

**THE LIVED EXPERIENCES OF COUPLES IN
ADVENTURE-BASED THERAPY**

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UNIVERSITI SAINS ISLAM MALAYSIA

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ADVENTURE-BASED THERAPY**

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AUTHOR DECLARATION

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

I hereby declare that the work in this thesis is my own except for quotations and summaries which have been duly acknowledged.

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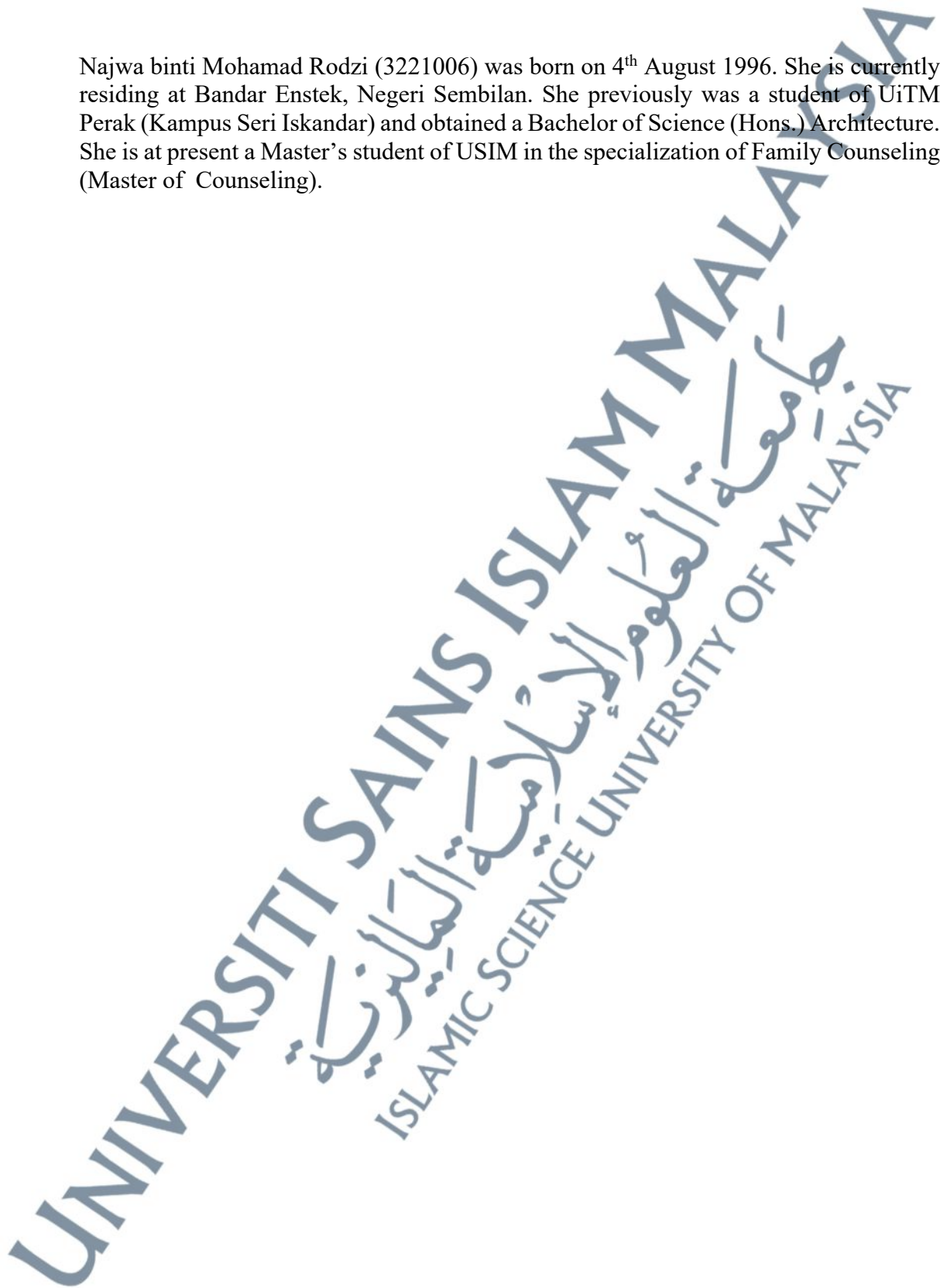
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ABSTRAK

