

Psychology of Adventure

Motivation Study: Interview Guide.

Section 1: Introduction (Not recorded).

Hello, I'm _____ from the School of Sport, Health and Outdoor Education at the University of Wales, Trinity Saint David, Carmarthen. Thank you for agreeing to participate in this interview project. For this project I will be talking to you about your motivation to _____.

The purpose of the project is to understand what motives you have for taking part in _____. I want to emphasise that your interview will remain *completely confidential*. I may wish to use selected quotes from the interview in order to illustrate important ideas in my coursework. These quotes will be strictly anonymous and I will ensure that your identity is protected. I am using a voice recorder to get complete and accurate information and to make the interview process more efficient.

As a participant in this project you have several definite rights. First your participation in this interview is entirely voluntary and you are free to refuse to answer any questions or to stop the interview at any point. There are no right or wrong answers to the questions that I will be asking. I want to learn from your individual experience of the activity. I hope therefore that you will answer the questions in a straightforward and honest way. If there are any questions that you do not feel comfortable answering, I would rather you decline to comment rather than tell me what you think I or others want to hear. So if you prefer not to answer a question simply state "no comment" and no further questions relating to that topic will be asked.

If you have any questions as we go along please ask them. Also ask for clarification if at any time you do not understand what I am asking.

Questions:

I will be asking you questions about a range of topics relating to motivation to take part in _____ (e.g. climbing / kayaking / MTB / hill walking)

1. What outdoor adventurous activities are you interested in
2. How many of these do you participate in now?
3. Which of the ones that you mentioned would you say is your main activity?
4. How did you get involved in _____, or what was your first experience of _____ (activity)?

Probe (as appropriate): *Who was that with? When was that?*

Where was that?

5. How long / how many years have you been doing / going _____?
6. Do you participate for recreational, competitive or professional reasons?
Probe: *When did you realise you wanted to pursue this recreationally, competitively or professionally (choose as appropriate)?*

7. Have you always taken part for these reasons (e.g. competition)?

8. What is it about _____ that you enjoy most?

Probe: *Why?*

9. What do you think motivates you to take part in _____?

10. Are there any other motives that you can think of?

11. Do you participate in _____ on your own or with others

Probe: *Who with? Is this always the case? If both, which do you prefer and why?*

12. How do you feel whilst taking part in _____?

13. How do you feel after you have been out _____?
 14. Do you think that your motivation for doing this activity has changed over time in any way?
 15. Have you noticed a change in your motivation for _____ in any way since starting university?
 16. Are you aware of any risks involved in your chosen activity?
 17. Does this have any impact on your motivation in any way?
 18. Where do you do your activity?
 19. How do you feel about this location?
- Probes: *Preferred location? Same / different locations?*
20. Is there anything that may prevent you from doing / going _____?
 21. How do you feel about the following terms in relation to 'your chosen activity'?
- a. Health and fitness*
 - b. Competition*
 - c. Social interaction*
 - d. Fun*
 - e. Environment*
 - f. Other (please specify)*

Concluding section:

That just about concludes the interview, however before we finish I would like to ask you some final questions.

1. Did you feel that you could tell your story fully?
2. Did I lead you or influence your responses in any way?
3. Do you think we failed to discuss any important factors?
4. Have you any comments or suggestions about the interview itself?

Thank you very much for helping out with this interview.

