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**Investigation Of the Reasons Why Individuals Who Trek Participate in The Activity  
(The Kayseri Province Example)****Murat Bekleyiş Apaydın<sup>1</sup>, Bayram Kaya<sup>2</sup>****ARTICLE INFORMATION**

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**Volume:** 4, No: 2**Pages:** 317-330**ABSTRACT**

The aim of this study was to determine the reasons of individuals participating in nature walks in Kayseri province for participating in such a physical activity. This researches who participate in nature walks in Kayseri province, consists of 347 people with an average age of  $30,3 \pm 11,9$  years old. These participants consisted of 133 female and 214 male individuals. This study was used SPSS 22 program for data analysis. To sample size determination was used to G\*Power (3.1.9.4). The scale created by Ekici et al. (2012) consisting of 5 sub-dimensions (Social, Healthy, Education, Time, Observation) and likert-type 24 questions. In the research, For the evaluation of the data obtained through the scale application, on the other hand, descriptor statistical methods such as frequencies (f), percentages (%), averages ( $\bar{x}$ ), and standard deviations (SD) were utilized. It was accepted that the data do not show normal distribution and it was decided to use nonparametric tests Which is comparing in pairwise Man-Whitney U and more than two parameters' comparisons Kruskal Wallis test also. At the end of the research, it was found that there was a significant difference ( $p < 0,005$ ) in the health, education, observation, social, time sub-dimensions according to marital status, observation according to gender variable, and social health and education sub-dimensions according to education level. As a results, it was found that marital status and education level are important factors in participation in nature walks.

**Keywords:** Education, Health, Recreation, Social, Trekking

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## INTRODUCTION

In modern days, the reasons behind both hiking and trekking have been the topic of many studies. The stress brought up by city life, and over-structuring has led individuals to seek new pursuits to achieve tranquility. Thus, environmental, and natural endeavors have increased (Atik, 2013). Due to urbanization and industrialization, individuals feel the need for nature sports. Nature sports are activities that revolve around struggling against difficulties and risks that exist in nature and sustaining life with the knowledge, skills, and conditions of individuals without any support obtained from machine or animal forces (Dinç, 2006). Nature sports were first started to be in the presence of nature and experience natural beauties. Thereafter, they transformed into the form of activities done to escape the stress of cities with the collaboration of professional guides (Açıksöz et al., 2006).

The monotonous and overwhelming structure of city life has directed individuals to nature (Ardahan & Yerlisu Lapa, 2011). The first aspect of this direction that comes to mind is trekking. Trekking is a pursuit that does not require much technical equipment and one that everybody with basic information and conditions could participate in (Gökdayı et al., 2018).

Simsek (2010) defined trekking as an activity that offers excitement and adventure to participants, harbours risks, and requires high levels of concentration. In modern terms, trekking is the general name for walks in environmental conditions with certain difficulties and properties with time limitations for proper age groups (Erdoğan, 2003). The benefits of trekking, which is among nature sports, can be ordered as learning the group dynamic, increasing trust, leadership, individual decision making, responsibility taking, positive impacts on personal development, positive impacts on trust in oneself and others, happiness, developing communication skills, and socialization (Burnett, 1994; Hilton, 1992, Levi, 1994; Wagner & Rowland, 1992; Yerlisu Lapa et al., 2010).

Deci and Ryan (1985), Engeström et al. (2003), and Kalkan (2012), in a study they conducted, stated that trekking is participated in to create social relationships, gain friends, rest, and engage in physical activity. McKenzie (2000) stated that individuals participate in trekking for goals such as individual decision-making, developing self-trust, being healthy, and taking responsibility for socialization.

Through an inspection of some studies in the literature (Aydın et al., 2019), it can be said that individuals participate in activities in nature and physical activities for goals such as socialization, gaining responsibility, resting, increasing quality of life, utilizing free time as well as increasing muscle strength through climbing activities.

The challenges of city life encourage people to participate in various activities in remote areas, especially during leisure time. These activities often attract people not only physically but also mentally, such as hiking, trekking, and nature camps. The primary objective of this research entails the examination of how demographic variables among individuals residing in Kayseri province influence their motivation levels concerning participation in trekking activities. The research hypothesizes that the reasons for participation of individuals participating in nature walks vary according to demographic variables. This research will contribute similar to some of the practices in the future.

## METHOD

### Research Model

Since the aim of this research is to determine the effect of demographic variables of individuals residing in Kayseri province on their motivation levels to participate in trekking activities, descriptive survey model, one of the quantitative research designs, was used in the thesis. Descriptive survey is used to determine the beliefs, attitudes, and thoughts of a specific group (McMillan & Schumacher, 2006).

