



Relationship Between Sensation Seeking and Risk-Taking Behavior on Mountain Climber

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Abstract

The background of the research is the importance of risk-taking behaviour for climbers in making decisions before climbing, both physically and financially. This study aims to determine the relationship between sensation seeking and mountain climbers' risk-taking behaviour. This research uses quantitative research methods. The sampling technique used was the saturated sample technique. The total population and sample consisted of 80 Jejak Angin Alas community climbers. This research data collection using a questionnaire. The data analysis technique uses the product-moment correlation technique. The results of this study indicate that there is a significant relationship between sensation seeking and risk-taking behaviour in mountain climbers. In this case, it can be interpreted that the higher the sense of seeking possessed by mountain climbers, the higher the risk-taking behaviour they receive.

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INTRODUCTION

Mountain climbing is an extreme sport that has a high level of risk. Even so, mountain climbing is an increasingly popular and famous activity in Indonesia. The increasing popularity of climbing the mountain is due to the natural conditions in Indonesia, which has many mountains. (Immadudin, 2020). Climbing mountains is the same as hiking activities, but hiking can not necessarily be considered mountain climbing (Nur et al.,

2020). Hiking is an activity carried out in the open, such as on hills, combing rice fields and plantations, and can be done anywhere (Firmana, 2018). While on the ascent of Mount Bakhri et al. (2020) explained that there are activities commonly called camping to improve cooperation skills in the wild in mountain climbing. Mountaineering is a sport that requires physical activity carried out in unstable nature and often in unpredictable weather conditions. Mountaineers need the

capacity to stay focused and pay attention to any given situation (Monasterio et al., 2014).

Mountain climbers can be categorized into two, namely beginner climbers and professional climbers. Beginner climber is a term for climbs with minimal mountain climbing experience, such as lack of experience to prepare, lack of self-equipment, lack of basic climbing knowledge, and lack of direct experience in the field. At the same time, a professional climber is a term for someone who climbs a mountain and is proficient and has much experience in climbing activities. Such as mastering the disciplines of climbing, understanding the risks faced, knowing the rules of climbing, having adequate equipment, having good preparation, knowing the steps of climbing, being able to do survival, and knowing first aid (first aid in an accident), attend climbing training, and allow climbing as a profession (Erone, 2010).

Mountain climbing activities are synonymous with activities that take days to carry a large bag load, survive in the wild and create fear of something that is not wanted by climbers (Suryanto & Sari, 2020). The risks mountain climbers face during climbing activities are hypothermia, which causes a person's body temperature to drop drastically due to cold weather, hypoxia, which causes low oxygen levels in cells and tissues, falling rocks, landslides, and attacks by attacks wild animals, and other risks that may arise. Can cause fatal physical injury to the risk of death (Aras et al., 2018).

Mountain climbing is one of the extreme sports activities climbing which often requires rock climbing skills (Alawi et al., 2022). This makes it a sport with a high risk of physical injury to death. However, mountaineering has continued to increase in the last 15-20 years. It has become one of the fastest-growing outdoor activities or outdoor sports (Monasterio et al., 2014).

Mountain climbing is included in the group of sports associated with risky behaviour with a high level of risk (Agilonu et al., 2017). People who participate in mountain climbing activities tend to face risks when doing climbing activities (Aras et al., 2018). There are two types of risk areas that occur when climbing a mountain: primary risk and secondary risk. A primary risk is a threat outside the individual or from the environment, such as steep terrain, heavy hiking trails, extreme weather, landslides, wild animal attacks, sulfur gas, and other natural disasters. A secondary risk is a threat that arises from oneself or others, such as fatigue, congenital disease, logistical deficiencies, getting lost, inability to adapt to temperature changes, and hypothermia (Fajar & Lutfi, 2017).

Researchers have also conducted preliminary studies through interviews with 15 professional mountain climbers who follow the climbing community. The preliminary studies show that some climbers often do climbing activities more than three times and climb mountains between 1,000 – 3,500 meters above sea level. Based on the interview

results, it was found that mountain climbing is a sport with many risks. The risks obtained are in the form of physical and non-physical risks. Physical risks such as fatigue, previous injury, cold to hypothermia. Non-physical risks include steep terrain, difficult climbing paths, poor water management, drastic changes in air temperature, and unpredictable weather. Even though climbers are aware of the risks during the ascent, they still want to climb again.

The extreme sport of mountain climbing is a form of risk-taking behaviour. Risk-taking behaviour, which can be called risk-taking behaviour, puts a person at risk, involving physical, emotional, social, and financial (Purwoko & Sukanto, 2013). Trimpop (1994) explains that risk-taking behaviour is a form of consciously controlled behaviour carried out by individuals. The results of the behaviour carried out have the possibility that it is still uncertain in getting the benefits or losses, be it physically, socially, or financially.

