circumstances, discrimination, poverty, and limitations in the healthcare system, people with disabilities have a doubled chance of getting illnesses including depression, asthma, diabetes, stroke, obesity, and poor dental health.

Types of disabilities can be divided into a few groups which are:

1. Visual impairments or blindness
2. Hearing impairment or deafness
3. Mobility impairment
4. Learning disabilities
5. Mental health disabilities
6. Speech disabilities
7. Multiple disabilities

2.4 People with Visual Impairments (PWVI)

People with visual impairments are defined as when an individual's eyesight cannot be corrected to normal levels owing to a loss of visual acuity or visual field, it results in a reduction in their capacity to see clearly and across a large area. It is also a phrase applied by professionals to describe any degree of vision loss, including total blindness and partial vision loss. While some people are blind, many others suffer from what is known as legal blindness (Jonathan et al. 2016). WHO reports that about 253 million people worldwide have a visual impairment, with 36 million blinds while in Malaysia only approximately 50,000 people are registered with the Malaysian Welfare Department, and it is believed that another 50,000 are not yet registered for certain reasons (PPOBM).

The ICD 11 (2018) categorizes vision impairment into distance and near-presenting categories, with distance impairment categorized as mild, moderate, severe, or blind.

- a. Mild – visual acuity worse than 6/12 to 6/18
- b. Moderate – visual acuity worse than 6/18 to 6/60
- c. Severe – visual acuity worse than 6/60 to 3/60
- d. Blindness – visual acuity worse than 3/60 (WHO)

Living as a visually impaired person is a challenging experience, with limited mobility and limited opportunities for earning a living and other opportunities such as enjoying recreation as a normal person. Lieberman et al. (2023) stated that compared to their peers without disabilities, people with vision impairments engage in outdoor adventure activities at a lower rate. This is brought on by fewer chances, exclusion from conventional environments, and obstacles like structural, economic, or social limitations. Even after overcoming these obstacles, they may still suffer the dread of trying new things. This can occur because they may find it difficult to purchase the essential equipment.

2.5 Therapeutic recreation

While recreation can gain benefits from a typical person, therapeutic recreation is one of the interventions for people with disabilities to do recreational activities.

Therapeutic recreation also known as therapy recreational, is:

“... is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being” (NCTRC).

Therapeutic recreation established to enhance physical, cognitive, social, emotional, and spiritual functioning for full life participation is the goal of the therapeutic recreation (RT) approach. A Certified Therapeutic Recreation Specialist (CTRS) offers services that incorporate a variety of mediums, including the arts, animals, sports, games, dance, theatre, music, and trips in the community. Therapeutic recreation therapists work to lessen sadness, tension, and anxiety as well as to regain motor function, instil confidence, and improve social skills. It is critical to separate therapeutic recreation therapists from recreation professionals who plan leisure-time activities. In therapeutic recreation, there are wilderness therapy and adventure therapy that are mostly conducted in a natural setting.

2.6 Adventure therapy

Adventure therapy is defined as a modality combining the therapeutic benefits of adventure experiences and activities with those of modes of therapy (Sandra et al. 2004). Adventure therapy is a popular kind of treatment for trauma, behavioural issues, substance misuse, and mental health issues. It helps those who find standard talk therapy difficult or who do well in natural surroundings. Safety concerns, risk management, and debriefing are essential for participants' well-being and therapeutic outcomes. They should be ensured by qualified experts with experience in outdoor skills and therapeutic approaches.

Adventure therapy helps people overcome personal obstacles, develop resilience, enhance interpersonal skills, and boost self-esteem by engaging them in strenuous physical and mental activities including rock climbing, hiking, canoeing, ropes courses, camping, and team building.

CHAPTER 3

GENERAL METHODOLOGY

3.1 Introduction

This study was conducted using qualitative methods. In-depth interviews were conducted to find out opinions on the experience and impact of adventure therapy among individuals with visual impairments. Questions were asked based on their experiences while participating in a specific outdoor recreation program. Respondents were selected from all who participated in this specific program. Therefore, there was no specific sampling technique. The selection of respondents was made carefully, namely among the individuals with visual impairment group.

The qualitative method employed in this research facilitates an in-depth exploration, understanding, and identification of specific factors contributing to the limited engagement of individuals with disabilities in adventure therapy.

This approach involves an interpretative and naturalistic study of the subject matter, wherein researchers delve into natural settings to comprehend phenomena based on the meanings attributed by individuals. Qualitative research encompasses the meticulous collection of diverse empirical materials, such as case studies, personal experiences, interviews,

observations, and historical and visual texts. These materials aim to elucidate both routine and challenging moments, deciphering the underlying meanings within individuals' lives (Denzin & Lincoln, 2005).

Tenny et al. (2018) stated that qualitative research often begins with a research question, generating a hypothesis that can be tested and after collecting and analysing data, help clarify and refine the hypothesis for future research. A solid qualitative research design should have a clear purpose, target population, comprehensive data gathering procedures, and appropriate data processing methodologies.

3.2 Research Type

In this methodology, in-depth interviews were used to get extensive information from the respondents regarding questions from the interview guide. These interviews provide a more thorough examination of the respondent's ideas, past experiences, and viewpoints. To better grasp the subjects' perspectives, ideas, and attitudes, the interviewer uses flexible guidance and promotes in-depth replies. According to Dorsch et al. (2016), the researcher employs an in-depth interviewing technique to understand participants' perspectives on the impact of the program and the advantages of outdoor recreation as well as their concerns for those with impairments. During the interview, data collection was conducted in the form of face to face using

a voice recorder, which is preserved for review, transcribing, and documenting purposes.

