



## **Perceived Challenges in Adventure Recreation: Trekking and Rock Climbing**

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### **EXTENSIVE SUMMARY**

Adventure recreation contains exciting and dangerous activities with the help of various equipment to meet the desire of the participants to participate in adventure activities. Adventure recreation activities include physical activities such as hiking and rock climbing, individually or in groups, in untouched natural environments. By participating in these activities, the participants arouse feelings of excitement during the activity and enrich the adventure experience. Participation in adventure activities is directed towards the psychological demands of the participants for the challenge. Understanding perceived challenges for adventure activities such as hiking and rock climbing is important to reveal ways to develop strategies to cope with these challenges. In this case, the participants are more willing to overcome the perceived challenges. Therefore, understanding perceived challenges will help participants to accept and find ways to cope with these challenges. In this context, the study aims to reveal whether the dimensions of perceived challenges in participating in adventure activities and perceived challenges differ according to activities, experience level, and gender. The study, which was handled with a phenomenological approach, focused on the perceived challenges in trekking and rock climbing, which are among the adventure recreation activities. The qualitative research method was used to determine the perceived challenges of the participants who participated in these activities. To benefit from the subjective experiences of the trekking and rock climbing participants, data were obtained using the semi-structured interview technique. Content and descriptive analysis techniques were used to analyze the data obtained from the participants. As a result of the analysis, the perceived challenges of adventure activities emerged in five dimensions. According to research results, the majority of the participants who participated in trekking and rock climbing activities were young or middle age. While the number of men participating in these activities is higher than women, the experience level of those who participate in these activities

is mostly amateur. Perceived challenges for those participate in hiking and rock climbing activities are *internal challenges, interpersonal challenges, difficulty level of activities, environmental challenges, and lack of equipment*. In addition, according to results, perceived challenges partially differed in terms of activities, experience level, and gender. Consequently, proper activities should be determined and presented to the participants according to the difficulty levels of the adventure activities and the experience levels of the participants. Supporting and encouraging participation in adventure activities will directly affect the development of adventure tourism. In addition, by providing equipment support, especially to young people, the basic challenges experienced and the economic reasons for the lack of equipment can be eliminated.