

What motivates uncertified male students at university to take part in recreational climbing?

Said prior to recording.

Hello, I'm..... from the School of..... Thank you for agreeing to participate in this interview project. In this interview I will be asking you about your motivation to take part in recreational rock climbing.

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 experiences from climbing. Therefore I hope 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 answer a question than create a answer that you think I may 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.

I will be asking you questions about a range of topics relating to motivation to take part in recreational rock climbing.

Through out this transcription the text in *italics* will be the interviewer speaking, therefore the participant will be presented in plain text.

Recording starts.

1. How did you get into climbing?

Through college.

What college course did you take and how did it get you into climbing?

I took outdoor activities and it was part of the program, so that was how I was introduced to climbing.

2. *How long have you been recreational climbing?*

I have been recreationally climbing, ooo on and off for a good three years I'd say

3. *Why do you like recreational climbing?*

I like recreational climbing because I think it's a very versatile sport, it allows (participant paused to think), it can offer a range of different skill levels and its just good fun.

4. *How often do you climb?*

Now, where I am right now? I do not climb very regularly, maybe if I feel like it a few times a month.

You sound like you have climbed more frequently in the past than at present is this true and if so how often did you used to climb?

Yes this is true two years ago I used to climb very regular, erm something like twice to three times a week.

5. *Does the amount you climb differ depending on the time of year?*

Yep

Why?

Well obviously, especially when talking about indoor climbing, (participant changes mind mid sentence) erm in the summer I have a lot more things to do, so that will have an effect on my climbing

6. *What feelings and when do you get them whilst climbing?*

When I'm climbing I get all kinds of feelings, erm depending on the route and the location of the climb my feelings change

What feelings are you referring to?

Enjoyment, happiness and sometimes anxiety

7. *What brings on these feelings?*

Where I am, so where the climb is taking place, the idea of what I'm doing, so climbing a really high rock is obviously enjoyable

How about anxiety?

If I'm unsure I can complete the climb and if I think it's above my skill level, and sometimes the group I'm with can affect my anxiety as I don't feel I can trust them as much as others.

8. What has made you choose your discipline of climbing? (Traditional, bouldering...)

(Pause), money?

Can you expand on how money may have influenced you in this way?

Because I can't afford to climb, the ropes and equipment are too expensive, so I have to go with whoever has the equipment

9. Where is your favourite location to climb?

Where is my favourite location to climb? (Pause) Erm, Fontaine blue

Why is this your favourite place?

Loads of rocks around like, it's full of all kinds of people from different backgrounds and they all have different climbing abilities, it's a really socially place to climb and the location is amazing!

10. What feelings do you have when you're at the locations where you climb?

Errr, excitement, sometimes a sense of place and a connection with the natural environment.

11. At what grade do you climb? When climbing outside of your comfort zone how do you feel?

(Participant paused to think) I used to climb, (pause) I used to climb quite often and usually at 7B, that was the last time I remember climbing at that level. Now I'd say I've dropped in my ability and I would say at a 6C.

How do you feel when climbing outside of your comfort zone?

When I'm climbing outside my comfort zone obviously I feel anxious but I do not feel put off by the climb, I just don't feel as confident in myself that I can complete it.

12. Do you set goals when you climb (e.g. grade goals/ personal goals), and if you do, do your goals influence your performance in any way?

I do set goals when I climb, not all the time, but I do. Erm depending on how I'm feeling I'll set myself grade goals, but these will usually be set before I begin a climb. If I'm going to set myself personal goals it will be halfway through the day, or halfway through the climbing route.

Do these influence your performance?

Erm yep these effect my performance in a positive way, because no matter what the goal is I know I will, (participant changes mind) it will motivate, (participant changes mind) I will motivate myself to achieve it, which will make me a better climber

13. Where do you see your level of climbing in the future?

I hope to see my level of climbing back to where I left it a few years ago.

14. Can you give an example of a negative experience you have had whilst climbing? How did this experience make you feel? Did this experience effect your motivation to climb after it happened?

A negative experience I have had whilst climbing is, erm whilst, erm, descending the route I noticed my stopper knot had not been put in and my figure of eight knot was coming undone as I was descending.

How did this make you feel?

It definitely made me feel that I have to be more alert when tying my knots and checking myself before climbing, but I wouldn't say it made me nervous or anything like that

Did it effect your motivation to climb again?

No just made me more aware of my know tying

15. How do you feel when you complete a route?

Stoked!

Can you expand?

Erm, I feel I sense of relief and accomplishment, I also feel more energetic than when I first started the climb probably because I'm full of adrenaline

16. How do you feel if fail at a route?

I feel angry with myself that I failed a route, even if it is above my skill level. But I feel that this sense of anger drives me to improve my climbing ability, so I can eventually succeed at these routes

So your saying failure motivates you to climb again to achieve better thing?

Definitely!

17. Have you ever experienced a set back whilst climbing? (e.g. injury, failed a climb, or had a bad experience). How did this make you feel?

Err I have experienced quite a few set backs whilst climbing, but the one I can remember was having a in growing toe nail, this made me feel annoyed and quite horrible as I could not efficiently climb, because my climbing shoes were to tight and caused pain for my toe nail, this effected me for a good few months.

How did this make you feel?

Annoyed, erm and frustrated.

18. Who do you climb with? Do your climbing peers have an effect on your personal motivation to climb?

I climb with my friends, usually the ones from university. Err and yes they do have an effect on my motivation, as when I'm with them I know we are all at a comfortable level where we can trust each other's skill level at the same time it also motivates me to complete the same routes as them, because there is always a bit of competition involved.

19. Do you feel you climb to have a healthier lifestyle?

Yes

Is this something you feel that motivates you to climb?

Yeah because not only does it make me feel physically healthier but also mentally healthier

20. Do weather condition have a strong influence on your motivation to climb?

Yes, because say for example it is a sunny day I would feel completely motivated to go out and climb, where as if it were raining and poor conditions I would feel less motivated because I would know the rock would not be suitable for climbing.

21. How do you feel after a days climbing?

Apart from feeling drained and sometimes exhausted. I mainly feel proud and motivated to do it again.

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?*

Yes

2. *Did I lead you or influence your responses in any way?*

No

3. *Do you think we failed to discuss any important factors?*

No

4. *Have you any comments or suggestions about the interview itself?*

No

Thank you very much for helping out with this interview.