3.3 Data Collection

Data collection for this study involved specific criteria focusing on individuals with visual impairments participating in outdoor recreation activities. Participants were recruited from the "Unleash Your Power" program organized by students from the Bachelor Park and Recreation Science program, Faculty of Forestry and Environment, UPM. This program took place over three days and two nights at Hutan Simpan Ayer Hitam, Puchong, featuring activities like waterfall abseiling, water confidence, hiking and camping. All the five participants involved in this program were from the Persatuan Pembangunan Orang Buta Malaysia (PPOBM). The primary objective of this study is to observe the health-related quality and overall well-being of the participants several months after their involvement in the aforementioned program. Hence, purposive sampling was suitable to use for data collection technique as meet the respondent criteria for this research which is people with visual impairment that already participate in past program.

3.4 Thematic Analysis

The study employed thematic analysis to examine the data. Initially, the data analysis involved transcribing and organizing interview recordings, allowing for personal insights in expanded notes. To ensure accuracy, all transcriptions were cross-checked against the audio for errors such as spelling mistakes.

Following transcription, pseudonyms chosen by respondents were assigned to each interview for organization purposes. Subsequently, a thorough review of each interview transcript was conducted, emphasizing important details and creating reflective memos. These transcripts were then transformed into expanded notes after a secondary audio review, ensuring coherence. These expanded notes were organized under the respective pseudonyms for easy reference during auditing. Additional relevant demographic information like age, gender, ethnicity, education, profession, and disability type was incorporated into the dataset under each pseudonym.

Moving between data collection and analysis was a continuous process facilitating the improvement of both approaches by revisiting and refining existing data. Upon categorizing the transcribed interviews based on emerging themes and patterns, the data underwent thematic analysis. This study adheres to Braun and Clarke's (2012) six-step process for thematic analysis, providing a structured guide for this investigation.

a) Step 1: Familiarize with the Data

Reading and re-reading transcripts is where it all starts. Dive deep into the material to truly understand its depth and breadth. Jot down initial thoughts and impressions while reading; it shapes the coding process. Transcribing might seem time-consuming, but it's an excellent way to get familiar with the content's true essence. Accuracy in transcriptions is crucial, as even minor changes can alter meaning.

b) Step 2: Generate Initial Codes

Organize the data meaningfully by breaking it into smaller pieces through coding. There are various coding methods; use one that aligns with your perspective and research goals. Coding should align with whether the analysis is more inductive or theoretical. Avoid coding every single line; instead, focus on creating and updating codes as you progress.

c) Step 3: Search for Themes

After coding, categorize the codes into potential themes. There aren't strict rules for themes; it's about relevance. Visual aids like tables or mind maps can help organize codes into themes. Some codes may evolve into main themes or sub-themes, while others might remain unassigned for a while.

d) Step 4: Review Themes

Refine themes by gathering relevant data and ensuring coherence. Some potential themes might not hold up or may merge with others. Themes should be distinct and logical. Check for evidence supporting each theme, avoiding forcing unrelated data into one theme.

e) Step 5: Define and Name Themes

Refining themes involves distilling the essence of each. Go back to data extracts for each theme and create a cohesive narrative. Consider the relationship between themes and avoid overlap. Sub-themes can add structure to complex topics and show a hierarchy of importance.

f) Step 6: Produce the Report

The final step involves writing up the analysis for publication or presentation. The goal is to convey the complex narrative of the data clearly and convincingly. The report should tell a story with a clear, logical structure supported by evidence. Extracts must be placed inside an analytic narrative that vividly depicts the tale about the data. The narrative should build a case for the research question, going beyond mere description.

CHAPTER 4

RESULTS AND DISCUSSION

4.1 Introduction

The results in this chapter were derived from the data collected throughout the interview session. Data was analysed based on the five respondents who participated in the “Unleash Your Power” program early in 2023. Purposive sampling was used to choose the respondents who fulfilled the inclusion requirements. This study's objective was to gain insight into the viewpoint of people with visual impairments regarding adventure therapy's benefits and experiences. To create codes, all the data that were gathered were transcribed and examined. Following by coding, the data analysis was structured into three primary sections: one addressing the study topic, one concentrating on the demographic profile, and a final one offering suggestions.

The first section elaborates more on respondents' profiles and demographics. The second section elaborates on the first research question study that focuses on what perception of people with visual impairments toward participation in outdoor recreation are. The third section focuses on factors that influence or deter people with visual impairment and last section will focus more on how adventure therapy impacts the well-being and health-related quality of people with visual impairment.

4.2 Demographic profile

In Table 4.1, five respondents (n=5) in all were selected from participants Unleash Your Power program previously and all of them were people with visual impairment. Questions such as their age, gender, status of occupation, marital status, and education level were the examples regarding their demographic profile.

All the respondents were male, and the ethnicity are Malay. Younger respondents are an average of 30 to 40 years old while the eldest respondents are an average of 40 to 50 years old. In addition, three of them finished their studies in high school and the remaining of them already complete their studies in university. Most of the respondents are already married status while one of them is currently single. Employment status of respondents currently they are employee of full-time staff.

Table 4.1: Demographic characteristics of target respondent

Demographic Characteristics	n
Gender	
Male	5
Age	
30 - 40	3
40 - 50	2
Ethnicity	
Malay	5
Marital Status	
Married	4
Single	1
Education Complete	
High School	3
University	2
Employment Status	
Employed Full-Time	5

Note: n=5

4.3 The perception of people with visual impairment toward participation in outdoor recreation

Respondents shared their opinions, perceptions, and experiences during their engagement in outdoor recreation. There were three main themes that conclude their perception regarding participation in outdoor recreation which are participation factors, accessibility, and public awareness that being stated in Table 4.2. Participation factors focus more on their own willingness or personal interest and the importance of accessibility to help them enjoy outdoor recreation. Public awareness shows how reaction within the public to them as they are doing outdoor recreation in front of them.

