

## **The Conceptive of Risk of Outdoor Adventure Activities Influence on an Individual's Self-Confidence**

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The risk when engaging with adventure activities could affect differently on the physical and mental wellbeing of a person. There are two types of adventure 'soft adventure and hard adventure (Hudson, 2003) so it includes hard and soft risk. Humans are believed to comprehend risk through two fundamental mechanisms, an "analytic" system and an "experiential" system (P.Solvic, M.L. Finucane, E. Peters, D.G. MacGregor, 2004). Hence, this research study focuses on the conceptive of risk of outdoor adventure activities' influence on an individual's Self-confidence. Researchers are found that adventure risk impacts mind and health. But according to the literature review, there is no conceptualization. Also, in the Sri Lankan context, much research has been done on adventure activities and adventure locations. But there is a paucity of research on outdoor adventure risk. Therefore, there is a lack in the knowledge domain in terms of conceptualization and construct development for further empirical studies in the field. The field of outdoor adventure management has not developed empirical tools to measure the impact of outdoor adventure risk on an individual's Self-confidence with a particular concern in the Sri Lankan context. Therefore, this research study fills the gap in terms of the measurement of outdoor adventure risk impact on an individual's Self-confidence. A qualitative approach has been adopted with thematic analysis methods to answer the research question along with the main objective. The PRISMA methodology coded the content of each of the 35 journal articles based on the themes to identify the latent idea of the phenomenon. Content and construct validity methods were used to confirm the items related to the factors. It was 10 items that were above the value of the content validity of individual items (I-CVI) than 0.8 out of 7 items originally developed. Only 7 items were agreed by raters which were at a level of 1 in terms of I-CVI. Any researchers who have an interest in the field of outdoor adventure can use the conceptualized model which has 8 factors to measure the risk of outdoor adventure activities influence on an individual's Self-confidence with empirical validation.

Keywords: Outdoor adventure; Risk; self-confidence; Self-efficacy; content analysis

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