

APPENDICES

QUALITATIVE RESEARCH CONSENT FORM



PERSETUJUAN TERMAKLUM

Tuan / Puan

Untuk makluman tuan/puan ini adalah merupakan satu keperluan projek penyelidikan bagi pelajar Sarjana Kaunseling (Kaunseling Keluarga), Universiti Sains Islam Malaysia Semester 2 2023/2024 untuk mendapatkan pendedahan kepada pengalaman di lapangan. Adalah diharapkan tuan/puan dapat memberikan kerjasama dan persetujuan untuk ditemuramah dan direkod bagi tujuan penyelidikan tugas ini.

Tuan/Puan akan diminta untuk menjawab beberapa soalan mengenai pengalaman berkaitan penyelidikan *iaitu (The Lived Experience of Couples in Adventure-Based Therapy: A Narrative Inquiry)* Kajian Penerokaan tentang pengalaman hidup pasangan yang mengambil bahagian dalam Terapi Berasaskan Pengembaraan (ABT) melalui pendekatan penyelidikan naratif. Sepanjang sesi temubual dijalankan, maklumat yang diberikan adalah sulit dengan segala perkongsian pengalaman direkodkan dan akan mematuhi prosedur kajian yang telah ditetapkan serta hanya digunakan bagi **tujuan akademik sahaja**.

Sekiranya tuan/puan bersetuju untuk mengambil bahagian dalam temubual ini dan membenarkan temuduga dijalankan mengikut prosedur seperti yang dinyatakan di atas sila tandatangan mengikut maklumat di bawah.

Saya telah membaca maklumat yang tertera di atas dan bersetuju untuk mengambil bahagian dalam projek penyelidikan ini.

Tandatangan :

Tarikh :

Nama klien :

Nama Penemuramah : Najwa binti Mohamad Rodzi



BORANG MAKLUMAT KLIEN

NO. RUJUKAN :

TARIKH :

NAMA :

UMUR :

JANTINA :

BANGSA :

AGAMA :

PENDIDIKAN :

PEKERJAAN :

ALAMAT TEMPAT TINGGAL :

NO. TELEFON : (R) (P) (H/P)

E-MEL :

STATUS PERKAHWINAN :

BILANGAN ANAK :

LATARBELAKANG KELUARGA :

- Ibu (nama/umur/pekerjaan/dll) :
- Bapa (nama/umur/pekerjaan/dll) :
- Perkahwinan (bercerai/dll) :
- Adik-beradik (bilangan/status perkahwinan/dll) :

PENGALAMAN MENDAKI :

TAHAP PENGLIBATAN :

SEJARAH KESIHATAN (fisiologi/psikologi) :

INTERVIEW QUESTIONS:

1. Thinking about your hiking experiences in adventure-based therapy, can you describe a particular moment or trail that had a significant impact on your relationship?
2. In what ways did the physical aspects of hiking contribute to your shared experience and connection as a couple during therapy sessions?
3. Hiking often involves overcoming physical challenges. How did facing and overcoming these challenges together impact your perception of teamwork and support in your relationship?
4. Can you share a specific memory of a challenging situation during a hike and how you and your partner collaborated to navigate and overcome it?
5. Hiking provides an opportunity for solitude and reflection. How did these moments of solitude during hikes influence your communication and emotional connection with your partner?
6. Describe any changes in your communication patterns or styles that you noticed during or after hiking sessions in adventure-based therapy.
7. Hiking is often associated with natural surroundings. How did being in nature during these hikes contribute to your overall experience, and did it influence your emotional connection as a couple?
8. Reflecting on your hiking experiences, can you share a story that captures the essence of how these outdoor activities impacted your relationship dynamics?
9. How did the rhythmic and repetitive nature of hiking contribute to a sense of stability or routine within your relationship during adventure-based therapy?
10. Looking back on your participation in hiking-based therapy, do you feel that it brought you and your partner closer, and if so, in what ways has that closeness endured in your relationship?

Thank you for your cooperation.

