



An exploratory study on determining motivations, constraints, and strategies for coping with constraints to participate in outdoor recreation activities: Generation Z

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Abstract:

Purpose: The present study aimed to investigate the behaviors and preferences of university student-generation Z members towards outdoor activities based on the theory of leisure constraints.

Methods: In this study, qualitative research methods and phenomenological design were adopted to reveal the behaviors and preferences of Z generation members towards recreational activities in depth. Content analysis was performed on 95 data obtained by convenience sampling.

Results: The push-pull model developed was adapted as five themes in the context of recreation: social, physical, environmental, personal requirements, and spiritual regeneration-health. The strategies for coping with the constraints existing in the literature exactly overlap with the aggregate dimensions suggested in this research, and the difference in the context of outdoor recreation is based on the theme. The avoidance-ignoring theme is handled under the cognitive strategy aggregate dimension, while the behavioral strategy aggregate dimension comprises personal skills, environmental, social, planning, and financial themes. In addition, the classification of experience gained in the context of tourism as triple effects (immediate, destination, and global) has been expanded in the context of recreation by adding a new experience effect (individual-personal).

Implications: The research outputs obtained through content analyses will provide concrete data for relevant literature and recreation industry stakeholders.

Keywords: outdoor recreation, leisure constraints theory, qualitative research method, university students, generation Z

JEL Classification: L83, Q26, M31

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1 INTRODUCTION

The Industrial Revolution triggered urbanization, and rapid urbanization causes a quantitative and qualitative increase in urban problems today. Migration from rural areas to centers of attraction, and rapid urbanization and concreting have deepened infrastructure problems such as education, health, drinking water, sewage system, housing, urban transportation, and environmental pollution in cities. While

this situation has increased people's longing for nature (Gumus, 2018), it has also led to the emergence of urban-based problems and has turned cities into the source of their problems, in other words, the emergence of trouble-making features. In this regard, outdoor recreation, which allows for the mitigation or elimination of urban-related problems and the renewal, revival, and rebirth of people's power and spirit (Jensen & Neylor, 2000), has recently attracted attention. Although recreation has a deep-rooted history, outdoor recreation has begun to sit at the center of people's lives,



especially after the Great Depression (1929) and World War II (Karasakal, 2020). Nowadays the number of participants in outdoor recreational activities is increasing daily, and activities are diversifying in direct proportion to this demand. Mass media, such as documentary channels based on living in nature, popular competitions (Survivor), various magazines (Outdoor) (Ardahan & Kaplan Kalkan, 2017), and people's desire to be outdoors and in nature and touch the green (Koçak & Yağmur, 2021) have also accelerated the tendency to participate in outdoor recreation activities. All these effects feed the development of the outdoor recreation industry and, at the same time, increase the number of individuals participating in activities daily.

The theory of leisure constraints provides information for leisure researchers and provider-businesses on the constraints within a certain group, how these constraints affect participation, and how people adapt or negotiate these constraints. On the other hand, it can improve the overall quality of the services provided by managers and researchers. It helps them understand the factors related to recreation, including motivation, conflict, and satisfaction (Covelli Metcalf et al., 2013). Jackson (1991; 2000) defines constraints as "factors assumed by researchers and perceived or experienced by individuals, limiting the formation of leisure preferences and preventing or prohibiting participation in leisure activities". Armstrong et al. (2022) emphasize that constraints can be seen as factors requiring negotiation that can affect an individual's participation in leisure/entertainment pursuits and/or choices. The concept of leisure constraints is accepted as a psychological and environmental feature that restricts one's behavior in leisure activities (Park et al., 2017), and leisure constraints are factors consisting of personal, interpersonal, and structural characteristics that negatively affect people's participation and enjoyment of leisure time (Kono & Sato, 2023). It is also assumed that leisure time constraints negatively affect individuals' leisure participation (Lin & Fu, 2018). However, individuals tend to overcome these limiting factors by negotiating their behavior and developing various strategies rather than being insurmountable (Gao & Kerstetter, 2016). In this regard, individuals' participation in leisure activities depends on their ability to successfully negotiate the constraints they encounter. Negotiation refers to the behavioral and cognitive strategies that people use to overcome constraints or pursue alternative leisure pursuits (Clark & Nyaupane, 2023). The driving force that leads to negotiate and overcome these constraints is motivation and motivation to participate in outdoor recreational activities represents a set of needs or stimuli that cause individuals to participate in recreational activities.

Technological developments in the last few decades have led to significant changes in people's behaviors, attitudes, and desires (Nalçacı İkiz & Öztürk, 2022). In particular, members of the Z generation, who draw attention as a group born and grown into technology, tend to behave individually, instantaneously, and freely, much different from the behavior patterns of previous generation members such as the Baby Boomer and the X generation. The fact that they have different behavioral patterns means that members of this generation may exhibit different behaviors in the field of recreation, as in many other fields. In this context, the present research focuses on university student Generation Z members

and aims to shed light on the behaviors and preferences of Generation Z members towards participating in outdoor activities. The reasons why university student-Generation Z members were selected within the scope of the research are as follows: a) having an intense desire to participate in outdoor recreational activities (adventure, discovery, self-actualization, status indicator, etc.) and encouraging factors (clubs, social activities, etc.) to perform recreational activities in the campuses, b) high probability of encountering constraints due to various factors (economic, time, etc.) despite their wishes, c) they have high potential in terms of creative strategy development despite the constraints, and d) not avoiding risk in order to perform activities, live the moment, and obtain pleasure, despite the fact that some of the activities carried out have high risk hazards. In this context, it is thought that the outputs of the research will provide concrete data to universities and recreation industry stakeholders and fill an important gap in the relevant literature by systematically and comprehensively scrutinizing the motivations and constraints of the student-generation Z to participate in recreational activities outdoors, the effects of negotiation strategies, and the effects of the experience gained from recreational activities. Also, research on the theory of constraints in outdoor recreation activities are mostly descriptive studies rather than exploratory studies based on theory (White, 2008). Thus, the present study was designed based on a qualitative research method because of its exploratory features and was carried out on university student-generation Z members.

The research literature is divided into four sections: motivations to participate in recreational activities, constraints, strategies for negotiating with constraints, and generation Z. In the method section, after the sample, the data collection process and tools, analysis method, and information about reliability and validity are discussed in detail, and the research findings are outlined. Finally, a discussion and conclusion are presented, along with the theoretical and practical contributions of the research, and various suggestions for future research are presented.