### Population and Sample of the Study

The population under investigation for this study encompasses individuals who participated in the Ağırnas Bağıpınar trek, totaling 1,786 individuals. The sample for this study was determined using the G\*power program, with parameters set as follows: one group, effect size (g) of 0.3, significance level ( $\alpha$ ) of 0.05, and power ( $\beta$ ) of 0.085. This study used convenience sampling method and 347 participants who were voluntarily selected from the population were included in the study. This sample consisted of both men and women, with an average age of  $29.4 \pm 11.1$  years for men,  $31.8 \pm 12.9$  years for women, and an overall average age of  $30.3 \pm 11.9$  years, ranging from a minimum age of 18 years to a maximum age of 71 years.

**Table 1.** Information of Demographic Variable

Variable	f	%
<b>Marital Status</b>		
Married	124	35.7
Single	223	63.3
<b>Education Status</b>		
Middle School	52	15
High School	127	36.6
License	144	41.5
Other (Graduate)	24	6.9

(n=347)

Table 1 provides an overview of the demographic variables in the study. In terms of marital status, the majority of participants were single, comprising 63.3% of the sample, while 35.7% were married. Regarding education status, the data indicates that the educational background of the participants varied. The largest proportion, 41.5%, held a license degree, followed by 36.6% with a high school education. A smaller proportion, 15.0%, had completed middle school, and 6.9% had other graduate-level qualifications.

### Data Collection Tool

The Factors motivating individuals to trek' scale made up of 24 questions and a by Ekinci et al. (2012) was utilized. The aforementioned scale's sub-dimensions consist of the social, health, education, observation, and time terms. Questions of scale, include problems in the city, spending time with family, good thinking, stress, healthy living, creative thinking etc. The Cronbach Alpha coefficient of the 5 sub-dimensions varied between (.70-.87) and the total reliability coefficient of the scale was determined to be .83. A scale of the 5-point Likert scale type was utilized. This study's statistical value for Cronbach Alpha is 780 and this data is enough for practice. According to Alpar (2018) this data valid a range for research.

## Analysis of Data

In the analysis of the data, we employed statistical methods and software tools, specifically SPSS version 22, to derive meaningful insights from the findings of this study. Key statistical descriptors such as frequencies (f), percentages (%), averages ( $\bar{x}$ ), and standard deviations (SD) were utilized to summarize and understand the data. This allowed us to gain a comprehensive overview of the study's results. To assess the normality distribution of the data, a common practice in statistical analysis, we applied a criterion where in values falling between -1.5 and 1.5 are considered to indicate normal distribution. To rigorously evaluate whether the data adhered to this criterion, we employed the Kolmogorov-Smirnov normality test. Based on the results of this test, it was determined whether the data followed a normal distribution. In cases where normality assumptions were not met, non-parametric tests were chosen for further analyses, particularly in the domains of health, education, social factors, time, and observations.

To analyse the results of the study, The scores obtained by the individuals participating in the study were analysed. Alongside basic statistical measures such as frequency, percentage, arithmetic average, and standard deviation values, we employed the Kruskal-Wallis and Mann-Whitney U tests. These non-parametric tests are valuable tools for comparing groups and assessing differences in a dataset that may not adhere to normal distribution assumptions.

**Table 2.** Data of Normality Test

Sub-Dimension	Skewness	Kurtosis	Statistic
Social	1,685	3,013	,167
Healthy	1,696	2,804	,128
Education	1,509	2,451	,086
Time	1,617	2,671	,083
Observation	1,421	1,804	,138

Table 2 presents the results of the normality test for various sub-dimensions of the data.

## FINDINGS

In this study, the findings were analyzed and presented in tables according to demographic variables. pairwise and multiple comparisons were made and discussed in the last section according to significance values.

**Table 3.** Results of Age, Minimum, Maximum and Standard Deviation.

Variable	f	Min.	Max.	Mean
Female	214	18	63	29.4±11,1 <sup>years</sup>
Male	133	18	71	31.8±12,9 <sup>years</sup>
<b>Total</b>	347	18	71	30.3±11,9 <sup>years</sup>

In Table 3, the summary statistics for age distribution are presented, indicating that the mean age ( $\pm$  standard deviation) for females (n = 214) is 29.4  $\pm$  11.1 years, for males (n = 133) is 31.8  $\pm$  12.9 years, and for the total sample (n = 347) is 30.3  $\pm$  11.9 years.

