

## Evaluation of motives of participants in recreation activities programs based on sex, age and frequency of engagement

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### Literature review

Participation motives in recreational activities help people to enhance the benefits that derive from their involvement in them and improve their quality of life (Jedgjs, G., 2007). Although motives constitute just one of the many variables that interpret human behavior, thus including the behavior of tourists, are considered to be the most important, in that they make up the impelling and compelling forces behind any one person's behavior (Crompton & Mackay, 1989; Iso Ahola, 1982). The greatest part of the motivational survey has been carried out by Driver and his counterparts (Driver, 1976; Driver, 1983; Driver & Brown, 1986; Driver & Knopf, 1977; Driver & Tocher, 1970; Driver, Tinsley, & Manfreda, 1991; Manfreda, Driver & Tarrant, 1996), who formulated the Recreation Experience Preference –REP climax based on recreational experience.

The **aim** of the research was to pinpoint the participation motives in recreational activities carried out in Greece in the region of Eastern Macedonia and Thrace based on participants' sex, age and degree of involvement.

### Methodology

1200 questionnaires were handed out during outdoor recreation activities conducted in the above mentioned areas during the months of July till September of 2010. 732 were returned completed and 637 of them were considered to be suitable for use in the survey (52.9% response rate). The majority of the sample was men (53.2%), educated (63.5%), aged from 20-49 years old (71%) and married (48.4%). In the research, motives were studied under an adapted to its needs version of the REP climax (Manfreda, Driver & Tarrant, 1996). Responses were measured using a seven-point Likert-type scale. The outdoor recreational activities in which the participants were involved in were: hiking, free camping, orienteering, mountain biking, canoe-cayak in lakes, rivers and sea, rafting, archery, rope games, athletic shooting, climbing-rappel, diving, sea sports.

### Results

Exploratory variable analysis was carried out as well as credibility analyses a of Cronbach in the 38 motive variables. Analyses showed 9 variables: a) *projection* with 6 variables and  $\alpha=.92$ , b) *improvement* with 4 variables and  $\alpha=.84$ , c) *risk* with 5 variables and  $\alpha=.86$ , d) *demonstration* with 4 variables and  $\alpha=.80$ , e) *relationship with the family*

with 2 variables and  $\alpha=.88$ , f) *socialization* with 5 variables and  $\alpha=.87$ , g) *contact with nature* with 3 variables and  $\alpha=.90$ , h) *exercise* with 3 variables and  $\alpha=.87$  and i) *relaxation* with 6 variables and  $\alpha=.87$ . T-test results regarding participants' motives and sex showed that only in the case of the "family" variable statistically significant differences were presented between the two sexes ( $t=2.556$ ,  $p<.05$ ), with men evaluating this specific variable as being less significant, (Average=4,71), than women, (Average= 5,05). The results of fluctuation analysis for motives and the different age groups showed that there were statistically significant differences regarding the "projection" variable ( $F_{4,250} = 2500$ ,  $p<.05$ ) and the "family" variable ( $F_{4,250} = 6.482$ ,  $p<.05$ ). The multiple-comparison Scheffe test stated that in the "projection" variable there was no statistically significant difference between the different age groups while regarding the "family" variable results showed differences between different age groups. The fluctuation analysis concerning motives in the 5 different participation categories showed that there were statistically significant differences only in the "nature" variable ( $F_{4,250} = 3.186$ ,  $p<.05$ ). The multiple-comparison Scheffe test showed that there were no statistically significant differences among groups concerning the "nature" variable.

### Conclusions

From the above results we conclude that there was no statistically significant difference between the two sexes regarding participation motives in outdoor recreational activities, something that complies with international bibliography (Craig, Russell, Cameron & Beaulieu, 1997). The results of the age groups and participants' motives in recreation activities are limited, something that can be owing to many reasons (Graig & Cameron, 2002; Makavelou, Michalopoulou, Makavelou, Ifandidou, Courtesis & Zetou, 2005). The results of the research concerning the frequency of participation in outdoor recreation activities concerning motives are limited. The results of the Greek region are in accordance with bibliography (Kouthouris, 2007), while they do not agree with the international region (Gough, 1997).

### References

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