2 LITERATURE REVIEW

2.1 Constraints to Participate in Outdoor Recreation Activities

In recent years, constraints have come to the fore as the main theme of leisure studies. Researchers examining the subject of early leisure constraints framed the subject constraints in terms of barriers to participation in recreational activities, with the assumption that if barriers were encountered, the individual would prefer not to participate in the activity (White, 2008). However, the understanding that the term barrier has a narrow meaning and does not fully meet the concept of constraints has begun to prevail (Covelli Metcalf et al., 2013). Accordingly, the constraints have been expanded as factors that may hinder participation in the activity or limit satisfaction (White, 2008), and the term "leisure constraints" has been used to demonstrate that the constraints are not only structural (e.g., facilities that are not accessible to people with disabilities) but also internal and social (Covelli Metcalf et al., 2013). To highlight how constraints impact participation and the development of

leisure choices, Crawford and Godbey (1987) created constraints in three different forms: intrapersonal, interpersonal, and structural. Intrapersonal constraints are psychological traits that affect an individual's ability to improve their leisure choices. Schneider and Wynveen (2015) point to interpersonal constraints, which can be seen as the absence of opportunities to interact with others, or defined as social factors that affect the development of leisure preferences. Structural constraints consist of factors (time and money, information, and weather conditions) that interfere with the development of leisure preferences and participation (Crawford & Godbey, 1987). Intrapersonal constraints include stress, depression, perceived ability in an activity (Rushing et al., 2019), anxiety, beliefs or attitudes about leisure activities, low levels of vitality, and self-esteem (Alexandris et al., 2022; Alexandris et al., 2017). Therefore, these constraints are fragile and continually changing in response to contextual and environmental influences (Humagain & Singleton, 2021). Interpersonal constraints refer to the outcomes of relationships or interactions, such as difficulty participating in leisure activities due to different leisure preferences or family obligations between spouses (Rushing et al., 2019). Besides, such constraints refer to the individual's social isolation (for example, not being able to find friends and partners to attend) and a lack of knowledge about opportunities to participate in the event (Alexandris et al., 2017) and rely on the individual's stage of life, marital status, or type of activity (Humagain & Singleton, 2021). Structural constraints are those that are furthest from the individual, that is, environmental elements that are far from themselves or their immediate environment, and are more related to situational and functional features that restrict recreation (Rushing et al., 2019).

Constraints impact not just engagement (or non-engagement) but also the development of preference(s) for specific recreational activities and the leisure experience itself, encompassing frequency of attendance and acquired expertise (Evans & Gagnon, 2019). Crawford, Jackson, and Godbey (1991) developed a model of constraints and integrated these three dimensions into a hierarchical model, recognizing that additional forces, including an individual's preferences and motivation, can contribute to leisure participation. Crawford et al. (1991) suggested that in the hierarchical model, individuals first encounter internal constraints, and if these are overcome, interpersonal constraints and finally structural constraints (Schneider & Wynveen, 2015). Intrapersonal constraints influence people's decision to participate in the activity by entering their decision-making process. Structural constraints are the most remote and least powerful, and they limit participation rather than hinder participation. Interpersonal constraints can affect both the choice and aspects of participation (Alexandris et al., 2017). In brief, each type of constraint is interconnected with others, and when someone considers engaging in leisure activities, it is an internal restraint that must be overcome first. After addressing the interpersonal restrictions, structural constraints can be addressed if they are successfully overcome. Thus, it is generally accepted that constraints are resolved in an orderly and continuous manner (Bizen & Ninomiya, 2022).

Constraints can negatively affect satisfaction with participation in any activity, emotional well-being, or quality

of life. Also, due to the dynamic nature of the constraints, constraints vary according to individual factors such as gender, socioeconomic status, age, education level, and marital status (Filo et al., 2020; Gao & Kerstetter, 2016). Similarly, Godbey et al. (2010) stated that constraints vary according to the context of an activity and different types of recreationists. Furthermore, constraints may not always be equally felt by everyone. For instance, constraints on visiting a park can be influenced by age, gender, race, income, and education (Rushing et al., 2019). Stodolska et al. (2020) listed constraints, such as cost, lack of information about parks and opportunities in these areas, access and transportation, time, schedules and facilities, safety concerns, and race and cultural issues.

2.2. Negotiation Strategies with Constraints to Participate in Outdoor Recreation Activities

As the literature on leisure constraints matured, the concept of negotiation of constraints emerged. It has become evident that these constraints do not inevitably lead to non-participation; instead, individuals should look for ways to lessen the impact of constraints on their preferred leisure activities (Humagain & Singleton, 2021). The term negotiation refers to "the effort of individuals to use behavioral or cognitive strategies to facilitate leisure participation despite constraints" and the process, resources and strategies used to "find a way, react, respond to" leisure constraints and "create, fulfil, challenge, reframe or review" (Guo & Schneider, 2015). From a broader perspective, negotiation also refers specifically to efforts to overcome constraints (Mueller et al., 2019).

Negotiation strategies are largely referred to as a set of tools that individuals use to reduce/mitigate and avoid the effects of constraints on leisure participation. The basic assumption of negotiation stems from social cognitive theory. This theory argues that when individuals encounter negative situations, they tend to change situational and environmental conditions using their past knowledge and experience rather than passively accepting it. Moreover, it assumes that recreationalists who have an intense desire to participate in an activity are more likely to use different negotiation strategies than potential participants (Lyu & Oh, 2014). Combinations of techniques including time management, skill development, interpersonal coordination, and financial resource management make up negotiation strategies (Nyaupane & Andereck, 2008) and may also include changes in leisure time. For example, reorganizing work schedules or reducing other expenditures to facilitate participation in the activity due to timing and program occupancy intensity (Humagain & Singleton, 2021). The results of the negotiation process vary according to the relative strength of the constraints, the interaction between constraints, and the motivation to participate. Higher constraint levels result in lower levels of participation, while higher levels of motivation increase participation. Therefore, it is assumed that the relationship between constraints and motivation is inversely proportional (Nyaupane & Andereck, 2008).

2.3 Motivations to Participate in Outdoor Recreation Activities

Motivation refers to the psychological needs and desires that direct or affect one's behaviors and actions (Chun et al., 2022). Motivation refers to internal characteristics or motivating drivers that explain why people engage in certain leisure activities (Humagain & Singleton, 2021). Motivation arises when an individual wants to meet a need, and is often studied in relation to the push and pull factors that influence visitor behavior. While push factors include the motivation of visitors to visit an attraction/destination and their socio-psychological structures (peace, loneliness, feelings of renewal, etc.) that prepare them in advance, pull factors emphasize the qualities of the environments that attract visitors to a certain attraction or destination (Gundersen et al., 2015). Knowledge, relaxation, harmony within the family, escape, self-discovery, status, and social contacts are examples of common push forces. The following elements are considered attractive: cost, comfort, security, accessibility, innovation, education, and natural and historical settings (Dai et al., 2022).

