

Examination of Time Management of the Ones Who Do Mountaineering in Terms of Some Variables

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Abstract

This study is conducted on the purpose of determining how individuals who are interested in mountaineering manage the time. Time management comparisons of mountaineers are examined in terms of their various demographic features. 251 individuals (59 females, 192 males) who are active mountaineers constitute the sample group of the study. "Time Management Questionnaire" which was adapted into Turkish by Alay and Koçak is used to gather research data. Percentage, frequency, Independent Sample T test and One Way Anova are used to analyse data. At the end of the study, it is found that time attitude of female mountaineers is high, time planning of the mountaineers who graduated from university is high, time attitude of the mountaineers who are single is high; 31-35 age group gets higher points than 21-25 and 41 and over age groups at sub-dimension of time attitude in terms of age variable, 21-25 age groups gets higher points than 36-40 and 41 and over age groups at sub-dimension of time consumers, the mountaineers who have 5-9 years mountaineering experience get higher points than other groups at sub-dimension of time-consumers. It is stated that to make time planning before climbing gains favor to the mountaineers in a positive way.

Key Words: Mountaineering, Sport, Time Management

Introduction

Some factors such as stress, environmental pollution that increase because daily life is getting harder and harder drive people to find different and attractive activities. Especially in recent years, many individuals have started to spend time for various activities at nature depending upon these reasons. In the world that industrial society and stress increase, people start to make time for extraordinary sports and want to spend more time at nature. Increasing population, competition, stress environment etc. began to drive individuals to spend time at nature. Increasing interest to outdoor sports, searching new excitements, individuals' reasons for preferring outdoor sports with participation and their opinion that is about outdoor sports are beneficial have taken scientists' attention to this aspect because outdoor sports reveal more different results than many areas. For example, mountaineering does not only consist of climbing; it also contains risk, struggle and hardship. Pomfret (2006) defines mountaineering as a nature-based adventure tourism that involves ice climbing, rock climbing and mountain hiking which are practiced at highlands around the world. At the same time, it includes risk and hardship. (Graydon and Hanson, 1997:15). Beyond these, mountaineering is to know the nature of the mountain well. It also requires to have skills that can overcome the hardships encountered (Moynier, 2004). These hardships make mountaineering attractive in many aspects.

Outdoor sports contain many sports and activities such as rock climbing, mountaineering, speleology etc. that are practiced at nature (Broadhurst, 2001). Mountaineering and climbing sports are the most preferred sports among outdoor sports (Attarian, 2002). Many researches touch upon that mountaineering sports include

danger. In this case, mountaineering is considered as a sport which includes snap decisions, requires to use the time well and ,therefore, contains risk-taking and decision making skills. Mountaineering is a sport that takes time and asks for time not to lose skills. At this point, the need to value the time better comes out for an individual at making social and economical activities more productive. It is necessary to put emphasis on the concept of time management to be successful at work life and to use the time well. (Türkel, 1996).

Time is also important at mountaineering as it is important at many areas and branch of sports. It is thought that some situation such as making plan of climbing, determining departure time and the team, conjecturally calculating the distance of walking and climbing, taking into consideration the time-consuming places etc. affect mountaineering. Turkish Everest Team (2006) has touched on the significance of time management and has put emphasis on how delicate subject it is. Einstein defined the time as "it is a dimension that sorts the facts by occurrence and gives meaning to the facts. (Boslough, 1990:15; Güçlü, 2001:87). Just as the other resources, time can also be benefited from an opportunity or can be wasted. (Mackenzie, 1987:14). Various definitions of the time are made. The contribution of time perception is extensive at individuals' development and at the success of his/her interests. This developed like that not only for individuals but also for societies. (Karaküçük, 1997). Time is the most important, at the same time, indefinable and abstract concept in our lives that each of us feels but cannot touch, is with no return. (Passig, 2005). Haynes (1999) indicates that time is one of the very few things which all individuals have on an equal basis in the meaning of the moment that individuals are included. Nearly all the definitions about time and management show parallelism with each other. As it turns out we cannot manage the time. It is impossible to control and manage the time because it is not possible to stop or slow down the time and change the passing of the time. The thing to be done is to manage ourselves in time. We can comprehend how important the time is and how to spend it and we can control and manage the time. When time management is mentioned, individuals' managing themselves in time should be understood (Harmanç, 2014).