**Table 4.** Kruskal-Wallis Analysis Results of Participants' Scores on the Sub-Dimensions of the Motivation Scale for Participation in Nature Walks According to Educational Status

Sub-dimension	Education Status	n	Rank Mean	X <sup>2</sup>	p	Tukey
<b>Social</b>	Middle School <sup>a</sup>	52	185	2.366	<b>,004</b>	c > a
	High School <sup>b</sup>	127	164.4			c > a
	License <sup>c</sup>	144	177.9			
	Other (Graduate) <sup>d</sup>	22	161.4			
<b>Healthy</b>	Middle School <sup>a</sup>	52	200.3	5.255	<b>,005</b>	c > a
	High School <sup>b</sup>	127	170.7			d > b
	License <sup>c</sup>	144	164.4			
	Other (Graduate) <sup>d</sup>	22	177.7			
<b>Education</b>	Middle School <sup>a</sup>	52	194.7	3.037	<b>,001</b>	c > a
	High School <sup>b</sup>	127	170.1			c > a
	License <sup>c</sup>	144	167.5			
	Other (Graduate) <sup>d</sup>	22	173.7			

(p&lt;0,05)

Table 4 provides the outcomes of Kruskal-Wallis analysis, which aimed to explain the relationship between participants' scores on sub-dimensions of the Motivation Scale for Participation in Nature Walks and their educational status. In the 'Social' sub-dimension, there is a statistically significant difference in rank means among the educational status groups ( $X^2=2.366$ ,  $p=0.004$ ). The Tukey test reveals that group 'c' (License) scores significantly higher than group 'a' (Middle School), and this difference is also observed in the comparison of group 'c' with group 'b' (High School). Similarly, for the 'Healthy' sub-dimension, a significant difference exists in rank means ( $X^2=5.255$ ,  $p=0.005$ ). The Tukey test indicates that group 'c' scores higher than group 'a', and group 'd' (Other- Graduate) scores higher than group 'b'. In the 'Education' sub-dimension, the Kruskal-Wallis test reveals a significant difference in rank means ( $X^2=3.037$ ,  $p=0.001$ ). The Tukey test demonstrates that group 'c' scores significantly higher than group 'a', with a similar trend observed when comparing group 'c' to group 'b'. These findings highlight the influence of educational status on participants' motivation scores across various sub-dimensions of the nature walk participation scale. ( $p<0.05$ )

**Table 5.** Kruskal-Wallis Analysis Results of Participants' Scores Related to the Sub-Dimensions of the Motivation Scale for Participation in Nature Walks According to Educational Status

Sub-Dimension	Education Status	n	Rank Mean	X <sup>2</sup>	p
<b>Time</b>	Middle School	52	179.1	1.129	,070
	High School	127	165.8		
	Licence	144	177.1		
	Other (Graduate)	22	172.5		
<b>Observation</b>	Middle School	52	182.8	1.821	.610
	High School	127	175.1		
	Licence	144	170.9		
	Other (Graduate)	22	150.7		

Table 5 displays the outcomes of Kruskal-Wallis analysis, which aimed to explain the association between participants' scores on sub-dimensions of the Motivation Scale for Participation in Nature Walks and their educational status. For the 'Time' sub-dimension, the Kruskal-Wallis test results indicate no statistically significant difference in rank means among the educational status groups ( $X^2=1.129$ ,  $p=0.070$ ). This suggests that educational status may not have a significant influence on participants' motivation scores in relation to the 'Time' sub-dimension. Similarly, for the 'Observation' sub-dimension, there is no significant difference in

rank means ( $X^2= 1.821$ ,  $p = 0.610$ ) among the educational status groups. This implies that educational status may not be a significant factor affecting participants' motivation scores in the context of the 'Observation' sub-dimension.

**Table 6.** According to Gender Variable Participants' Scores on the Sub-Dimensions of the Motivation Scale for Participation in Nature Walks Findings (Man-Whitney U Test)

Sub-Dimension	Gender	n	Rank Mean	X <sup>2</sup>	p
<b>Social</b>	Female	214	179,1	1312	,221
	Male	133	165,6		
<b>Healthy</b>	Female	214	178	1337	,337
	Male	133	167,5		
<b>Education</b>	Female	214	177,7	1357	,470
	Male	133	169,1		
<b>Time</b>	Female	214	178,7	1320	,253
	Male	133	166,3		
<b>Observation</b>	Female	214	181,7	1256	<b>,040</b>
	Male	133	161,4		

( $p<0,05$ )

In Table 6, the Mann-Whitney U Test revealed a significant gender-based difference only in the 'Observation' sub-dimension, where females (Rank Mean: 181.7,  $p = 0.040$ ), exhibited higher motivation scores than males (Mean:161.4), while no statistically significant differences were observed in other sub-dimensions.