The motivation to participate in a leisure activity may stem from an individual's psychological or sociological pursuits. Engaging in recreational activities might be driven by an individual's psychological or sociological interests (Humagain & Singleton, 2021), and in line with these, individuals reach goals and rewards. If an individual receives a reward for participating in an outdoor activity, it is due to sociological seeking; however, if the individual is doing the activity to achieve internal and specific goals, it is due to psychological seeking. In general, motivations for participating in outdoor recreation resources can be listed as: love of nature, escaping from the crowd and routine, creativity, renewal-rest, physical movement, adventure seeking, challenge, and learning new things (Karasakal, 2020).

In the literature, the relationship between motivation, constraints, and negotiation is detailed in the context of leisure constraint theory. In this regard, the results of the negotiation process depend on the relative strength of the constraints and motivations for participation, so the relationship between constraints and motivation is assumed to be inversely proportional (Humagain & Singleton, 2021). In addition, in theoretical and empirical studies, the results that a person's motivation to participate in a certain activity to meet his or her specific needs encourages allocation of resources to participate in the activity and negotiate constraints are widely accepted in the body of knowledge (Chun et al., 2022).

2.4 Generation Z

A generation is defined as a group of people or communities that share their birth years and experiences while acting together over time, influencing, and being affected by various critical factors (Rahimi & Stylos, 2022). The concept of generation consists of four dimensions: demographic, ancestry, and family, historical and sociological. Every generation's values are shaped by historical events, but they are also influenced by the political, economic, and cultural environments in which they live. Generation Z can be classified as a group of individuals born in the same temporal period (Haddouche & Salomone, 2018) and between 1996 and 2010 when they share unique events created by common

age situations in history (e.g., September 11, 2001). Generation Z is named or labeled by various names, including "Post Millennials, iGeneration, Online Generation, Switchers, Gen Tech, Centennials, Do-It-Yourself Generation, Digital Natives, GenTech, Generation I and Gen Wii". The fact that the Z generation was born in a period when the Internet started to be used daily and even widely causes them to see the Internet as an integral part of their daily lives, in this sense, not to know or recognize a world without the Internet (Ali et al., 2023).

While the Z generation is conceptualized in relation to mobility, social networks, and digitalization (İlhan et al., 2022), the main features of the generation are as follows: has dialog-enhancing features, have unisex consumption patterns, without stereotypes, have knowledge of the media, extremely sensitive to the environment, actively seeking truth in all aspects of their desires, attitudes, choices and consumptions, providing active participation in the collaborative economy, have a determination to pursue meaningful careers, both to express individual goals and to serve the purposes of society, connectivity through digital platforms, which makes them micro-influencers as a result of giving them more power to make the world the place they want (Rahimi & Stylos, 2022). Furthermore, generation Z is considered a sincere, interested, independent, and self-loving, determined, and ambitious, prepared, cautious (İlhan et al., 2022), talented generation group (Ali et al., 2023), and because of their intense interest in technology, Z generation members tend to spend more time indoors (Parker et al., 2012). Furthermore, their growth in economically difficult times pushes them to be more careful and pragmatic when spending money (Jiang & Hong, 2021).

3 METHODOLOGY

This research aimed to reveal the behaviors and tendencies of university student-Z generation members towards outdoor recreation activities in depth and comprehensively, based on the theory of leisure time constraints. In this context, the qualitative research method was preferred in the research. Qualitative research is "a research approach that focuses on exploring individuals' experiences with a phenomenon by collecting or analyzing narrative or text data expressed in words or images" (Clark & Ivankova, 2018: 4). The main reasons for choosing the qualitative research method within the scope of this study are that the qualitative method is carried out in a natural environment and has features such as revealing the inner worlds of people in depth (Creswell & Creswell, 2016); the majority of the studies on the theory of leisure constraints in the literature are not exploratory (White, 2008). A phenomenological design, which is one of the most frequently used qualitative research designs, was chosen. Phenomenology deals with the examination of people's conscious experiences of their routine lives, that is, their daily lives and social actions (Merriam & Tisdell, 2015; Merriam, 2009). At the same time, phenomenology is concerned with revealing meanings by describing facts, objects, situations in integrity, and in multiple ways (Karagöz, 2017). In this research, the phenomenology was preferred because it can explain people's perceptions, experiences, perspectives, and meanings of facts in depth and provides a holistic perspective

on these (Yıldırım & Şimşek, 2013), and aims to derive the unique meanings of the person and the phenomena in the outside world by using people's experiences to describe and interpret their experiences (Altunışık et al., 2022). Also, this study, transcendental phenomenology, was chosen because its focus is on revealing and understanding lived experiences (Yalçın, 2022). Accordingly, seven questions were prepared by examining the literature in depth. The questions were sent to an academicians with expertise and experience in the field of recreation science, and feedback on the questions was requested. As a result of the feedback, one question was removed, and the questionnaire was made ready to be implemented as a total of six open-ended questions. The open-ended questions created in the questionnaire allow people to reveal their views, experiences, comments, and reactions that reflect their inner world (Karagöz, 2017). Before the implementation was carried out on the participants, a pilot interview was conducted with seven people to clarify the questions and correct spelling errors, after which the implementation phase was started on the participants, since no problems were observed regarding the questions. The questions prepared within the scope of this study were as follows:

- Which outdoor activity did you participate in last?
- How was the experience of this activity, how would you describe it?
- What motivates you to go on an outdoor recreation activity?
- What are the difficulties/constraints in participating in an outdoor recreation activity?
- How do you overcome or negotiate with these challenges/constraints when planning or during an outdoor recreation activity?
- How does the presence or absence of difficulties/restrictions in participating in recreational activities affect your decision to participate in the next activity?

This research was conducted with Siirt University students. The reason why Siirt University was chosen within the scope of the research is that the region it is located in contains a wide variety of recreational attractions, while the reason for the university students to perform many different outdoor recreational activities intensively or at least the students' tendency to perform outdoor recreational activities is high. Although the universe of the study consisted of all Siirt University students, convenience sampling, which is a purposeful sampling method, was preferred. Convenience sampling is a widely used sampling method in qualitative research and provides advantages in terms of working on a familiar sample, speed, practicality, time, and cost (Yıldırım & Şimşek, 2013). The convenience sampling method was preferred within the scope of the present paper because it is a sample made with volunteers who meet the appropriate conditions and want to participate in the study (Christensen et al., 2015) and it allows the study of situations that are thought to have rich information (Yıldırım & Şimşek, 2013). The study was conducted between March 1 and May 30, 2022. Participants were recruited through academicians working at Siirt University, and data were obtained from participants who were active students in eight units in total (Faculty of Agriculture, Art and Science, Veterinary Medicine, Engineering, Education, and Tourism, Physical