Table 4.2: Perception of people with visual impairment toward participation in outdoor recreation

Themes	Sub themes	Definition
Participation factors	Supporting system Individual willingness Guidance instruction Safety aspect	PWVI perception towards participation in outdoor recreation activity
Accessibility	Needed specific accommodation Customer services	Accessibility is needed for PWVI convenience
Public awareness	Awareness of public	Public awareness is important as public acknowledge them part of community

4.3.1 Participation factors

The first question posed to them was about their experience regarding involvement in outdoor recreation. Most of them answered that the importance of the supporting system is the main factor that made them more motivated to get involved. Supporting system from friend, guide or people surrounding play role that can contribute big impact to them and open their eyes that they can do it without worry any issues or challenges in front of them.

The respondents stated that their disabilities, which is visual impairment somehow give them limitation to imagine and situation that happen surrounding them. Hence, the existence of supporting system give them encouragement and benefits that can change their thought: "I have a good support system, so it kind of gives me the benefit to try and explore more outdoor recreation" (Mr. Faiq); "The importance of supportive people around us can develop our own identity to face the challenges" (Mr. Huzaifah)

Some of them mentioned that supporting system is the main pushing factor during involvement in outdoor recreation: "Like I say, the willingness to do the activities and the support system... For me, support systems also play a big role in us as our push factor to be more exposed." (Mr. Faiq); "Doing with friends is the main pushing factor" (Mr. Akmal).

For people with visual impairments, instruction important for them to understand situation happen surrounding them. This guidance act as their second eyes to help them during involvement in outdoor recreation to imaging how the activity being conduct: “As long as they give clearer guidance, it’s okay for me... needed as well as clearer instruction from a buddy” (Mr. Akmal); “... have our own guide to give us clear instructions on how to handle the equipment” (Mr.Sidee); “... didn’t have any problem with a new place, as long as they received clear instructions.. I focus more on guiding. It’s important to know what is happening out there while doing activities.... The facilities don’t need to change. Maybe they need guidance to help them during outdoor recreation...” (Mr.Faiq).

Most of them agree on statement of individual motivation is one of the factors in participating in outdoor recreation. They are willing to challenge themselves as they want to gain a new achievement. They felt that this kind of motivation help them to remember their feeling when doing activity: “... I’m looking forward to trying new activities and I want to challenge myself to go to the next level.” (Mr. Akmal); “Other than that, to challenge ourselves...gain experiences, create new friends, be exposed to a new world, give challenges to them and be more confident” (Mr.Benny); “ We can acknowledge ourselves whether we can take risks and challenge ourselves or not... In addition, it also challenges us to prove to ourselves that we can do it. I consider this program as my challenge to step up to the next level “(Mr.Sidee); “ I think the most important thing to do outdoors is to ourselves, our own spirit. Whether they can challenge themselves or not or prefer

to sit in their comfort zone.” (Mr. Faiq); “Second, in this life, there is no excuse to stop from facing the challenge” (Mr. Huzaifah).

Other than that, the respondents believe that individual willingness whether they want to try it or not. Not all people with visual impairments want to try something that is out of their limitation or disability. However, the determination to try something new can overcome some negative thought. One of them repeat three times regarding this statement “...our own self will determine whether she or he is willing to do outdoor recreation activities...they are willing to play it or not and the importance of a support system... Like I say, the willingness to do the activities and the support system (Mr. Faiq); In addition, one of respondents stated sometimes it depends on their need and interest and cannot force someone into it if he or she did not like it: ...it depends on their need and interest, no need to force them if don't want to engage” (Mr. Huzaifah).

4.3.2 Accessibility

Accessibility is important component that for disability convenience and their safety purpose. In this research, people with visual impairments emphasize the safety aspects as they aware risk is everywhere, and it can happen in anytime without they notice: “Program in my school was not secure like this one. It is quite challenging... I prefer adventure but also, I look out for safety. As long as they...it is not a challenging, kind adventure but the safety is more secure...Yes, I also

sometimes think about it. First, is it safe or not?" (Mr. Akmal); "Yes, I usually advise my friends to look out for their safety... I also asked the organizer about the procedures and so on...Yes, I look out for first as I was told by my teachers.... In this case, I'll move into its safety, on how the activity is conducted..." (Mr. Sidee).

People with visual impairment were clarified into four types of visual impairment. Hence, they seek for specific accommodation that suitable with their disabilities as they want to enjoy the opportunity in outdoor recreation: "I chose wall climbing because it's easy for me to handle...I think that accommodation is needed as well as clearer instruction from a buddy." (Mr. Akmal); "There is still a need for some specific accommodation for us." (Mr. Benny); "How the activity is conducted, whether there is any accommodation and who the one that handles that category" (Mr. Sidee); "Maybe the others have their own specific accommodation since we all have different categories." (Mr. Faiq)

As for them, while doing outdoor recreation with this kind of disability have gain some positive reaction among organizers. Some of organizer gave them good services and guide them until the end of time as they aware with their existence. "I'm really satisfied with it. They care and give good instruction." (Mr. Akmal) "They were really helpful and gave good service even though they knew my blindness." (Mr. Benny); "I really satisfied with any services they provide, so means that they are aware of our existence (Mr. Faiq); "Their management was really supportive,

and they gave us a chance to try everything...they give us a guide and they also do a safety briefing “(Mr. Huzaifah).