Risk-taking behaviour is a form of behaviour carried out by individuals intentionally based on consideration and is carried out consciously that the behaviour carried out has a risk (Woodman et al., 2013). Another opinion, according to Yates (1992), risk-taking behaviour is the behaviour of uncertainty that can lead to positive or negative impacts up to the threat of death. Risk-taking behaviour is a person's tendency to take risky decisions against him (Zinn, 2019). Based on this definition, it can be concluded that risk-taking behaviour is a form of individual decision making that can place the

individual at risk based on consideration and is carried out consciously that the behaviour carried out has a risk.

Trimpop (1994) explains that some people who have high risk-taking behaviour have characteristics such as an individual desire to face a challenge, wanting to be in uncertain situations and conditions, and trying to find solutions when in difficult situations and when faced with problems. , the individual's desire to take risks and avoid possible dangers that threaten. These things are related to each individual's differences in risk-taking behavior

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According to Woodman et al. (2013), Aspects of risk-taking behaviour, namely, (1) deliberate risk-taking, are carried out by individuals intentionally, where individuals remain engaged in challenging activities despite knowing the potential dangers experienced. (2) These are precautionary behaviours that individuals carry out when carrying out challenging activities and individual attachment to preventive behaviour before engaging in risky activities.

The factors that influence risk-taking behaviour are demographic factors and psychological factors. 1) Demographic factors, namely (a) Gender, gender often influences risk-taking behaviour. In the female gender, there are more perceptions that activities with a high risk tend to harm themselves, and women often avoid activities with a high risk. Meanwhile, men are more happy and ready for

activities that pose a risk (Gullone et al., 2000). (b) Age, the age factor can also affect risk-taking behavior, younger individuals perceive not wanting to be involved in risky activities. Meanwhile, someone who has experienced puberty and is an adult is more daring to face risky activities (Gullone et al., 2000). (c) Ability, ability has a significant effect on risk-taking behavior. the greater the individual's ability, the greater the risk-taking behavior the individual accepts (Llewellyn & Sanchez, 2008).

In addition to demographic factors, there are also psychological factors, namely (a) Locus of control, in risk-taking behavior, which has a different role in an individual's life depending on the level of locus of control. Some people exercise control because they believe in their control in confirming their experience of control through risk-taking. However, some individuals also do not have control and risk-taking is carried out as a form of effort to gain control (Zinn, 2019). (b) Sensation seeking, sensation seeking has a significant effect on risk-taking behavior, because the higher the level of sensation seeking, the higher the risk-taking behavior. Zuckerman (1979) explains that individuals who have a high sensation-seeking will accept a higher risk to achieve their goals. (c) Self-efficacy, high-level sensation seekers have the opportunity to increase their self-efficacy with more stimulated situations than low-level sensation seekers (Llewellyn & Sanchez, 2008). (d) Personality, personality has a significant effect on risk-taking behavior, the

type of personality that is often closely related to risk-taking behavior is the extraversion type. Individuals who have extroverted-extraversion personalities have a high sensation-seeking and risk-taking behavior (Gullone et al., 2000). Meanwhile, according to Rolison and Scherman (2002) the factors that influence risk-taking behavior are personality factors, genetic factors, inability to adjust, and sensation seeking.

Sensation seeking is a personality trait that individuals express regarding the tendency to search for varied, new, complex, intense experiences, get a sensation, and be willing to accept the consequences and benefits both physically, socially, and financially in order to get that experience. Zuckerman, 2007). Sensation seeking is a person's desire to search for new, sophisticated, intense, varied experiences and one's readiness to accept the consequences physically, socially, legally, and financially to get an experience (Aras et al., 2018). Arnett (1994) explains that sensation seeking is the need for sensation and the individual's desire to get new and intense experiences.

According to Zuckerman (1994) Sensation seeking is a personality trait possessed by a person to search for sensations, new, varied, complex, and intense experiences, and is willing to accept all forms of consequences, be it physical, social, and financial in order to get the experience. . The search for new experiences indicates a new and extraordinary way of life and a desire to sharpen the mind and emotions. Sensation

seeking expresses one's desire to participate in high-level sports (Breivik et al., 2017). Based on this definition, it can be concluded that sensation seeking is a form of personality trait possessed by individuals related to hedonistic needs and personal desires to get new and extraordinary experiences.