Education and Sport, and Foreign Languages Schools). Data collection in the study was carried out through a face-to-face answering-questionnaire technique. The data in the research were obtained through a face-to-face answering-questionnaire technique, and the questionnaires were administered in a classroom environment where the participants felt comfortable to ensure that they gave sincere answers through academicians. Before the questionnaire was distributed to the participants, they were informed about the purpose of the study, and it was explained to them that their participation in the research was voluntary, and that the information obtained would not be shared anywhere other than for the purpose of scientific study. While examining the data obtained from 95 participants, it was decided that the research had reached sufficient saturation, and the data collection process was terminated. In qualitative research, the adequacy of sample size is relative (Sandelowski, 1995), that is, there is no calculation, recommendation, or limitation for determining the number of samples. Karagöz (2017) points out that a small sample should be preferred to conduct in-depth analysis of the situation or situation examined in phenomenology studies. Answering the open-ended questions in the questionnaire varies between 10-15 minutes. In qualitative research, analysis is not completely undisciplined, although not as strictly as the recipe steps in any cookbook. The practical experience of conducting qualitative research, as well as the analytical styles described in many texts, shows that most qualitative analyses follow a general five-step cycle: a) compiling, b) disassembling, c) reassembling and organizing, d) interpreting, and e) concluding (Yin, 2016). In the present study, content analysis was conducted with a comprehensive inductive approach to the questionnaires obtained during the research, regardless of the undergraduate program of the participants. A qualitative data analysis technique called content analysis seeks to identify ideas and connections that might make sense of the information gathered (Yıldırım & Şimşek, 2013) and is the basic data analysis of qualitative research (Altunışık et al., 2022). The steps involved in content analysis are as follows: a) data coding; b) topic (theme) discovery; c) code and theme organization; d) data examination in relation to codes and themes; and e) disclosure and interpretation of the results (Altunışık et al., 2022; Yıldırım & Şimşek 2013). Within the scope of the research, initial coding was carried out in an inductive manner to categorize the data obtained. The researchers discussed the initial codes and decided on the final codes. Based on the codes, a certain classification was made and thematicization was made. Thus, the codes and themes of the data were examined, and then the resulting codes and themes were scrutinized in depth and the findings were interpreted.

Validity and reliability tools in qualitative research are different from those in quantitative research and are not as tangible as those in quantitative research. Qualitative research on reliability and validity focuses on the "existence and meaning of the phenomenon," while quantitative research focuses on the "existence of the phenomenon." In other words, qualitative research focuses on the "quality" of the investigated facts and events, while quantitative research focuses on "numerical data" (Altunışık, 2022). Several tactics have been employed to improve reliability and validity. To guarantee the internal validity of the study, a

thorough investigation of the literature was conducted, and inquiries were made along these lines. In addition, an academician working in the field of recreation asked for their opinions on the questions. The academics to whom questions were sent received feedback regarding some word suggestions that would increase the understandability and clarity of the questions and the ordering of the questions. Then, changes were made to the interview questions in line with the feedback. To ensure the clarity of the interview questions, a pilot interview was conducted with seven participants. To ensure construct validity, the participants were informed about the research topic, purpose, and interview questions, but no guiding explanation was made to ensure that the researchers did not influence the opinions of the participants. The procedure, approach, data gathering, and analytic procedures pertaining to the qualitative investigation were thoroughly explained in order to guarantee the internal and external reliability of the findings. The acquired data were provided in a thorough and detailed manner, and analytical generalization was used to explain the results. Moreover, two researchers employed the reliability between encoders suggested by Miles and Huberman (1994) to ascertain the agreement and disputes among the researchers to guarantee the validity of the study. All values obtained were above the limits (Karagöz, 2017), and Kappa values are presented in the relevant tables.

4 RESULTS

In this study, the tendency of university student-generation Z members to participate in outdoor recreational activities is discussed in the context of the theory of leisure constraints. Thus, this study aims to provide a conceptual framework by shedding light on the behavioral tendencies of Z generation members and to present strategic data to university administrations, recreation industry, local administrations, and recreation planners with the information framework to be created. In this regard, first, demographic characteristics obtained from 95 participants were presented, and then the research themes revealed by content analysis of the data obtained based on the order of the research questions specified in the questionnaire were listed.

Table 1. Demographic characteristics of participants

Variable		Frequency	Percent
Gender	Female	66	69.5
	Male	29	30.5
Year of being a student	1st	36	37.9
	2nd	33	34.7
	3rd	15	18.8
	4th	11	8.6
Age	18-20	51	53.7
	21-23	38	40.0
	24 -26	6	6.3
	0-300 TL	54	56.8
Average monthly spends for activities	301-600 TL	19	20.0
	601-900 TL	4	4.2
	901 TL and above	3	3.2
	Unspecified participant	15	15.8

When the demographic characteristics of the participants were examined, it was observed that 69.5% of the participants were women, and 72.6% were students who continued their education in the 1st and 2nd grades. All participants were members of the Z generation (born between

1996 and 2010), and approximately half of the participants were between the ages of 18-20. In terms of the average monthly expenditure for outdoor activities, 56.8% of the participants had an income of 0-300 TL. The most preferred activities in terms of recreational activities carried out by the participants outdoors were trekking/hiking, picnics, city tours, and concert activities.

Table 2. Recreational activity preferences of the participants (outdoor)

Recreational Activities	Frequency	Percent
Trekking-Hiking	20	19.6
Picnic	20	19.6
City Tour	18	17.6
Concert	11	10.7
Nature Park (Tillo)	8	8.0
Cycling (University Campus)	6	5.9
Cave Excursion	5	4.8
Mountain Climbing	4	4.0
National Parks (Botan Valley)	3	2.9
Camping	2	2.0
Meditation (in the park or outdoors)	2	2.0
Boat Tour	2	2.0
Zoo Trip	1	0.9
Total	102	100.0

The opinions of the participants about their experiences with recreational activities were divided into two main categories, positive and negative, based on the content analysis. The positive experiences of the participants from recreational activities consist of features that allow self-improvement, hedonic features that give a sense of self-transcendence and enable the pleasure of enjoying life, and finally, the theme-features of spiritual regeneration-health that provide regeneration by reducing stress and making individuals feel good.

Table 3. Positive experience characteristics of participants from the recreational activity

Theme	Code
Self-improvement	Developing relationships with individuals (Interaction)
	Social development
	Instructive
	Triggering the discovery
Hedonic/Pleasure-based	Freedom
	Allowing you to enjoy life
	Diversity - to get rid of routine
	Enabling self-actualization
	Giving a sense of self-transcendence
	Enjoyable
	Pleasant
Spiritual Regeneration-Health	Fun
	Excited
	Enabling renewal
	Strengthening
	Feel good
	Relaxing
	Calming
Peaceful	
	Stress reliever
	Avoidance (from people, society, stress, routine)

Note(s): Kappa=0.71

Source(s): Author's own creation

On the contrary, the negative features of the participants from recreational activities include the psychological theme that is seen as a waste of time and reflects the mental characteristics that do not meet expectations, the environmental theme that meets the weather and nature conditions, and the physical theme that reminds them of fatigue and inability to rest. Negative experiences compromise the extrinsic-environmental aggregate dimension, which includes the

environmental theme, and the intrinsic-personal aggregate dimension, which includes psychological and physical themes. While the extrinsic-environmental aggregate dimension refers to the effects of the experiences that individuals have obtained from the external environment, the intrinsic-personal aggregate dimension consists of the individual's own perceptions or perceptions, feelings, and images that belong entirely to the individual.