4.3.3 Public Awareness

Public awareness is majority answer among respondents. Lack of common sense, lack of knowledge and lack of awareness on public are the factors that they stated during interview. “I think awareness is the most important thing about it. Lack of awareness is the main factor why people with disabilities can’t enjoy outdoor recreation.” (Mr. Akmal); “Maybe their acknowledgement or awareness about people with disabilities is still less. Creating this kind of awareness needed to be spread by teenagers like you guys, so that the public surrounding us can develop awareness...but I would like to mention public awareness.” (Mr. Benny); “Many people didn’t understand or maybe lack awareness about how to give clearer instructions, so for an easy way, they just told us to not participate.” (Mr. Sidee) ; “ I want the public to normalize their mind-set that we also can do the same thing as they do...Programs at the SISFEC really teach both sides whether to the public or people with visual impairment...interactions with typical people and people with visual impairment can spread the feeling of awareness and common sense to each other about what we or they want to” (Mr.Faiq) ; “ I think their understanding of us is still low so that is why we are being denied outdoor recreation” (Mr. Huzaifah).

4.4 The factors that influence or deter people with vision impairments from engaging in any adventure-based therapy program

In Table 4.3, PWVI believe that there some factors that can influence them from engage any adventure-based therapy program based on their experience that they gain in the past. In this result, lack of confidence, refused services and negative public perceptions are among the main factors that they are being rejected or declined to do outdoor recreation without any solid reason.

Table 4.3: Factors that influence or deter people with vision impairments from engaging in any adventure-based therapy program

Themes	Definition
Lack of confidence	PWVI having hesitancy whenever being asked to participate
Refused services	The organizer prevents them because of disability
Negative public perceptions	Disability made public believe PWVI can't do anything as normal people

4.4.1 Lack of confidence

Intrapersonal factor that came from individual feeling might disturbing their need to do outdoor recreation. Lack of confident is the main of reason they cannot feel enjoy doing it as their hesitancy on thoughts. "Some of my friends ask me to join outdoor recreation but I'm the one who rejects it as I worry, I'm the one who will give them trouble." (Mr. Sidee); "Other than that, his or her confidence" (Mr. Faiq);

“People from special education will put barriers on themselves as they are afraid and don’t have the self-confidence like people without disabilities” (Mr. Huzaifah)

4.4.2 Refused services

When the organizer saw them, they obviously reject them to do outdoor activity as the reason they are disabilities. The equality rights of people with visual impairment being denied for them without defended and the organizer did not want to take any risk on them during participation. “The reason why I am being rejected from participating is due to my blindness...” (Mr. Akmal); “Some organizer did that to us. The reason is almost the same because of visual impairment” (Mr. Benny); “The guard in the theme park prevent me from participate that activity” (Mr. Benny); “I want to try that activity, but they reject me as a reason for safety. They worried I’d fall and be injured” (Mr. Huzaifah).

4.4.3 Negative Public Perceptions

Respondent almost gain same experiences from the public as their negative thoughts on respondents. Lack of awareness or didn’t know about how to help them during outdoor recreation are the main reasons public thoughts. Some of them being asked to return home as they didn’t the PWVI give more trouble to them later. “My friend introduced me to them, and their reaction was surprising

and asked me to go back home as I'd cause trouble to others. Negative thought is a common thing when they see our disabilities." (Mr. Benny).

Public also have negative reaction and thoughts that PWVI cannot engage in outdoor recreation because of their disability and limitation. "They say they don't accept people with disabilities and judge that we can't do anything like normal people" (Mr. Akmal); "They were just surprised that I could do outdoor recreation because they thought people like us just sit down in the house and can't do anything" (Mr. Sidee). One of the respondents stated that they might not have or less knowledge regarding how to handle them in participation outdoor activity. "Whether they really understand what our needs are in outdoor recreation. I think they just didn't want to take any risk on us maybe" (Mr. Huzaifah).

4.5 The impacts of adventure therapy on the well-being and health-related quality of life among individuals with visual impairment

Last section of discussion is impacts of adventure therapy on the well-being and health-related quality of life among individuals with visual impairment. Majority of the respondent really satisfied what they doing as they really care on themselves. In this result, psychological well-being, and physical well-being that also same as mental health and physical health are two mains beneficial after joining outdoor recreation as being shown in Table 4.4.

Table 4.4: Impacts of adventure therapy on the well-being and health-related quality of life among individuals with visual impairment

Themes	Sub Theme	Definition
Psychological well-being	Positive self-development	Involvement in outdoor activity develop new skill and experiences to PWVI
	Rejuvenate body and mind	PWVI feel more energetic after involving in outdoor activity
	Social bonding	Gain new relationship make them realize they still being part of community
Physical well-being	Physical fitness	Self-rating on themselves whether they can go through challenge or not

4.5.1 Psychological well-being

Psychological well-being is more to what kind of positive impact on their mental after they engage. Social bonding, rejuvenate mind and body and positive self-development are the example of what they gain. They made statement that it can boost their confidence level, gain new experiences and motivation. The experiences that they received after join program obviously gaining their encouragement and confidence. By that, they will always remember the burning spirit when they confront something new: “It helps me to boost my confidence level...it does help me to boost my confidence level and gain new friends” (Mr. Akmal); “It does help me to boost my confidence level and gain new friends.” (Mr. Benny); “I learned how to control the rope, stabilize our body, and be more confident in ourselves” (Mr. Faiq); “But maybe it can add to new experiences or knowledge that I never knew” (Mr. Huzaifah).