**Table 7.** According to Martial Status of Participants Examine Sub-Dimensions of the Motivation Scale for Participation in Nature Walks Results (Man-Whitney-U)

Sub-Dimension	Martial Status	n	Rank Mean	X <sup>2</sup>	p
<b>Social</b>	Married	124	188,2	1081	<b>,005</b>
	Bachelor	213	157,7		
<b>Healthy</b>	Married	124	183,2	1143	<b>,037</b>
	Bachelor	213	160,6		
<b>Education</b>	Married	124	188,0	1085	<b>,006</b>
	Bachelor	213	157,9		
<b>Time</b>	Married	124	193,0	1021	<b>,000</b>
	Bachelor	213	159,9		
<b>Observation</b>	Married	124	191,2	1044	<b>,001</b>
	Bachelor	213	156,0		

( $p<0,05$ )

Table 7 presents the findings of the participants' motivation scores in the sub-dimensions of the Motivation to Participate in Nature Walks Scale according to marital status. In the 'Social' sub-dimension, a statistically significant difference is observed ( $p<0.05$ ), indicating that married participants exhibit higher motivation scores (Mean: 188.2) compared to bachelor individuals (Mean: 157.7), suggesting that marital status influences motivation in social aspects of nature walks. Similarly, in the 'Healthy' sub-dimension, there is a significant difference ( $p = 0.037$ ), with married individuals displaying higher motivation scores (Mean:183.2) compared to bachelor participants (Mean:160.6), highlighting the influence of marital status on motivations related to health aspects of nature walks. The 'Education' sub-dimension also reveals a statistically significant difference ( $p=0.006$ ), with married participants showing higher motivation scores (Mean:188.0) than bachelor individuals (Mean:157.9), emphasizing the impact of marital status on educational motivations during nature walk participation. Most

notably, in the 'Time' sub-dimension, a highly significant difference is observed ( $p < 0.001$ ), indicating that married participants have substantially higher motivation scores (Mean: 193.0) compared to bachelor participants (Mean: 159.9) regarding time-related motivations for nature walks. Furthermore, in the 'Observation' sub-dimension, a significant difference is evident ( $p = 0.001$ ), with married participants scoring higher in motivation (Mean: 191.2) than bachelor individuals (Mean: 156.0) concerning the observation aspects of nature walks.

## DISCUSSION & CONCLUSION

In this study, an examination was conducted to assess the motivating factors that drive participation in trekking activities among individuals, with a specific focus on how these motivations are influenced by demographic variables, including Education Status, Gender, and Marital Status.

The study's findings reveal that individuals with higher educational status, particularly those with a 'License' level of education, exhibit significantly higher motivation scores across various sub-dimensions of the Motivation Scale for Participation in Nature Walks, emphasizing the influential role of educational background in shaping motivation for nature walk engagement. Educational person is score meaning difference in this study (Table 4). Gumus et al. (2016) it was founded that there was participation in physical activity a significant differentiation according to the level of education and similar results were obtained with our study. Ayyıldız and Sunay (2021) in them study founded significance difference statement level of education important factor for attendance physical activity. This situation an inactive working life can affect participation in physical activity and encourage educated individuals to engage in these and other physical activities. Also known as; in recent years, physical activity types have become widespread and rise of number of participants, local administrations are supporting this leisure time activity for healthy society.

Individuals with a 'License' level of education may possess a more profound understanding of the benefits and value associated with nature walk participation, which can translate into heightened motivation across multiple dimensions. Moreover, it's plausible that higher education equips individuals with problem-solving skills, critical thinking abilities, and an enhanced capacity to connect with nature on intellectual and emotional levels. These cognitive and emotional factors may contribute to their greater motivation to explore and immerse themselves in the various facets of nature walks.