Table 4. Characteristics of negative experiences obtained by participants from recreational activity

Aggregate Dimension	Theme	Code
Extrinsic-Environmental	Environmental	Temperature
		Noise pollution
		Landscape-lack of green space
		Environmental pollution
		Boring
Intrinsic-Personal	Psychological	Oppressive
		Difficult
		Bad
		Waste of time
		Not meeting expectation
	Physical	Tiredness
		Inability to rest

Note(s): Kappa=0.94

Source(s): Author's own creation

The participants' opinions on their motivation to participate in outdoor recreational activities were divided into five themes. Social motivation aims to improve family friend relationships and social interaction in individuals participating in recreational activities. Participant opinions regarding this theme are as follows: "...the most basic factor in participating in an outdoor activity is to do something with friends..." (K22). "...close friends of mine and I of them are constantly motivating each other to do something, and I love interacting with new members to join our group at outdoor activities. It is also important to participate for personal development and socialization..." (P38). While physical motivation is related to health, weight control, and fit appearance, environmental motivation reflects the positive and negative characteristics of being in nature, the attractiveness of the environment, and the place where living or recreational activity will be performed. Opinions on physical motivation: "... walking and climbing in nature not only fascinates me but also makes me look physically fit..." (P45). Participant views on environmental motivation are as follows: "... getting rid of the crowded and oppressive atmosphere of city life and breathing in the open air are important things that motivate us in our work or in our lives..." (P8). "...being outdoors, in nature, and feeling like I am a part of nature relaxes me..." (P12). "... it is vital for me to get away from the crowd, see new places and enjoy nature..." (P66). Personal requirements include motivation, life responsibilities, other life obligations, and economic status. Opinions on the theme of personal requirements: "... I like to do outdoor activities such as running, city tour, walking, etc. instead of doing an activity in indoor areas (cinema, mall trip, fitness, etc.) and it costs almost nothing..." (K80). "...to relieve the stress of school..." (P2). "...the daily obligations I have to do make me very tired and worn out, so I have to protect myself from these effects..." (P81). Lastly, spiritual regeneration-health motivation reflects personal needs such as self-discovery and self-evaluation; personal feelings such as freedom and happiness; escape from the environment; and getting away from personal negative

emotions such as mood and spiritual renewal, as well as personal well-being towards relaxation. Opinions on spiritual regeneration-health motivation: "... running away from people, city, and life..." (P22-32). "...the desire to relax, get rid of my bad mood and loneliness..." (P26). "...spiritual depression..." (P89). "... calmness and peace..." (P3-39-75). "...renewing myself, regaining my energy..." (P33). "...city life, indoor areas, daily routine, and responsibilities consume me and take away my freedom. Outdoor offers freedom, happiness, and distraction..." (P91). The theme of spiritual regeneration-health consists of categories-features based on mental relaxation, such as peace and well-being, aimed at getting rid of internal negative situations, such as boredom and depression, and at the same time based on internal positive characteristics, such as freedom and fun. The environmental theme is composed of the nature-weather conditions category, which reflects attractions worth seeing and the desire to be in nature, and the inhabited city category, which indicates features such as crowding and transportation status. Whereas the social theme characterizes the categories of friend groups and socialization, the theme of personal requirements refers to the categories of economic and favorable conditions.

Table 5. Motivation to participate in outdoor recreational activities

Theme	Category	Code
Social	Fellowship	Spending time with friends
		Friend environment
	Socialization	Socialization
		Interaction
Physical	Physical	Doing physical activity
		Physical well-being
Environmental	Nature-Weather Conditions	Weather conditions
		Environment
		Attractions worth seeing
		Clean air
		Being in nature and loving nature
	City of Residence	Weather conditions
		Seeing new places
		Inadequacy of the city
		Crowd
		Transport
Personal Requirements	Economic	Monetary-material adequacy
	Suitable Conditions	Enough leisure time
Spiritual Regeneration-Health	Intrinsic Positive	Advice from others
		Freedom
		Loneliness
		Exploring
		Curiosity
		Fun
		Adventure
		Happiness
		Memory hoarding
	Intrinsic Negative	Time passing
		Boring
		Depression
		Avoidance (from people and routine)
		Avoidance of stress
		Avoidance of future anxiety
		Mood
		Feeling good
		Peace
Relaxation-Health	Obtaining energy	
	Spiritual renewal	
	Silence-calmness	
	Relaxation	

Note(s): Kappa=0.76

Source(s): Author's own creation

Participation constraints for outdoor recreational activities are based on the framework of constraint categories expressed as intrapersonal, interpersonal, and structural, developed by Crawford and Godbey (1987), which is widely accepted in the literature, since it is consistent with participant views. Intrapersonal constraints refer to internal psychological characteristics, situations, and qualities; interpersonal/external constraints refer to interpersonal and situational characteristics experienced by individuals (Palen et al., 2010). Structural constraints emphasize the factors that fall between leisure preferences and individuals' participation (White, 2008).

Table 6. The constraints of participating in outdoor recreation activities

Theme	Code
Intrapersonal	Difficulty meeting new people
	Security-anxiety (perception of getting hurt, getting sick and losing time)
	Perception that activities will be challenging
	Impatient behavior
Interpersonal	Lack of friend group or circle group (accompanying)
	Conflict-divergency
	Lack of leader-guide
Structural	Lack of time
	Cost-lack of money
	Lack of knowledge (for opportunities to participate in activities)
	Weather and environmental conditions
	Transport
	Crowd
	Lack of equipment
	Inconvenience of activity time (school density-life responsibilities-problems from living in dormitory)
	Limited opportunities due to the location of the city