Rejuvenate mind and body defines as an energetic feeling after doing something. Majority answer from respondents stated that they feel fresher and feel calm in their mind after involving in outdoor activity. They stated that it can release pressure that they received from working place. “I admit it does release stress and refresh me for the next day” (Mr. Akmal); “I think other than releasing stress, it can also know our level of fitness” (Mr. Benny): “Feeling fresh after participating in the program is really helpful for us to seek peace of mind” (Mr. Huzaifah).

One of the benefits involved in adventure therapy is gaining social bonding with other people. For PWVI, they eventually enjoy and appreciate each moment with their friends or new people. Building relationships with normal people really benefits each party as teach them that PWVI also human like us. “Create new bonding with other people and still in contact with each other is the best moment ever” (Mr. Benny); “Yes, gaining a relationship with new people is one of the answers” (Mr. Faiq); “Meet new friends, and new buddies which I like really boost my confidence” (Mr. Sidee).

4.5.2 Physical well-being

Other than mental health status, physical fitness also important for the balance quality of life. Many of them stated they can self-rating themselves whether they can face the challenge while doing the outdoor recreations and their fitness. When they know about it, they started to evaluate themselves and keep that in mind as there is some certain places they can explore or doing activities.: “Other than releasing stress, it can also know our level of fitness”(Mr.Benny) ; “ It can make us more fit and active than being passive” (Mr.Akmal); “As boosting our confidence level, level of our ability in outdoor recreation and the fitness of our physical, we can observe our body to see whether we are resistant or our level of fitness is good or bad” (Mr. Sidee); “ It can give us good health and physical fitness” (Mr. Faiq) ; “Since we have done an adventure activity, we know our level of fitness.” (Mr. Huzaifah)

4.6 Discussion

4.6.1 The perception of people with visual impairment toward participation in outdoor recreation

Perceptions, opinions, and experiences from visually impaired people show that they really care about the need to engage in outdoor recreational activities despite their disabilities. This research proves that every aspect, whether it is a factor of participation, accessibility, or public awareness, shows that every issue or problem can be overcome from both sides.

Supporting system plays an important role to people with visual impairment as they are giving support moral for them to engage more in outdoor recreation activities regardless friends, surrounding people or organizers. The respondent agrees that supporting system really can change their inner thought on that time and can spark encouragement within them. This discovering has found online from Slavin (2019) declared that the significance of the group, which are their teammates while participating in outdoor activity promote some positive transformation such as their relationship, emotional, motivation and so on. After all, this kind of support is one of the push factors that they are willing to involve in this kind of activity.

Individual motivation depends on individuals to do or involve in outdoor recreation that they might be change according to circulation or experiences that they have being through. This result related to Merry et al. (2022) research that they identify that people with disability engagement in outdoor recreation is influenced by intrapersonal characteristics, such as interest and identity integration. Inspiring people to participate in outdoor recreation activities and making them a priority in their lives might have resulted in these pursuits becoming ingrained in their personalities and piques their passion.

Accessibility is regarding to solution or innovation that can help people to easy access to another place and so on. In the accessibility theme, there are three sub themes that can influence people with disabilities from participant in outdoor recreation. Needed specific accommodation, safety aspect and customer services are identified from this study as results from respondent's answer. This statement stated by Lieberman et al (2021) that diverse degrees of adaptation are necessary for people with visual impairments to involve in outdoor recreation. Some of the interventions are safety eyewear, and tandem bikes while for instruction, the participant talked about tactics including employing unique clap and whistling for safety purpose. These interventions or the excellent way to give instruction really help the people with visual impairment to adapt to this kind of support.

The safety aspect is one of the sub themes that are being mentioned in the interviews. Most respondents stated that the risk can happen anytime and anywhere whenever we all set foot outside from home. Before being involved in outdoor recreation, they started to gain information on the Internet or word of mouth (WOM) from other visual impairments to identify the qualifications of that organizer that handles the activities. Similar to Darcy et al. (2017), they mentioned that the participant concern about safety aspect as they might confront with any risk, they might give them did not want to join in any recreation again. To comprise between need and desires, they show flexibility in negotiation by overcoming personal safety limits when selecting place, activity, or friends.

The customer service that they receive from previous involvement in outdoor recreation made them satisfied with the services and feel want to try again. They also stated that this kind of customer service is one of organizer awareness on them behalf the participants from disability. They believe that the staff are already being trained professionally in the way they are being treated and the feeling of fear or anxiety can be reduced when the staff know how to handle the PWVI. This finding found in Armstrong et al. (2021) declared that structural facilitators really encourage people with disabilities to get involved in activities. Structural facilitators such as hiring professionals, providing flexible scheduling, adapted equipment and staff training are the examples customer services provided for them during their involvement.

Public awareness plays a big role in people with disabilities as the public concern on them or not. The respondents stated that the program at the SISFEC should be access to the public for their acknowledgement on awareness on people with disabilities. The program obviously showed that they, people with disabilities also being part of in community and they can't limit their basic need in outdoor activity. As stated in Nyanvahu (2023), social empowerment plays a big role in participating in the community-based rehabilitation program. The community shows enthusiasm for interacting with others during that program. From that interaction, the participants formed personal connections and experienced a sense of belonging in community.

4.6.2 The factors that influence or deter people with vision impairments from engaging in any adventure-based therapy program

In this discussion, some factors that influence or deter people with visual impairment from engaging in any adventure-based therapy program. There is lack of confidence, refused services and negative perception public that being divided. Intrapersonal factors, interpersonal factors and structural factors are the most common factors that they are faced with during their engagement in outdoor recreation.