When the studies are analysed, Ardahan and Mert (2013), in a study they conducted, reported that individuals who participate in nature sports activities spotted statuses such as the desire to learn new skills, self-confidence, and the desire to escape from city factors. In other words, activities similar to trekking are effective on the self-confidence factor of the social environment individuals live in and participation in nature sports (walking, biking, mountain climbing, etc.) activities supports increasing these properties (Kaplan & Ardahan, 2012). According to these findings, it is believed that participation in trekking is impactful on individuals' skill and exploring different locations factors and that this circumstance originates from the desire of individuals to, alongside the increasing populations in modern-day cities, participate in nature sports and activities which are different than city life. This situation is a factor according to the educational statutes crucial to participating in nature sports and activities. The working population choose these and similar activities, especially in their leisure time. Marseille et al. (2013) addressed the educational status affecting participation in leisure time activities and stated that most of the participants were university graduates and above.



When the findings regarding the gender-based differences in the motivation of the participants in various sub-dimensions of the Motivation Scale for Participation in Nature Walks were analysed, a significant gender-based difference was found especially in the 'Observation' sub-dimension. Here, women exhibited higher motivation scores than men and this difference was found to be statistically significant. No statistically significant difference was observed in motivation scores in other sub-dimensions. Bozkurt and Tamer (2020) it was founded according to attendance of physical activity women scores were found to be significantly higher than male scores and it was found significant differentiation ( $p < 0,05$ ). Dogan and Sahin (2022) statement there isn't found renewal in other sub-dimensions between male and female attendance ( $p > 0,005$ ). Based on these findings, it is seen that there are significant differences in the results according to the sample group characteristics of the studies. It is thought that these differences may be due to parameters such as city, region, occupational groups.

The higher motivation scores of women compared to their male counterparts in the 'Observation' subscale may suggest that women tend to show a more pronounced tendency to observe and derive motivation from observation during their trekking experiences. This increased interest in observation may reflect a greater appreciation for the natural environment, sensory experiences or interpersonal dynamics encountered during trekking.

Since the literature was scanned (Lapa & Ardahan, 2011). Kaplan and Ardahan, (2012) while the marital status of individuals who participate in open area activities showed similarities to our study at hand, the gender circumstance of the participants was observed to be different. It is believed that This circumstance is caused by the fact that the participants in our study are generally women individuals who are in social areas tied to Sports A that they are engaged in these types of activities and that they actively participate in these types of activities.

According to the gender variable of the participants, there is only a significant mean on the sub-dimension 'Observation' ( $p < 0,05$ ). It is thought that it may be due to the monotonous life in the city life or other factors. The finding that the Man-Whitney U significance test findings in the Health, Education, and Time sub-dimensions were in the ( $p > 0.05$ ) level was reached. The observation sub-dimension (knowing plants and animals in nature), on the other hand, was found to be significant ( $p < 0.05$ ). Ardahan and Lapa 2010 remarked that individuals learning about nature and spotting differences is important for the participation of individuals in nature activities. Kraus (1977) remarked that for healthy living and the continuation of this circumstance, open-air activities are important and that these types of activities are effective in eliminating mental and physical ailments. Trekking is important in terms of its availability to all ages and its feasibility (Ardahan & Lapa, 2010). In the present study, the findings that the health sub-dimension has a relationship in the positive direction ( $p < 0.05$ ) with education status, the marital status variable; and that it is correlated in the negative direction ( $p > 0.05$ ) with the gender variable were reached. Based on these results, the health factor, similar to participation in exercise, is also important for individuals who trek.

In this context, the data reveals that participants who were married accounted for 35.7%, while those who were bachelor's degree holders constituted 63.3% of the sample. It was determined that the marital status of the participants significantly affected their motivation in all sub-dimensions of the Motivation to Participate in Trekking Scale, and married individuals exhibited higher motivation scores compared to bachelor participants.

Marital status plays a substantial role in shaping individuals' motivations for engaging in nature walks. The findings suggest that being married may offer a unique set of benefits and motivations for participating in nature walks. It's possible that married individuals, often

engaged in shared activities and responsibilities with their spouses, may find nature walks as an opportunity for bonding, quality time together, and social interaction, contributing to higher motivation in the 'Social' sub-dimension.

In the 'Healthy' sub-dimension, the results imply that married individuals might be more health-conscious or inclined to view nature walks as a means of maintaining their well-being, possibly engaging in these activities as a couple or family. Similarly, the 'Education' sub-dimension's findings indicate that married participants may view nature walks as educational opportunities, either for themselves or their families, potentially seeking to enrich their knowledge and experience together. The most striking observation is within the 'Time' sub-dimension, where married individuals exhibit significantly higher motivation scores. This suggests that married couples may value and allocate more time to engage in nature walks, considering it an integral part of their shared recreational activities.