Note(s): Kappa=0.81
Source(s): Author's own creation

Participants' views on strategies for negotiating the constraints of participating in recreational activities were divided into six themes. Mueller et al.'s (2019) conceptualization of negotiation strategies as planning, financial, social, and skill is consistent with the four themes obtained in the research. The codes for negotiating with the constraints obtained in the research, such as cost, time, lack of information about opportunities, security, and lack of program for certain segments-time mismatch (Table 6), coincide with the themes revealed by Stodolska et al. (2020). Lyu et al. (2013) found that the social, health, cost, trust, weather conditions, time, and commitment dimensions are similar in the context of research strategies for negotiating with the constraints of participation in activities. Also, Jackson et al. (1993) and Lee and Scott (2009) divided the strategies of negotiating with constraints into two categories as cognitive and behavioral strategies, and this classification was based on the aggregate dimension within the scope of the research. Jackson et al. (1993) underlines that cognitive strategies are based on the mechanism of reducing cognitive dissonance and points out that unselected or restricted activity alternatives are devalued by the participants. Thus, participating in the activity created a sense of insignificance in the eyes of the participant. In other words, a person tends towards a rationalization strategy in the context of self-protection psychological behavior. In this respect, the theme of escaping ignoring can be placed under the cognitive aggregate dimension. Behavioral strategy, on the other hand, involves seeking alternative actions related to leisure time

itself, that is, exhibiting a behavior instead of ignoring or escaping, and also changing the individual's behaviors towards meeting responsibility and compulsory needs (Lyu & Oh, 2014). In this context, personal skills and environmental, social, planning, and financial themes can be placed under the behavioral aggregate dimension.

Table 7. Strategies for negotiating constraints to participate in outdoor recreation activities

Aggregate Dimension	Theme	Code
Behavioral	Personal Skills	Using the skills
		By adopting a solution-oriented approach
		Positive thinking/Focusing on loved things
		Stubborn-belief behavior that can be overcome
		Taking advantage of dealing with difficulties earlier
	Environmental	By thinking about the good things to be achieved and being psychologically motivated
		Precautions for safety (injury, illness, environmental risk)
		Measures for transportation
		Considerations for weather-nature conditions
		Complaint to relevant organizations
Cognitive	Social	Family and friend support
		Support from experienced people who have faced similar problems before
		The expectation that others will find solutions to my difficulties (guide, organization owners, etc.)
	Planning	By planning
		By preparing a roadmap for the solution Developing a solution-oriented strategy/ Behaving proactively
	Financial	Seeking support in financial matters
Finding support to obtain the necessary equipment		
Covering the cost by reducing various expenses		
Cognitive	Avoid-ignore	Let it flow
		Leave the environment / abandon the organization
		Accepting with low expectations
		Recognizing that adversity is constantly encountered

Note(s): Kappa=0.86
Source(s): Author's own creation

Participants' opinions at the decision-making stage about participating in another activity after the constraints encountered in outdoor recreational activities were presented under three different headings. Under heading "not participation," codes of prejudice, disappointment, and fear of negative experiences are given. In this respect, it can be inferred that the tendency of the participants to be prejudiced and not risk the same disappointment again, according to their previous experiences, pushes them to adopt a behavior such as not participating in the next activity to avoid having a negative experience. Under the title of "participation," the codes of struggling with difficulties, providing motivation, gaining experience, and acceptance are given. It can be deduced that the participants can struggle with and even endure these difficulties based on their previous negative experiences, that they may tend to ignore negativities because they are already used to negativities, and that these negativities can create an important motivation and experience in individuals. In this context, it can be inferred that the participants can struggle with and even endure these difficulties based on their previous negative experiences, that they may tend to ignore negativities because they are already used to negativities, and that these negativities can create an important motivation and experience in individuals.

Table 8. Factors affecting participation in activities in case of constraints encountered in outdoor activities

Recreation Activities		
Not Participation	(-) Conditional Participation (+)	Participation
Prejudice	Economic	Tackling Challenges
Disappointment	Social Environment	Providing Motivation
Fear of negative experience	Mood	Gaining Experience
		Acceptance (habit, endure, and indifference)

Note(s): Kappa=0.86
Source(s): Author's own creation

In the last title, the participants pointed out that they can participate in the activities on a conditional basis, in the form of “conditional participation,” depending on whether people feel good or not. The constraints that affect this conditional participation are presented in economic, social, and mood codes.

5 DISCUSSION AND CONCLUSIONS

The experience of the Z generation from the recreational activities they carry out in the outdoor areas, their motivation, and constraints to participate in the activities, and the strategies of negotiating the constraints; in other words, the recreation tendencies of the Z generation based on the theory of leisure constraints have been investigated in a wide framework. All research participants were members of the Z generation, and the majority of the participants (69.5%) were female. The predominance of Generation Z and female participants means that analytical generalizations, that is, broad insights and general findings, can be made within the framework of the qualitative research method in the context of these groups. The average amount allocated to recreational activities by 76.8% of the participants was between 0 TL and 600 TL. Although this amount is seen as little or a reasonable budget, Rahimi and Stylos (2022) and İlhan et al. (2022), the characteristic features of the Z generation—being determined and ambitious in achieving personal goals, and being fond of their freedom—show that the economic adversities they encounter in performing recreational activities are not substantial or vital for the members of the generation. Jiang and Hong (2021) similarly emphasized that their growth in an economically difficult period pushed them to act more carefully and pragmatically with their income. Besides, rather than showing that the members of the Z generation are frugal-reluctant about spending and consumption, it indicates that although they have limited opportunities to realize their goals or dreams, they are courageous, solution-oriented, and never give up on tackling difficulties.

The members of the Z generation participated in 13 different activities in terms of the types of recreational activities carried out in the outdoor areas. Participants carried out only “city tour and concert” activities in terms of participating in social, artistic, and cultural activities held in outdoor areas in city centers. This is because the participants live in Siirt province or small-developing cities close to the province of Siirt in terms of geography or because the participants are not open to different outdoor recreational activities; in other words, Z generation members are digital natives (Robinson & Schänzel, 2019); that is, they are intertwined with technology. In addition, city tours, concerts, and meditation activities in outdoor areas and parks were at the forefront among the activities carried out by the participants. This supports the view that the participants could not participate in different activities due to the limitation of outdoor recreational activities in the city in which they live. Although cities have turned into places that create problems for people, approximately three out of ten people (30.3%) cannot stay away from the comfort and charm of cities. As for outdoor activities held on the university campus, the situation is not different from that of city centers in terms of the type of

activity. The only recreational activity on campus was cycling. In contrast, the participants were active in outdoor recreational resources within the scope of this study. However, the number of participants in activities held in nature parks and national parks is low. Indeed, according to data from the US National Park Service, national parks will receive approximately 312 million recreational visitors in 2022 (National Park Service, 2023). By 2022, the US population was predicted to be approximately 334 million (Census, 2023). Almost every US citizen visited a national park. When a similar comparison is evaluated in the context of research participants – Z generation members—it can be said that it is still in its infancy in the context of visiting national parks and natural areas with 10.9%. Lastly, Z generation members tend to prefer outdoor recreational activities (camping, mountain climbing, etc.) that require equipment less due to their lack of economic freedom or low income.