Lack of confidence is one of example intrapersonal factors whenever they want to participate. One of the respondents did not want to give trouble to his friend

during his participation in outdoor recreation. Feeling afraid, anxious, and negative thoughts toward themselves might influence them to negotiate from joining in outdoor activity. This finding was also found in Ramlan (2019) that people with disabilities commonly prevent themselves from joining as their lack of confidence.

Refused services is one of the example structural factors during involvement in outdoor recreation. The organizer prevented PWVI from engaging in their place. The common answer that they are being received is because of their disabilities and fear of accident also being found in Crowford et al. (1991). The researcher believes that organisation or the staff currently didn't have any knowledge how to handle them, not ready to handle them and fear from being sue. Hence, they choose not to allow any people with disabilities as their simple way from involve any future accident.

Negative public perceptions are one example of interpersonal factors for people with visual impairment. Judgmental, refuse and disapproval towards them shows them how serious lack of awareness on public. The thoughts of disabilities cannot do anything as people without disabilities should be changed for the sake of equality for people with disabilities. This statement also being found in Bedini (2000) declared that recreational activities limited by the stigmatization and social disadvantage that resulting from the labelling of a disability. This stigma really

influences them and might force them not to join in outdoor recreation again in the future.

4.6.3 The impacts of adventure therapy on the well-being and health-related quality of life among individuals with visual impairment

Psychological well-being and physical well-being are the main themes that being found in the result data. These benefits are result that PWVI gain after participating the adventure-based therapy program last year. Their anticipation in “Unleash Your Power” program really create positive impacts for them. Psychological well-being being divided into three sub-themes which are positive self-development, rejuvenate mind and body and social bonding, while physical well-being found only on sub-theme which is physical fitness.

Positive self-development such as gaining new experiences, new knowledge and boosting confidence level are most common answers that they gain after involved. Self-development really play a big role and it can be a lifelong process toward PWVI. This kind of development might help to set their own goals to achieve individual achievement. The memories that they received during the involvement will continuously reply in their mind that they already being through that kind of thing in their life without hesitation. In research from Slavikovic et al. (2021), they mentioned that positive impact of recreation on PWDs highlighting its positive impact on their daily life activities, physical and mental health.

Rejuvenate define as feeling young, fresh, or energetic flow within their mind or body after doing something. The PWVI really appreciate each outdoor activities for seek peace of mind and cope with stress from hustle life. This line can be found on Zwart et al. (2022) as they stated that nature experiences can be therapeutic due to ability to foster empathy, creativity and self-determination that can lead to intense concentration and fascination.

Gaining new relationship with new people has been mentioned repeatedly by respondents and this show that they are eventually willing to accept new people without prejudice. The PWVI consider themselves as lucky persons as some part of community willing to accept them and learn their lifestyle. Sharing stories are one of the ways of interaction that they believe can build the relationship. This finding has found on Lieberman et al. (2023) mentioned that they (PWDs) really enjoyed any social interactions with family, friends, and their coaches which it can emphasize to the importance of these experiences.

Lastly, PWVI mentioned that their physical fitness also changes after that involvement. During participation, they stated that they can estimate their fitness level whether they can handle that activity or not. Some of the respondent's state that this type of program really helps him on challenging to next level. A related finding found in Amaranath (2019) stated that any physical activities can enhance physical strength, flexibility, cardiovascular endurance, and body composition.

Engaging in these activities improves their muscular strength and core strength which are all of it are important for their health benefits.



© COPYRIGHT UPM

CHAPTER 5

CONCLUSION AND RECOMMENDATIONS

5.1 Conclusion

The conclusion of the study that was studied, indirectly shows that this minority group also has a high desire to do outdoor recreation like ordinary people. All aspects, perceptions, experiences, and safety as well as others can show whether the public is ready to accept or not this kind of group in the community. But it must be remembered that they are also ordinary human beings created by God but in their form, they have a lack of nature compared to humans who are perfect in nature. The need to help, common sense and awareness need to be inculcated from childhood so that there will be no more skewed perceptions of such minorities in the future.

Not all public or people with disabilities acknowledge the existence of the people with disabilities act 2008. This act established equality, to defend and protect their rights as human beings. By identifying their problem and issue, the public will understand the requirements and accommodations of people with disabilities and enable educators, employers, and healthcare professionals to offer the proper assistance and services, ensuring that PWDs are fully engaged and thrive in a variety of situations.

By acknowledging the awareness guidelines, the park manager or manager of outdoor recreation places will identify the suitable framework for people with disabilities. It will assist the management in designing, planning and so on to create a feeling of enjoyment while playing outdoor recreation.

5.2 Limitations of Study

The difficulty in obtaining data on the mental and physical health status of PWDs and the effectiveness of adventure therapy programs for minorities is one of the limiting factors in this research. The health data status of disabled people in Malaysia also cannot be identified from the Malaysian Ministry of Health making it difficult for researchers to know the exact amount of their health status. In Malaysia, there are not many studies on adventure therapy that are specific to minority groups such as the visual impairment group as the programs like this are also less done by the organizers of outdoor activities due to the lack of resources in terms of staff professionalism and helpful tools.

Even though in-depth interviews are being used as research method in this study, the questionnaire needs to recheck again to identify whether the questionnaire answers the research question or not. The researcher also needs to aware the redundant question during the interview to avoid confusion on respondents.