Kajian ini meneroka pengalaman hidup pasangan yang mengambil bahagian dalam Terapi Berasaskan Pengembaraan (ABT) melalui pendekatan penyelidikan naratif. ABT, sebuah intervensi terapi inovatif, menggabungkan aktiviti pengembaraan dengan amalan terapeutik untuk meningkatkan dinamik hubungan dan kesejahteraan individu. Penyelidikan ini bertujuan untuk memahami pengalaman unik, cabaran, dan hasil bagi pasangan yang terlibat dalam ABT. Menggunakan penyelidikan naratif, kajian ini merangkumi cerita peribadi pasangan, justeru memberikan perspektif yang mendalam tentang transformasi emosi dan hubungan mereka. Data telah dikumpulkan melalui temu bual mendalam dengan pasangan yang menyertai program ABT. Analisis yang dilakukan menerangkan tema-tema penting, termasuk peningkatan komunikasi, peningkatan kepercayaan, dan ikatan emosi yang diperkukuh. Pasangan yang terlibat mendapati bahawa dengan menjalani aktiviti pengembaraan bersama, mereka dapat memperkuat hubungan antara satu sama lain serta memberikan sokongan yang diperlukan terhadap pasangan. Kajian ini menyumbang kepada kefahaman tentang impak ABT terhadap hubungan pasangan dan mengetengahkan potensinya sebagai alat terapeutik yang berharga. Penemuan kajian ini menegaskan kepentingan menggabungkan elemen berasaskan pengembaraan ke dalam amalan terapeutik untuk memudahkan perkembangan perhubungan dan pembangunan peribadi yang bermakna.

ABSTRACT

This study explores the lived experiences of couples participating in Adventure-Based Therapy (ABT) through a narrative inquiry approach. ABT, an innovative therapeutic intervention, combines adventure activities with therapeutic practices to enhance relationship dynamics and individual well-being. This research aims to understand the unique experiences, challenges, and outcomes for couples engaged in ABT. Utilizing narrative inquiry, the study captures the personal stories of couples, providing deep insights into their emotional and relational transformations. Data were collected through in-depth interviews with couples who participated in ABT programs. The analysis revealed significant themes, including enhanced communication, increased trust, and strengthened emotional bonds. Participants reported that the shared adventure activities fostered a deeper connection and mutual support. This study contributes to the understanding of ABT's impact on couple relationships and highlights its potential as a valuable therapeutic tool. The findings underscore the importance of incorporating adventure-based elements into therapeutic practices to facilitate meaningful relationship growth and personal development.

الملخص

تستكشف هذه الدراسة تجارب الأزواج المشاركين في العلاج المعتمد على المغامرة وهو تدخل علاجي مبتكر، يجمع ABT من خلال نهج البحث السردي. يعد (ABT) بين الأنشطة المغامرة والممارسات العلاجية لتعزيز ديناميكيات العلاقة والرفاهية الفردية. تهدف هذه الدراسة إلى فهم التجارب الفريدة والتحديات والنتائج للأزواج باستخدام البحث السردي، تلتقط الدراسة القصص الشخصية. ABT المشاركين في الأزواج، مما يوفر رؤى عميقة حول تحولاتهم العاطفية والعلاقية. تم جمع البيانات من وكشفت التحليلات. ABT خلال مقابلات متعمقة مع الأزواج الذين شاركوا في برامج عن موضوعات هامة، بما في ذلك تحسين التواصل، وزيادة الثقة، وتعزيز الروابط العاطفية. أفاد المشاركون بأن الأنشطة المغامرة المشتركة عززت الاتصال العميق على علاقات الأزواج وتبرز ABT والدعم المتبادل. تساهم هذه الدراسة في فهم تأثير إمكاناته كأداة علاجية قيمة. تؤكد النتائج على أهمية دمج العناصر المعتمدة على المغامرة في الممارسات العلاجية لتسهيل نمو العلاقات ذات المغزى والتطور الشخصي.

