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IDENTIFYING MOTIVATIONAL FACTORS FOR TREKKING ACTIVITIES¹

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ABSTRACT

The aim of this study is to determine motivational factors for participating in trekking activities. Questionnaire technique has been utilized and short form of 'Recreation Experience Preference Scale' has been used in this study. The sample consists of 324 individuals participating in trekking within nature- based activities associations in Adana, Turkey. The research findings have revealed that "escape pressure, achievement/ stimulation, introspection and development, togetherness, learning and enjoy nature" are the main motivational factors for trekking participants. Besides, T- test and one way ANOVA tests have identified that motivational factors for participating in trekking activities significantly differ depending on demographic variables.

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