5.3 Recommendations

Recommendation from this research is to do second interview to reconfirm the answer. The purpose of doing the second interview is some respondent answers might need to elaborate more as to answers questionnaire regarding to research questions. Also, the interviewee needs to practice more on how to question the respondents as preparation before interview. Attending a workshop on how to interview, referring to lecturers and others is a way to improve and strengthen the interview method later. Other than that, this research hopefully can get more respondents from other PWDs as to acknowledgement of their basic need in outdoor recreation for their quality of life.

REFERENCES

Ashraf, S., Hussain, B., & Akram, Z. (2020). Recreational and Leisure Time Activities Available for Persons with Disabilities. *Responsible Education, Learning and Teaching in Emerging Economies*, 2(2), 59-64. <https://doi.org/10.26710/relate.v2i2.1491>

Aspers, P., & Corte, U. (2019). What is Qualitative in Qualitative Research. *Qual Social*, 42(1), 139–160. <https://doi.org/10.1007/s11133-019-9413-7>

Braun, V. & Clarke, V. (2012) Thematic Analysis. *APA handbook of research methods in psychology, Vol. 2: Research designs: Quantitative, qualitative, neuropsychological, and biological*, 2(2), 57-71. <https://psycnet.apa.org/doi/10.1037/13620-004>

Denzin, N. K., & Lincoln, Y. S. (2005). *Introduction: The Discipline and Practice of Qualitative Research*. (3rd edition). The Sage handbook of qualitative research.

Erbaş, Ü., Gümüş, H., & Talaghir, L., G. (2021). Leisure and recreation for disabilities. *International Journal of Disabilities Sports & Health Sciences*, 4(1), 1-7. <https://doi.org/10.33438/ijdsHS.732891>

Hannah, A., M. (2021) "An Exploration of Outdoor Recreation Experiences Among Adults with Developmental Disabilities: Benefits, Constraints, and Facilitators" (2021). [Master's thesis, Clemson University]. All Theses. https://tigerprints.clemson.edu/all_theses/3583

Jaarsma, E., Dekker, R., Koopmans, S., Dijkstra, P., & Geertzen, J. (2014). Barriers to and Facilitators of Sports Participation in People with Visual Impairments. *Adapted physical activity quarterly: APAQ*, 31, 240-64. <https://doi.org/10.1123/apaq.2013-0119>

Lieberman., L., J., Ericson, K., Perreault, M., Beach, P., & Williams, K. (2023). "You Feel a Sense of Accomplishment": Outdoor Adventure Experiences of Youths with Visual Impairments during a One-Week Sports Camp. *International Journal of Environmental Research and Public Health*, 20(8), 55-84. <https://doi.org/10.3390/ijerph20085584>

Ramlan, M. A. (2019). *Outdoor Recreation Experiences among Persons with Disabilities (PWDs) in Klang Valley, Malaysia: Constraints, Facilitators, and Constraint Negotiation Strategies* (Order No. 27668212). [Doctoral dissertation, Michigan State University]. ProQuest Dissertations & Theses Global. <https://www.proquest.com/dissertations-theses/outdoor-recreation-experiences-among-persons-with/docview/2341561530/se-2>

Rimmer, J., H., Riley, B., Wang, E., Rauworth, A., & Jurkowski, J. (2004). Physical activity participation among persons with disabilities: Barrier and facilitators. *American Journal of Preventive Medicine*, 26(5), 419-25. <https://doi.org/10.1016/j.amepre.2004.02.002>

Sus S., C., Christofferen G., M., Varning P., D., Linn L., V., Zhang, G. & Karlsson S., U. (2019). I Would Really Like to Visit the Forest, but it is Just Too Difficult: A Qualitative Study on Mobility Disability and Green Spaces. *Scandinavian Journal of Disability Research*, 21(1), 1–13. <https://doi.org/10.16993/sjdr.50>

Zachor, D., A., Vardi, S., Baron, E., S., Brodai, M., I., Ginossar, N. & Ben, I., E. (2017). The effectiveness of an outdoor adventure programme for young children with autism spectrum disorder: a controlled study. *Developmental Medicine and Child Neurology*, 59(5), 550-556. <https://doi.org/10.1111/dmcn.13337>

Zwart, R., & Ewert, A. (2022). Human Health and Outdoor Adventure Recreation: Perceived Health Outcomes. *Forests*, 13(6), 869. <https://doi.org/10.3390/f13060869>

APPENDICES

APPENDIX I

Research Information Sheet and Consent Form

EXPLORING THE EXPERIENCES AND BENEFITS OF PEOPLE WITH VISUAL IMPAIRMENTS IN ADVENTURE THERAPY-BASED PROGRAM

Researchers are required to provide information regarding the scope of this study. You should feel free to ask the researcher any questions you may have.

PURPOSE OF RESEARCH

The purpose of this research study is to obtain information on the experience and the impact on any outdoor recreation activity or program. In this research, it is intended to understand more regarding interviewer perception, factors that influence, experience and the effectiveness of the adventure therapy-based programs and people's health-related quality of life and well-being of individuals with impaired visuals.

WHAT YOU WILL DO

In this study, you will be asked about your perceptions, opinions, and experiences related to outdoor recreation in Malaysia, even if you personally have not participated. The first in-person interview will take about 45-60 minutes and will be audiotaped. This will be followed by a second interview, which may be conducted through phone, video call, or in-person interview to confirm and clarify your responses. The second interview will be approximately 30 minutes. You will be rewarded with a small token of thanks once both interviews are completed.

POTENTIAL BENEFITS

You will not directly benefit from your participation in this study beyond receipt of the thank you voucher. However, your participation in this study will improve awareness guidelines of outdoor recreation among people with disabilities. Indirectly, this research study can identify problems, issues and other matters that will encourage park managers and the public to structure the specific framework of outdoor recreation to people with disabilities.