Sensation seeking is influenced by several factors, namely 1) Hereditary factors, genetic factors are one of the main factors that influence the emergence of sensation seeking in individuals, this is due to biological conditions and gene composition in individuals, which causes individuals to have sensation needs. 2) environmental factors, arise because of the social learning obtained by individuals in recognizing, liking, and performing sensation-seeking behavior such as from observation, imitation of parents, friends, society, and other people can provide the possibility for individuals to learn the behavior of searching for sensations, both whether it's a small sensation or a big sensation (Zuckerman, 2014).

According to (Zuckerman, 1983), Aspects of sensation seeking, namely, (a) Thrill and adventure-seeking, show the individual's desire to be involved in unusual sensations, adventurous activities, and sports activities that provide extraordinary sensations a great desire to be involved in activities. physical activity related to speed, tension, and danger. (b) Experience seeking is the desire to get new, extraordinary, and stressful experiences, through sensing, thinking, taking new trips, and living a different lifestyle from

others. (c) Dishinbition, showing the individual's inability to inhibit the urge or desire within himself, (d) Boredom susceptibility, a person's reluctance to face monotonous situations and a person's reluctance to feel bored with daily activities such as repetitive experiences, routine work, people who boring, sleeping, restless etc. Boredom susceptibility causes anxiety in individuals when there are no changes in their lives. Meanwhile (Arnett, 1994) explains that sensation seeking aspects consist of (a) Novelty, which is the need for stimulation and new experiences for individuals. (b) Intensity, is the need for stimulation and experiences that provide sensation, tension, and adrenaline for individuals.

The need for sensation is described as the need for a person to have different, new, and complex senses (Agilonu et al., 2017). Individuals who have a high level of sensation seeking desire to be involved in dangerous situations and enjoy participating in extreme types of sports such as mountain climbing. Zuckerman explained that someone who has a high level of sensation seeking will accept risk or risk-taking behavior. In this case, the individual with sensation-seeking does not ignore the risks obtained, but pays more attention to and prepares for the occurrence of risks and is more daring about the risks obtained to get the desired experience. Individuals who need this sensation judge that the risk-taking behavior that is carried out aims to increase adrenaline and provide a challenge to themselves as far as the extent to

which the individual can withstand the risks that come with climbing the mountain. This shows that, the higher the sensation-seeking you have, the higher the risk-taking behavior you receive. However, individuals with sensation-seeking do not only get negative risks, but also gain something positive within a person (Breivik et al., 2017).

Based on a study conducted by Zuckerman (1979) someone who has a high sensation-seeking accepts more risk to achieve the goals they want. They can experience less anxiety and fear and get more positive sensations even in risky situations. Cronin (1991) also explains that someone with high sensation-seeking prefers to do new challenging activities and pays attention to the risks faced.

Researchers have also carried out preliminary studies on professional mountain climbers who follow the climbing community. The results of preliminary studies show that climbers already know that mountain climbing is a risky activity, even though these climbers often have risk problems, they still feel like climbing again. The main reason climbers want to climb mountains is the desire in their hearts to seek new sensations and get a different experience from each mountain they climb. They also say that climbing the mountain is a pleasure and pleasure itself to relieve boredom and unwind from the busyness of college and work. So the reason they keep climbing even though they know there are risks that occur is because there is a special desire in their hearts to always climb

and love to spur adrenaline. To minimize the risks that will occur when climbing, the climbers prepare things that must be carefully prepared before deciding to climb, such as preparing physically strong by doing relaxing sports and also getting enough rest (Raharjo et al., 2021). They also prepare food and logistics to bring during the hike, mentally prepare to believe in yourself more, prepare financially, see weather conditions through the application, learn the climbing terrain, and invite climbing friends familiar with the hiking trail to reduce the risk of getting lost in the forest. The climbers also revealed that the possibility of a risk when climbing will be smaller by doing such careful preparation.

This is reinforced by research that has been made by Brymer (2010) which says that people who carry out mountaineering activities have a high level of risk, need careful preparation, must be disciplined in climbing rules and have good control. The study's findings also say that not well-prepared individuals do not want to risk their lives by exceeding their abilities.

Zuckerman explained that sensation seeking is related to risk-taking behavior for all types of risks obtained (Breivik et al., 2017). Sensation seekers can accept risk as a possible outcome for their behavior. They like to be involved in challenging activities and new situations to fulfill their sensation-seeking and hedonistic needs (Guszkowska & Boldak, 2010). Sensation seekers also view that doing extreme sports gives them their joy, even with the most extreme risk factors, they can

increase adrenaline which is a sensation for sensation seekers (Agilonu et al., 2017).