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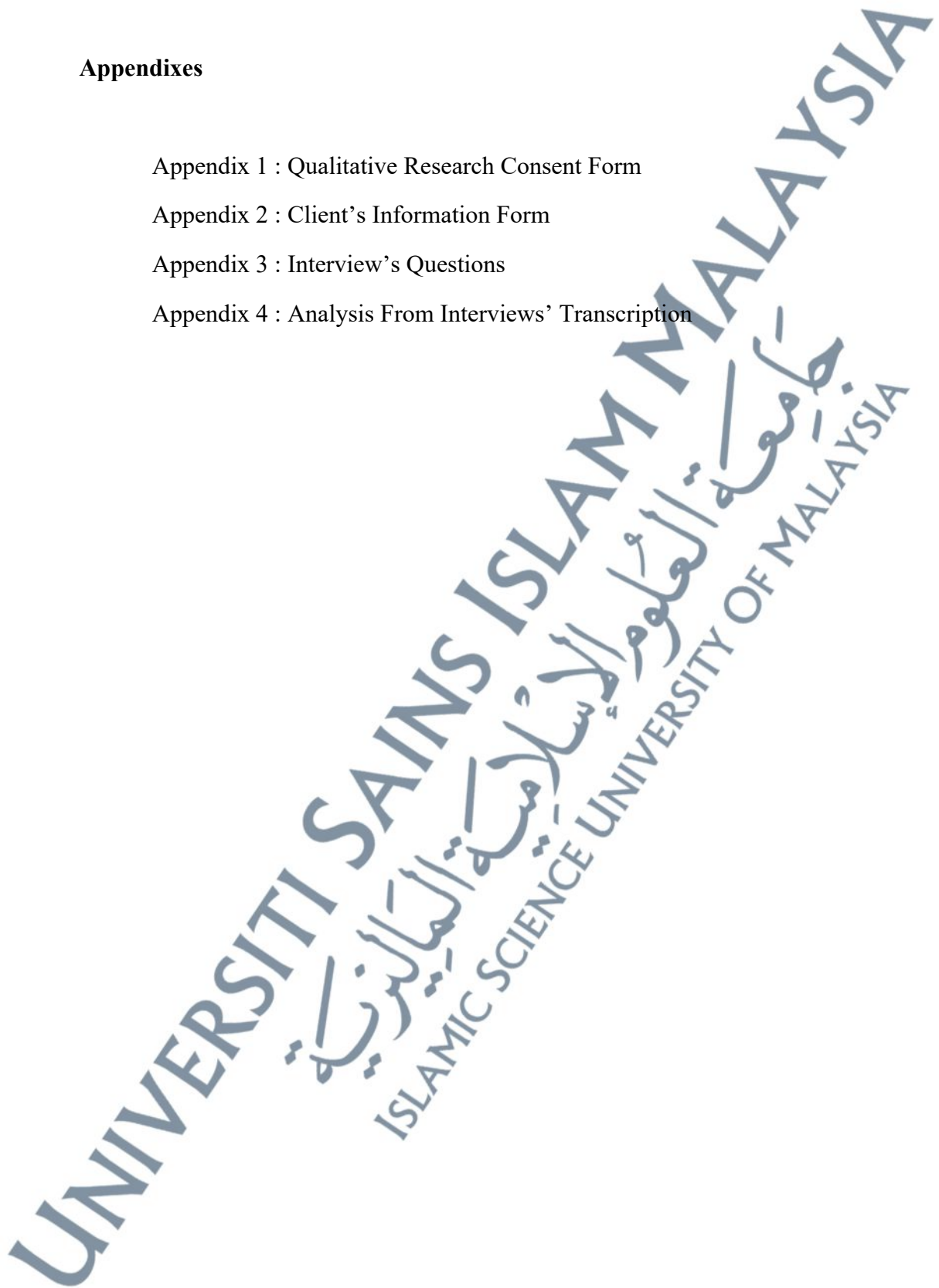
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GLOSSARY

1. **Abstract Conceptualization (AC)** – The stage in Kolb’s Experiential Learning Theory where individuals form theories or concepts based on their reflections.
2. **Active Experimentation (AE)** – The stage in Kolb’s Experiential Learning Theory where individuals test their theories in new situations.
3. **Adventure-Based Therapy (ABT)** – A therapeutic intervention that combines adventure activities with therapeutic practices to enhance personal and relational growth.
4. **Concrete Experience (CE)** – The stage in Kolb’s Experiential Learning Theory where individuals engage in a new experience.
5. **Couples’ Relationship:** The emotional and interpersonal connection between two individuals in a romantic partnership.
6. **Emotional Regulation:** The ability to monitor, evaluate, and modify emotional reactions in various situations.
7. **Experiential Learning** – A learning process where knowledge is created through the transformation of experience.
8. **Experiential Learning Theory (ELT):** A theory developed by David Kolb that emphasizes learning as a process where knowledge is created through the transformation of experience.
9. **Lived Experiences:** The personal and subjective experiences of individuals as they engage in and interpret events in their lives.
10. **Longitudinal Study** – A research design that involves repeated observations of the same variables over long periods.
11. **Narrative Inquiry** – A research method that involves collecting and analyzing the stories of individuals to understand their experiences.
12. **Outdoor Activities:** Physical or recreational activities conducted in natural environments.
13. **Randomized Controlled Trial (RCT)** – An experimental design where participants are randomly assigned to either the treatment or control group to measure the effect of the intervention.
14. **Reflective Observation (RO)** – The stage in Kolb’s Experiential Learning Theory where individuals reflect on their experiences.

15. **Relationship Dynamics:** The patterns and processes of interaction between individuals in a relationship.
16. **Self-Reported Data** – Information provided by participants about themselves, often through surveys or interviews.
17. **Self-Selection Bias** – A bias that occurs when participants in a study choose to participate, potentially skewing the results.
18. **Social Learning Theory (SLT)** – A theory proposed by Albert Bandura that emphasizes learning through observation, imitation, and modeling.
19. **Therapeutic** – Refers to a client's experience that leaves them feeling better, such as happier or more at ease.
20. **Therapeutic Intervention:** A structured approach or treatment designed to address psychological, emotional, or relational issues.
21. **Therapy** – A treatment designed to relieve or cure an illness, disability, or other bodily, mental, or behavioural disorder.
22. **Wilderness Therapy** – A type of therapy that involves outdoor activities in a natural environment, often requiring participants to learn to be independent in the wilderness.

LIST OF ABBREVIATIONS

Abbreviations	Meaning
ABT	Adventure-Based Therapy
AC	Abstract Conceptualization
AE	Active Experimentation
CE	Concrete Experience
CP	Couple
ELT	Experiential Learning Theory
RCT	Randomized Controlled Trial
RO	Reflective Observation
SLT	Social Learning Theory