Najwa binti Mohamad Rodzi
Student Master of Counseling (Family Counseling)
Universiti Sains Islam Malaysia

ANALYSIS FROM INTERVIEWS' TRANSCRIPTION

Couple	Analysis From Interviews' Transcription
Couple 1	1. Challenges Strengthen the Relationship: • Couples recall challenging moments during hikes, like adverse weather conditions or physical exhaustion. • However, they emphasize the importance of mutual support, compromise, and communication in overcoming these challenges together. 2. Physical Exertion as Therapy: • Both spouses view hiking as therapeutic, providing opportunities for stress relief, personal reflection, and physical activity. • They see it as a way to escape daily stressors and strengthen their bond through shared experiences. 3. Improved Communication and Emotional Regulation: • Hiking encourages open communication and reflection, leading to better understanding and acceptance of each other's perspectives. • Couples observe improvements in their communication styles and emotional regulation as a result of hiking experiences. 4. Quality Time and Bonding: • Hiking offers couples quality time away from distractions, allowing them to connect on a deeper level and enjoy each other's company. • They value the natural environment and the opportunity to engage in meaningful conversations while hiking. 5. Quality Family Time: • While they mostly hiked as a couple, they occasionally involved their children, viewing hiking as a meaningful way to bond as a family. • They found hiking to be more engaging and fulfilling than typical family activities like watching TV or going shopping. 6. Reflecting and Learning: • Hiking provided opportunities for self-reflection and personal growth. • Both husband and wife acknowledged that moments of solitude during hikes allowed them to reflect on their behaviours and emotions, leading to greater self-awareness and improved communication. 7. Advice for New Hikers: • Their advice to new hiking couples emphasized the importance of mutual assistance, communication, humility, and learning essential survival skills. • They encouraged couples to approach hiking as a shared adventure, focusing on collaboration rather than competition.

Couple 2	1. Teamwork and Support: • Both husband and wife emphasized the importance of teamwork and mutual support during challenging moments while hiking, such as dealing with sudden weather changes or caring for their baby. 2. Physical Activity as Bonding: • Engaging in physical activity together, like hiking, was seen as a way to strengthen their relationship. • They described feeling closer and more connected to each other while facing physical challenges during hikes. 3. Communication: • Hiking provided an opportunity for improved communication between the couple. • They found themselves more open to discussing issues and expressing their feelings after hiking together. 4. Handling Challenges: • They highlighted the importance of staying calm and finding solutions together when facing challenges during hikes, such as extreme weather conditions or baby-related issues. 5. Reflection and Bonding: • While hiking, moments of solitude allowed them to reflect on themselves, but they still felt connected to each other. • These moments contributed positively to their communication and relationship. 6. Enjoying the Journey: • They advised other couples to focus on enjoying the journey and supporting each other, even when facing difficulties during hikes. 7. Impact on Family Bond: • While they didn't directly attribute hiking to their relationship with their baby, they believed that the positive experiences and relaxed state of mind gained from hiking could indirectly affect their family bond in the long run. 8. Sweetest Moments: • The couple found moments of tranquillity and closeness during nights spent camping, surrounded by nature's beauty, as some of the sweetest experiences during hiking. 9. Advice for Beginners: • They encouraged beginners to support each other, have fun, and take hiking as an opportunity for bonding and personal growth.
Couple 3	1. Significant Impact of Hiking Experience: • Hiking up Mountains in other countries was physically demanding but brought them closer through shared awe and achievement. • Overcome obstacles together on challenging terrain, strengthened their trust and reliance on each other, deepening their connection.

	2. Contribution of Physical Aspects of Hiking: - Physical exertion required mutual support and encouragement, fostering their teamwork and unity. - Pushing past comfort zones forced effective communication and teamwork, enhancing their bond. 3. Impact of Overcoming Physical Challenges: - Husband and wife reinforced teamwork and solidarity, fostering mutual respect and admiration. - Challenges had strengthened the couple's bond and commitment to supporting each other through difficult times, emphasizing perseverance and resilience. 4. Collaboration During Challenging Situations: - The couple collaborated to navigate dense forest, relying on instincts and communication skills (even during stressful moments), reinforcing trust and reliance. 5. Influence of Solitude during Hikes: - Solitude allowed reflection on the relationship, deepening emotional connection and strengthening communication. - Peaceful environment of nature facilitated reconnection and open communication for both husband and wife, - deeper understanding. 6. Changes in Communication Patterns: - Hiking encouraged open and honest communication. - They acknowledged that the adventure improved expression of thoughts and feelings, emphasizing active listening and empathy. 7. Role of Nature in Hiking Experiences: - Nature provided peace and, allowing escape from everyday stresses and deepening emotional connection. - Husband and wife admire beauty of natural surroundings, appreciation, reinforcing bond as a couple. 8. Story Reflecting Impact on Relationship Dynamics: - Camping under the stars created a magical moment, strengthening bond and commitment as partners. 9. Contribution of Rhythmic Nature of Hiking: - Rhythmic and repetitive nature of hiking provided stability and routine, strengthening connection as a couple. - Focus on shared goals and priorities, intimacy and partnership. 10. Long-Term Impact of Hiking-Based Therapy: - Brought the couple closer together, deepening emotional connection and strengthening bond. - The journey taught them valuable lessons about communication, teamwork, and resilience, shaping the relationship positively.
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