Finally, in the 'Observation' sub-dimension, married individuals' higher motivation scores imply a greater appreciation for the observation aspects of nature walks, possibly enjoying the experience of nature together and engaging in shared observations. Akkaş et al. (2015) in their study, they found that there was a significant difference according to the marital status variable. Kalkavan et al. (2016) to statement physically active, with profits in favor of academic's time spent in a married couple was significantly different from that of a married couple. Yapıcı et al. (2022) there was a significant difference in the sub-dimensions according to marital status ( $p < 0,005$ ). Martial status can be effect attendance some of activity especially such as trekking, nature camping.

In summary, our study unravels the intricate interplay of demographic variables, specifically educational status, gender, and marital status, in shaping individuals' motivations for engaging in nature walks. These findings not only enrich our understanding of the motivations behind outdoor recreational activities but also provide practical insights for tailoring nature walk experiences to diverse participant groups. By doing so, we can enhance engagement and overall enjoyment of these outdoor activities, ultimately contributing to a healthier and more active society.

In the conclusion, this study conducted in Kayseri, a location where no studies of this type had previously been conducted, aimed to determine the motivations of individuals who participated in trekking and was conducted for the findings to be data for other activities. After the study, it was observed that more women individuals participated in trekking in the Kayseri province, that the ratio of participants who were bachelor's graduates was high, and that unmarried individuals participated at a higher rate. As known as, it was founded marital status and education level are significant factors in participation in nature activities. This situation is evaluate by the local government and regulate the activities in the future.

## **Recommendations**

Given the significant impact of educational status on motivation for nature walks, it is advisable to develop and implement educational programs and initiatives that promote awareness and understanding of the benefits and joys of outdoor activities. These programs should target individuals across all educational levels, with a special focus on those with lower educational backgrounds, to bridge the motivation gap.

Recognizing the gender-based differences in motivation, nature walk organizers should adopt a gender-inclusive approach in planning and organizing outdoor activities. This may

involve offering diverse experiences and routes that cater to the distinct motivations of both men and women, fostering a more welcoming and inclusive environment for all participants.

Given the influence of marital status on motivation, promoting family-centric nature walk activities can be beneficial. Creating opportunities for couples and families to engage in outdoor activities together can enhance the social and shared experiences associated with nature walks. Special family-oriented events and incentives may encourage more married participants to take part.

Incorporating motivation assessment tools into nature walk programs can help organizers tailor activities to individual preferences. By understanding participants' motivations, organizers can design experiences that align with their desires, making the walks more appealing and satisfying.

To ensure sustained engagement in nature walks, it's essential to develop long-term strategies that keep participants motivated over time. This might involve creating loyalty programs, offering incentives, or organizing regular events that provide ongoing opportunities for enjoyment and social interaction in the natural environment.

These suggestions aim to capitalize on the insights gained from our study, fostering a more inclusive, educational, and enjoyable experience for individuals participating in nature walks while promoting overall well-being and a deeper connection with the natural world.

The same study could be conducted with a different study group. To increase trekking activities, starting with municipalities, National Education Directorates, Provincial Directorates of Youth and Sports, and other non-governmental organizations could act. Trekking could be reduced into the curriculums of schools at every stage.

### **Limitations**

Our study focused on the demographic variables of educational status, gender, and marital status. While these factors provided valuable insights, other demographic elements, such as age, income, and cultural background, were not considered. Future research could explore the impact of a broader range of demographics on motivation for nature walk participation. Our study relied on self-reported data, which can be subject to response bias or social desirability bias. Participants may have provided answers they believed were expected rather than reflecting their true motivations. Combining self-report measures with objective assessments, such as behavioral observations, could enhance the validity of future studies.

The study was conducted within the context of a specific region (Kayseri province). Regional characteristics, climate, and natural landscapes can influence motivation for outdoor activities. Expanding the study to encompass a more diverse range of geographical settings could provide a broader perspective. While our study identified associations between demographic variables and motivation, it did not establish causality. Additionally, the findings may not be entirely generalizable to populations in different cultural or geographical contexts.

Replicating the study in diverse settings and conducting experimental research to establish causation would be valuable.

Convenience sampling was used in this study, which may introduce selection bias. Participants who voluntarily chose to engage in the nature walk activity may possess different motivations than those who did not participate. Future research could employ more diverse sampling methods to mitigate this limitation. Despite these limitations, our study provides valuable insights into the role of demographic variables in shaping motivations for nature walk

participation. Future research endeavors can build upon these findings to offer a more comprehensive understanding of this complex phenomenon.

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***Author(s)' statements on ethics and conflict of interest***

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