The experience of the Z generation from outdoor recreational activities consists of positive images and environmental, physical, and psychological negative images that provide personal development and pleasure and enable health-spiritual regeneration. Rahimi and Stylos (2022) argue that the experience gained from tourism/recreation by the Z generation has three main effects: immediate effects (related to family, friends, and local events), destination-environment effects (socio-political, cultural, and physical aspects), and global effects (including climate change, terrorism, financial volatility, geographical policies, and technological developments). The experience effects observed in this study among generation Z partially align with the effects proposed by Rahimi and Stylos (2022). However, global effects, such as escape and spiritual renewal due to technological development, were relatively rare in the research findings. Noteworthy characteristics of the Z generation include their determination to actively pursue societal goals and their role as micro-influencers, shaping the world according to their desires. In another saying, the generation tends to take active responsibility to change the society and the world for the better. Also, while the global impact of the experience gained from outdoor recreation activities is limited, it is more significant concerning immediate and destination-environmental effects. Participants’ experiences primarily revolve around these two categories. However, when examining the effects of the recreational activity (Table 3-4), participants’ opinions are based on individual-personal effects, which are not accounted for in the classification. Individual-personal effects consist of personal psychological and physical positive and negative features that enable various personal development, hedonic, and spiritual regeneration. Therefore, the classification proposed by Rahimi and Stylos (2022) can be extended as a fourth category of individual-personal effects in the context of outdoor recreational experience effects. The Z generation has tendencies towards individual and instant effects much more than global and environmental effects in terms of the effects of the experience they get from recreational activities. In this regard, similar to post-modern tourist behavior, the expectations of the Z generation regarding recreational activities revolve around seeking individualized, authentic, pleasure-based experiences that bring physical and spiritual well-being. However, the outcomes of these experiences are

influenced more by internal factors than external negative aspects.

The views of the Z generation on the motivation to participate in outdoor recreational activities are divided into 5 themes (inspired by the dimensions of the motivation scale developed by Masters et al. (1993)). The push and pull model, made functional by Crompton (1979), is widely used in the literature in terms of examining leisure travel motivations (Shi et al., 2012). The codes of the 5 themes cover most of the motivation dimensions developed by Crompton (1979). The difference in the present research is due to the motivation to participate in outdoor recreational activities and to be presented based on 5 themes that are more holistic and at the same time inclusive. The main-intensive motivations of the Z generation for participating in outdoor activities comprise of environmental motivations created by the natural conditions and the city categories they live in, and the characteristics of the spiritual renewal-health theme forming of internal positive and negative motives and relaxation categories. When the motivation features are evaluated in general, it is important that the internal-personal motives of the Z generation members are more important than the external factors. In other saying, the internal-personal motives of the Z generation members cover or occupy a more important space in their minds than the external factors. While it includes the features that come to the forefront in the context of internal personal motives, escaping from or getting rid of negative emotions, or alleviating emotions, psychological well-being and physical and mental regeneration stand out in terms of recreational activities for Z generation members. In terms of external factors, the desire to be in the natural environment, natural attractions and the features originating from the place where the living or recreational activity is carried out are important. Opinions of the participants-Z generation members on the factors that constraints participation in outdoor recreational activities are discussed under 3 themes. The prominent theme of the Z generation to participate in recreational activities is external constraints. Structural constraints are related to the external environment (Covelli Metcalf et al., 2015) and while they are related to constraints such as inappropriate transportation, financial, and work commitment, they usually emerge after leisure preferences are developed (Lyu et al., 2013). The constraints of the Z generation to participate in recreational activities consist of the features that limit participation in recreational activities under the structural theme, such as time, cost, lack of information, transportation, lack of equipment, themes of weather and environmental conditions (similar to the dimensions-themes in the studies by Stodolska et al., 2020; Lyu et al., 2013), crowding (Walker & Virden, 2005) and especially the opportunities offered by the city. Difficulty meeting new people, challenging activities, safety-anxiety elements express the intrapersonal constraints of generation Z in participating in recreational activities. The reason for the emergence of these elements-themes may be due to the fact that the members of the Z generation are born into the digital world and grow up in the digital world, and therefore have difficulties in face-to-face communication. Besides, the members of the generation spending long periods in indoor areas may cause difficulties in activities performed due to lack of physical activity in sports and outdoor areas and may lead to safety and concerns

such as injury, illness, and loss of time, especially due to going out of their control area, that is, outdoors. Finally, interpersonal constraints consist of lack of peer group or environment, conflict, and lack of guide-leader. Although the Z generation tends to be free, they are in need of guiding person/s as well as looking for people who support their participation while performing outdoor activities. This may be due to their need to share the risk and the uncertainty with other members of the group, that is, the outdoor activity carried out in the outdoor areas can be caused by the lack of experience. The theme of conflict-divergency points out that the dialogue-enhancing and collaborative characteristics of the Z generation are not valid in the context of participating in outdoor activities.

The coping-negotiation strategies of the Z generation members in participating in outdoor activities were discussed in the context of 6 themes and the aggregate dimension of behavioral and cognitive negotiation strategies. Members of generation Z widely use the aggregate dimension of the behavioral negotiation strategy and the theme of personal skills to overcome the constraints they face. In this regard, it is understood that the Z generation is determined to achieve their individual goals and they tend to seek solutions in line with their own abilities on a large scale. Indeed, Jun and Kyle (2011) emphasized in their study that behavioral strategies are used to alleviate various constraints at interpersonal and structural levels, while cognitive strategies are used to alleviate several internal constraints and stated that people tend to prefer behavioral strategies primarily against the constraints they encounter. On the other hand, as stated by Covelli Metcalf (2015), constraints and constraints negotiation strategies match-overlap, in other words, solution strategies for constraints are being developed. In this context, whereas the Z generation encounters structural-external constraints on a large scale, they prefer personal skills on a large scale, and behavioral negotiation strategies when considered from a broader perspective. Additionally, although the Z generation is generally talented in producing solutions and developing strategies, they tend to prefer the aggregate dimension of cognitive negotiation strategy such as ignoring, accepting and escaping-giving up on negotiation with the constraints of participating in outdoor activities.

The opinions of the members of the Z generation in the context of participating in the next activity in case of encountering constraints while performing outdoor activities were assessed under three headings as "participating, not participating and conditional participation". While there are codes of prejudice, disappointment, and fear of negative experience under the heading of not participating, these three codes are placed under the theme of stereotypes. Among the distinctive features of the Z generation is the absence of stereotypes about any subject or situation, but this is not the case in outdoor activities. The members of the Z generation tend to have stereotypes about participating in outdoor activities due to the negativities, fears, and bad beliefs to be experienced. The members of the Z generation participate in an activity even if they experience negativity in terms of having a circle of friends, having sufficient economic conditions, and feeling personal well-being, but they prefer not to participate in the opposite case. Also, the negativities experienced by the members of the Z generation can create a source of strength such as motivation, fighting spirit and

experience in terms of participating in activities, while sometimes negativities can cause acceptance.