Even sensation seekers do not try to maximize the risk they get, they tend to accept the risk as a reward from the sensation-seeking experience. Sensation seekers see the world differently from those who are not sensation seekers. Individuals with low levels of sensation seeking tend to perceive risky situations as a threat and lead to negative consequences. Meanwhile, individuals with high sensation-seeking perceive risky situations as not threatening but as something new and interesting (Purwoko & Sukamto, 2013).

However, sensation-seeking is not always associated with risky behavior. Individuals with high sensation-seeking can try to minimize risk, and individuals with low sensation-seeking do not always show an aversion to taking risks. Thus, risk-taking or risk-taking behavior is more directed to a temporary state that marks the acceptance of individual decisions towards risky behavior. At the same time, sensation seeking is more directed to personality traits regarding the hedonistic need to search for new sensations as a desire to carry out challenging activities caused by personal characteristics and desire to engage in observed physical harm (Apalkova et al., 2021).

Previous research by Dennis Purwoko and Monique E. Sukamto (2013) regarding sensation-seeking and risk-taking behavior in late adolescents at the University of Surabaya showed a significant positive correlation

between sensation seeking and risk-taking behavior in late adolescents at the University of Surabaya, where the higher risk-taking behavior, the higher the sensation seeking. Individuals with high sensation-seeking tend to perceive risky situations as pleasurable (Dennis, 2013). The same thing was also done by (Breivik et al., 2017) regarding sensation-seeking and risk-taking in the Norwegian population which showed that sensation seeking has a positive correlation with risk-taking behavior with the highest physical risk score in the at-risk sports population.

Based on the above background, this study aims to find out more about the relationship between sensation seeking and risk-taking behavior on mountain climbers in the Jejak Angin Alas Community.

METHODS

This study uses a quantitative approach (Ramadan & Juniarti, 2020). The participants in this study were the Jejak Angin Alas climbing community, with a total population of 80 climbers. The characteristics of the subjects used in this study are 1) Following the Jejak Angin Alas community. 2) Male or female. 3) Aged 17-35 years 4) Have climbed the mountain more than five times. 5) Willing to be a research subject. The sample in this study is using a saturated sampling technique. The sample used in this study amounted to 80 climbers.

The instrument in this study used two scales, namely the Sensation Seeking Scale

(SSS) and the Risk-Taking Inventory. The reliability value of the sensation seeking scale with a Cronbach alpha value of 0.853 While the results of the risk-taking inventory reliability test obtained the results of a Cronbach alpha value of 0.759,

The data analysis technique used in this research is the product-moment correlation technique with a significance value less than 0.05. The analysis test in this study was carried out by using the IBM SPSS 26.0 Software program for windows.

FINDINGS AND DISCUSSION

Findings

Based on table 1, the minimum value for sensation-seeking is 52 and the maximum value is 99. The average value is 75.94, and the standard deviation is 10.371. While the maximum value for Risk-Taking Behavior is 28 and the minimum value is 15. The average value is 21.13, and the standard deviation is 3.350.

Tabel 1. Statistik Deskriptif

	N	Mean	SD	Min	Max
SS	80	75,94	10,371	52	99
RTB	80	21,13	3,350	15	28

Based on table 2, it can be seen that the results of the normality test show that the data significance value of the sensation-seeking variable is 0.2. While the data significance value of the risk-taking behavior variable is

0.161. From the two data significance values, it can be seen that the value is more than 0.05 ($p > 0.05$), so it can be interpreted that the two variables in this study are normally distributed.

Tabel 2. Hasil Uji Normalitas

		<i>Sensation Seeking</i>	<i>Risk Taking Behavior</i>
N		80	80
Normal Parameters^{a,b}	Mean	75,94	21,13
	Std. Deviation	10,371	3,350
Most Extreme Differences	Absolute	,040	,091
	Positive	,036	,075
	Negative	-,040	-,091
Test Statistic		,040	,091
Asymp. Sig. (2-tailed)		,200 ^{c,d}	,161 ^c

Based on the results of the linearity test in table 3, the linearity significance value between the sensation-seeking and risk-taking

behavior variables is 0.398. These results show that the linearity significance value is more than 0.05.

Tabel 3. Hasil Uji Linieritas		
Variabel	Nilai Signifikansi <i>Deviation from Linierity</i>	Keterangan
<i>Sensation seeking*risk taking behavior</i>	0,398	Linear

Based on table 4, the correlation coefficient (r) obtained is 0.431, which means the coefficient value is included in a fairly strong category. These results can be

interpreted as a fairly strong relationship between the sensation-seeking variable and risk-taking behavior.