POTENTIAL RISKS

There are no foreseeable risks associated with participation in this study. However, if there are any questions that make you uncomfortable or upset, you are always free to decline to answer any question or to stop your participation at any time.

PRIVACY AND CONFIDENTIALITY

Reasonable efforts will be made to keep the personal information in your research record private and confidential. Interview responses for this project will be recorded and handled confidentially. You will be asked to provide a pseudonym that will be used throughout the study. The sessions will be audiotaped, transcribed, coded, and kept in locked storage. The list of code numbers with the subject names will be kept in separate locked storage in a different location. All data entered on computers will be password protected. The results of this study will be used for educational purposes in the form of a published dissertation and journal papers, and for possible policy and practice reviews and recommendations. However, no information will be included that would reveal your identity.

YOUR RIGHTS TO PARTICIPATE, SAY NO, OR WITHDRAW

Participation in this study is entirely voluntary, and you may refuse to participate or withdraw at any time. We will observe your right with the utmost respect and without any prejudice. In no circumstances will we judge you or your professional affiliation based on your participation throughout the study.

7. CONTACT INFORMATION FOR QUESTIONS AND CONCERNS

If you have concerns or questions about this study, please contact the researchers listed below:

Researcher/BSc. Student

Haziqah Mohd Badli Yusof
Student Bachelor Park and
Recreation Science

Faculty of Forestry and Environment
Universiti Putra Malaysia
43400 Serdang Selangor
Mobile phone: (60) 12-7949547
E-mail: 208582@student.upm.edu.my

Supervisor

Dr. Mohd Aswad Ramlan
Senior Lecturer Department
of Recreation and Ecotourism
Faculty of Forestry and Environment
Universiti Putra Malaysia
43400 Serdang Selangor
Mobile phone: (60) 10-5532564
E-mail: m.aswad@upm.edu.my

If you have questions or concerns about your role and rights as a research participant, would like to obtain information or offer input, or would like to register

a complaint about this study, you may contact, anonymously if you wish, please contact research supervisor, Dr. Aswad Ramlan at (60) 010-553 2564 or via e-mail: m.aswad@upm.edu.my, we will try our best to arrange consultation time for you.

CONSENT

Your signature below indicates that you voluntarily agree to participate in this study:

Signature: _____ Date: _____



INTERVIEW GUIDE

Pseudonym :
Location :
Date :
Time :

ICE BREAKER

- Introduction - give greeting.
- Introduce the interviewer, the purpose research of the interview and the ethics for respondents. (Explain objectives and data from respondent will not be exposed)
- Asking respondents if they have questions that they are concerned about before starting the interview.
- Regarding your opinion, what types of outdoor recreational activities do you find most accessible and enjoyable with your visual impairment?
- When did you first try it and where did the activity take place?
- How often do you engage in outdoor activities? Which activities do you enjoy the most?

[A] PERCEPTION OF PERSON WITH VISUAL IMPAIRMENTS TOWARD PARTICIPATION IN OUTDOOR RECREATION

1. How important is it for you to have access to outdoor recreational activities? If so, why?
2. Any experience while doing outdoor activity in front of the public? Explain further.
3. Are you yourself satisfied with the services provided when doing outdoor recreational activities? If so, why
4. What are your expectations or beliefs about the potential benefits of outdoor recreation for individuals with visual impairments?
 - a. Do you think outdoor recreation can positively impact your physical and emotional health?

[B] FACTORS THAT INFLUENCE PEOPLE WITH VISUAL IMPAIRMENTS DIDN'T ENGAGE ANY ADVENTURE-BASED THERAPY PROGRAM

1. Have you heard about adventure-based therapy or adventure therapy programs before?
 - a. What information have you come across regarding these programs?
2. What factors have influenced your decision to not participate in adventure-based therapy programs in the past?

- a. Are there any specific concerns or barriers that you perceive when considering such programs?
3. Before engaging in outdoor recreational activities, do you consider safety, service, and other factors?
4. Are there any accommodations or support you would need to feel comfortable participating in adventure-based therapy programs or outdoor recreation?
5. How important is accessibility when it comes to choosing therapeutic programs or outdoor recreation?

[C] EFFECTIVENESS ADVENTURE THERAPY ON WELL-BEING AND HEALTH-RELATED QUALITY WITH PEOPLE WITH VISUAL IMPAIRMENTS

1. In your opinion, is the adventure-based programs really influence the health-related and well-being quality for those who engage in it?
 - a. Have you noticed any specific benefits or challenges associated with outdoor recreation? For example, managing or coping with stress.
2. How would you rate your overall well-being and health-related quality before? For example, feeling unmotivated or anxious to engage or participate in any outdoor recreation activity programs.
3. Did you notice any changes in yourself after participating in the programs? Can you describe any changes you have experienced in your well-being or quality of life after participating in adventure therapy programs?
 - a. Describe more in the aspect of motivation, social life, communication etc.
4. Could you tell me about your experiences with adventure therapy programs for people with visual impairments at SISFEC lately?
5. What activities did you engage in that you like the most?
6. What are the good things that you like about this activity?
7. Any benefits that you think you obtain from this activity? Why? Explain further.
8. How did these changes manifest in your daily life and activities?
9. In your opinion, what aspects of adventure therapy contribute most significantly to its impact on your well-being and health-related quality?
10. Are there any specific activities or elements within adventure therapy that you find particularly beneficial?
11. Is there any additional information or feedback you would like to share regarding the effectiveness or the importance of adventure therapy on well-being and health-related quality with people with visual impairments?