5.1 Theoretical and Practical Implications

The research has a number of theoretical and practical implications. In the way of theoretical implications, first, the research has presented a deep, holistic, and comprehensive framework to the literature by considering the behaviors, attitudes, and experiences of Generation Z members-university students towards outdoor activities in the context of leisure constraints theory. Second, the classification proposed by Rahimi and Stylos (2022) as immediate, destination and global effects for the effects of experience gained from tourism-recreational activities has been expanded and rearranged in the context of outdoor recreation, and a new category has been proposed as individual-personal experience effects. Third, the push and pull model, which was transformed into a functional one by Crompton (1979), was adapted to the outdoor recreation area on the basis of 5 themes: social, physical, environmental, personal requirements and spiritual regeneration-health. Leisure constraints in the form of internal, interpersonal, and structural, developed by Crawford and Godbey (1987), were presented with a similar theming in the context of outdoor recreation, and it was seen that there was a valid classification in terms of outdoor recreation as well. Fourth, strategies for coping and negotiating with constraints Jackson et al. (1993) and Lee and Scott (2009) classified it as cognitive and behavioral. The aggregate dimensions suggested within the scope of the research overlap with this classification, and the difference in the context of outdoor recreation is based on the theme. While cognitive strategy is handled in the context of avoidance-ignoring theme, behavioral strategy consists of personal skills, environmental, social, planning, and financial themes. Last, a behavior matrix is presented on how the constraints encountered in participating in a recreational activity shape the behaviors of Generation Z members.

As for the practical implications, Lyu et al. (2013) highlighted that constraints play a vital role in the decision-making process to participate in desired activities and help individuals to better understand the reasons for leisure behavior and choice. Economic situation, internal and social characteristics are the factors that affect positively and negatively the behavior of Generation Z members in participating in activities. Internal characteristics and acceptance by the group and society are significant determinants of participation behavior. Similarly, the most determining element in the behavior of not participating in activities is internal characteristics (fear, prejudice, and disappointment). The main element that affects Generation Z individuals' participation in activities are spiritual well-being, renewal, and health characteristics, that is, internal characteristics. When it comes to constraints on participation in activities, structural features, that is, external factors, are the strongest constraints affecting individuals within the scope of the research, as Alexandris et al. (2017) stated (time and cost), Generation Z individuals try to overcome these constraints by exhibiting reaction behavior, and in this regard, their most important strategies are personal skills. In this respect, the recreation industry, local government, university administrations and planners need to provide support, such as equipment supply and economic

contribution, for Generation Z members to participate in activities, and organize organizational arrangements such as training, courses and events that will strengthen their personal development to overcome the constraints they face. Goh and Okumus (2020) underlined that members of Generation Z are an important rising group within the total workforce today and emphasized that Generation Z has some important characteristics such as self-confidence in the work environment, embracing team-group dynamics, desiring workplace pleasure, and seeking career security. These characteristics are also important qualities sought in personnel working in the recreation industry, and in this respect, Generation Z stands out as important players for the recreation industry. The motivation of Generation Z members towards a job varies depending on the working climate, their managers, and the conditions the business provides them. For motivation, Generation Z needs the touch of a magic hand from outside, that is, someone or something to trigger them (Kavak & Şener, 2021). Singh and Dangmei (2016) indicate that in this respect, generation Z has very different requirements and motivation characteristics than generations X and Y. In this regard, the need for a different workforce management is obvious. For instance, the motivation of Generation Z members in the work environment can immediately decrease and increase. The reason for this is that they quickly get bored of the work conditions and cannot tolerate the conditions. To overcome this situation, a business decided to create a club within itself. The business has noticed that through this club, their employees increase their retention and well-being. In this context, it is clear that such activities within the business are crucial for Generation Z members (Kavak & Şener, 2021), and it is essential for businesses' human resources management to develop strategies that will support the social lives of Generation Z members, especially their leisure time behavior and tendencies, in terms of reducing workforce turnover rates and the happiness of employees. Further, as Marx emphasized, in the context of "reproduction of labor power", recreation increases the decreasing work efficiency by providing spiritual renewal and physical rest for individuals through recreational functions (Özel, 2002). Revealing the leisure time tendencies of Generation Z can provide concrete outputs to businesses in terms of increasing employee productivity. Furthermore, understanding the leisure time behaviors and preferences of Generation Z is vital in terms of improving the business-consumer relationship in the recreation industry and providing competitive advantage for businesses, considering that they will represent a large group in the future.

5.2 Limitations and Future Research Directions

The fact that the paper was based on qualitative-exploratory methods caused some limitations. Since the nature of qualitative research is based on obtaining in-depth information on a limited sample, research results cannot be generalized as in quantitative research methods, on the contrary, broad insights, and general findings can be made. The research was carried out on the members of the Z generation, who have limited economic opportunities and have limited time due to being university students and staying in dormitories, while examining the behaviors of Siirt University students-Z generation members towards outdoor activities in depth in the context of leisure constraints theory.

Indeed, Alexandris and Carroll (1997) underline that economic conditions are an important variable in the participation of university students aged 18-25 in recreational activities. In this regard, the economic conditions of the students are important in the recreational preferences of Generation Z university students, and this is an important limitation for present study. Also, the scope of the research was limited to recreational activities performed in the open area. In terms of future studies, this limitation can be removed and their general tendencies towards recreation or their behaviors towards indoor or digital recreation due to spending long periods indoor areas due to high dependence on the internet and smart technologies can be discussed in the context of similar or different theories. Time is an important parameter for the Z generation (Rahimi & Stylos, 2022) and because of the generation's technology adoption velocity and technology-oriented habits, the recreation industry and activity planners, on one hand, support traditional recreation products with various smart applications, on the other hand, need to develop strategies for important tools of digital recreation such as metaleisure, virtual-augmented-mixed reality, digital games, and simulations. Thus, as underlined by Rahimi and Stylos (2022), by developing products based on the general behavior and recreational tendencies of the Z generation, to create high connections with the rising Generation Z, bridges can be built between the enterprises and goals and at the same time, relationships/connections can be kept vivid or bustling. Further, studies can be conducted to determine the effects of digital technologies on the daily lives of Generation Z members and manage these effects (Turhan & Tutar, 2023), to create personalized digital recreation activities for members of Generation Z based on their interests and to determine the behavioral patterns of this generation regarding participation and consumption of digital recreation activities (Baran & Karaca, 2023). Furthermore, the study can be extended through qualitative-quantitative and mixed methods in the context of different geographies, cultures, and Z generation members.

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