Tabel 4. Hasil Uji Hipotesis			
		Sensation seeking	Risk taking Behavior
<i>Sensation Seeking</i>	Pearson Correlation	1	,431**
	Sig. (2-tailed)		,000
	N	80	80
<i>Risk Taking Behavior</i>	Pearson Correlation	,431**	1
	Sig. (2-tailed)	,000	
	N	80	80

Discussion

The results of this study indicate that there is a relationship between sensation seeking and risk-taking behavior on mountain climbers. This unidirectional relationship means that the higher the level of sensation seeking, the higher the risk-taking behavior mountain climbers face.

Risk-taking behavior is a form of behavior carried out by individuals intentionally based on considerations and is carried out consciously that the behavior carried out has a risk (Woodman et al., 2013). Sensation seeking is a personality trait expressed by individuals regarding the tendency to search for varied, complex, new, intense experiences, and obtain a sensation, as

well as the willingness to get consequences and benefits both physically, socially, and financially in order to obtain these experiences. Zuckerman, 2007).

Aspects that are owned by risk-taking behavior include deliberate risk-taking and precautionary behavior. Deliberate risk-taking is related to risk-taking behavior carried out by individuals intentionally, where individuals remain engaged in challenging activities despite knowing the potential dangers that will be experienced. Meanwhile, precautionary behaviors relate to the precautionary behavior performed by individuals when doing challenging activities and the individual's attachment to preventive behavior before

engaging in risky activities (Woodman et al., 2013).

Even though mountain climbers know that this activity carries risks, they also remain cautious, have careful calculations, and are more prepared regarding preparation before climbing the mountain and minimize the risks obtained when climbing. In addition, these mountaineers also enjoy dealing with these situations, but they still maintain the situation so that they are at risk with a reasonable level or not too dangerous (Woodman et al., 2013).

Factors that influence mountain climbers to engage in risk-taking behavior are demographic factors such as age, gender, type of work, and psychological factors such as self-efficacy, personality, locus of control, and sensation seeking (Zuckerman, 1979).

Individuals who have high sensation seeking tend to have a high risk belief behavior. However, some sensation-seeking individuals also have a good locus of control. Where this will also reduce the risk-taking behavior that will be carried out. This is in line with research conducted by Breivik et al., (2017) that there is a significant positive correlation in all aspects of sensation seeking and aspects of risk-taking behavior with a fairly strong category. This study also shows that sensation-seeking as an independent variable reveals that those who participate in risky sports have a higher significance score on risk-taking behavior than those who do not participate in risky sports.

Siraj et al. (2021) found a significant positive correlation between sensation seeking

and risk-taking behavior in adolescents. Khodaraimi's research (2015) showed a significant relationship between sensation seeking and risk-taking behavior in early adulthood in Iran with a significant value. In addition, the results show that men have significantly higher scores than women's significant scores in seeking sensation and engaging in risky activities.

Another study conducted by Purwoko and Sukanto (2013) showed a significant positive correlation between sensation seeking and risk-taking behavior. The individual has a high sense of need for experience, adventure, tension, lack of self-restraint, boredom easily, and wants to always get new experiences. Individuals with high sensation-seeking tend to be involved in activities that can increase the amount of stimulation they get (Purwoko & Sukanto, 2013). In this case many ways can be done to satisfy the need for individual stimulation.

For mountain climbers, doing risky activities such as mountain climbing is a way to get the sensation-seeking stimulation they need. These results show that on average, mountain climbers in this study have high sensation seeking because they feel bored with monotonous daily activities, repetitive experiences, routine work, and meeting boring people. Boredom susceptibility also shows the presence of anxiety in individuals when their lives do not experience changes. In this case, mountain climbers want to deal with risky activities such as mountain climbing, aiming to relieve fatigue or boredom experienced.

Based on a research study conducted by (Breivik et al., 2017) individuals with high sensation-seeking tend to engage in risky activities, the study also states that an individual who is involved in the type of activity that contains risk is supported by research conducted by (Zuckerman, 2014) which explains that individuals who have a high level of sensation seeking will accept risk or risk-taking behavior. In this case, the individual with sensation-seeking does not ignore the risks obtained, but pays more attention to and prepares for the occurrence of risks and is more daring about the risks obtained to get the desired experience. Individuals who need this sensation judge that the risk-taking behavior that is carried out aims to increase adrenaline and provide a challenge to themselves as far as the extent to which the individual can withstand the risks obtained when climbing on a mountain. This shows that, the higher the sensation-seeking they have, the higher the risk-taking behavior they receive.

CONCLUSION

Based on the results of data analysis using the Pearson product-moment data analysis method, it can be concluded that there is a significant relationship between sensation seeking and risk-taking behavior on mountain climbers.

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