Using the time well at mountaineering activities is of vital importance. Many mountain accidents are mentioned as we see at social media or read in newspapers. It is seen that some factors such as start to climbing late, not to make emergency plans, not to evaluate the team well, to set forth without checking weather forecast cause the accidents. As it is understood from this point, time management is of vital importance at mountaineering. According to Koch (1999), elementary idea on time management is that planning of the day's every little time slice enables managers to act more productive. Time management argues for revealing open priorities to avoid from pressure of daily events that are not very important but urgent (Akt. Güçlü, 2001). The main aim on time management is to plan individuals himself/herself and his/her tasks during experienced period of time at desired level. Planning of the time and using it in the most effective way, indeed, prevent various problems (Türkel, 1999:283). Starting to climbing late, giving long breaks, passing wrong areas at critical times are related to time management. Ignoring of these situations or not to noticing can cause possible accidents involving death. Economical using of the time is an inevitable necessity for today's human being (Karaküçük, 1997). Time management is a process that individual implements some management functions such as planning, organising, controlling into his/her own activities to reach his/her aims effectively and productively at private and work life (Erdem, 1999:27, Uğur, 2000:18).

It is important that individuals who are interested in mountaineering have some characteristics such as to be educated and to be able to manage team in terms of development of mountaineering. This development will set light to developing of mountaineering in the country. When it is thought that mountaineering is a sport containing risky and life-threatening situations, the importance of giving right decisions and managing the time comes to light. It is also very important to know how to behave against problems because mountaineering contains ongoing stress process at hard situations. It is expected that the results of the study guide mountaineers and managers of outdoor sports managers. It is seen that there is not sufficient number of study about high risk sports at literature. From this point of view, it is crucial in terms of examining of time management of individuals who are interested in mountaineering, giving information about current situation in terms of introduced results, being reference for important notifications and future studies. For this aim, answers to following questions are sought.

1. Does the scores from Time Management Questionnaire of the individuals who are interested in mountaineering differentiate as to gender variable?

2. Does the scores from Time Management Questionnaire of the individuals who are interested in mountaineering differentiate as to educational status variable?

3. Does the scores from Time Management Questionnaire of the individuals who are interested in mountaineering differentiate as to marital status variable?

4. Does the scores from Time Management Questionnaire of the individuals who are interested in mountaineering differentiate as to age variable?

5. Does the scores from Time Management Questionnaire of the individuals who are interested in mountaineering differentiate as to climbing experience variable?

Materials and Methods

Survey method from quantitative research methods is used in this study which is conducted on the purpose of determining time management of the individuals who are interested in mountaineering. In the study, time management differences are examined in terms of gender, educational status, age, marital status and climbing experience variables and data collection tool (Time Management Questionnaire) that is introduced below is used to gather research data.

Population and Sample

The population of the study consists of the athletes who do mountaineering in Turkey. The study is limited to the athletes who do mountaineering actively and regularly because of the difficulty to reach mountaineers and many sports clubs. Questionnaires given by hand are applied by researcher during camp, climbing and trainings. The individuals who are interested in mountaineering actively and regularly and the athletes who are involved in rescue and search activities as volunteers constitute the sample group. 251 individuals (59 females, 192 males) who are interested in mountaineering constitute the sample. Personal characteristics belonging to study group are given at table 1.

Table 1. Personal Characteristics Belonging to Study Group

		n	%
Gender	Female	59	23.5
	Male	192	76.5
Educational Status	University	202	80.5
	Postgraduate	49	19.5
Age	16-20 aged	9	3.6
	21-25 aged	81	32.3
	26-30 aged	47	18.7
	31-35 aged	36	14.3
	36-40 aged	34	13.5
	41 and over aged	44	17.5
Marital Status	Married	45	17.9
	Single	206	82.1
Climbing Experience	1-4 years	121	48.2
	5-9 years	61	24.3
	10-13 years	34	13.5
	14-18 years	35	13.9

Data Collection Tool

5 items personal information form and "Time Management Questionnaire" which is developed by Britton and Tesser in 1991 and adapted into Turkish by Alay and Koçak (2002) are used to gather research data. The questionnaire consists of 27 items and 3 sub-dimensions. Sub-dimensions at questionnaire are like Time Planning (16 items), Time Attitudes (7 items) and Time Consumers (4 items). Sub-scale which contains short-term planning measures the planning that the individual practices within today and week. It is considered that mountaineers who had high scores from this scale have planned that day and week well. At time attitudes which are second sub-scale, some questions are asked about mountaineers' time usage skills. The mountaineers who had high scores from this scale are defined as individuals who use their time well. At sub-scales of long term planning which is third sub-scale, some questions about future planning are asked. It is considered that mountaineers who had high scores from this scale are successful at setting objectives about future (Alay, Koçak, 2002; Andıç, 2009). The coefficient of internal consistency was determined as $\alpha=0.88$ at the results of scale's reliability analysis that is made for this study. Thereby, it can be said that the scale is a reliable measurement tool at measuring time management of the individuals who are interested in mountaineering.

Data Collection

Some information such as for what purpose this study is conducted, how to mark questionnaire forms and to what the researchers should pay attention during marking, name, surname, status, organization of the researcher who conducts the study and his/her supervisor take place at the start of questionnaire form used in the study.

The questionnaire was applied at International Petzl Roc Trip climbing festival organized in Olympus Antalya between October 16-19, 2014; Instructor Adaptation Camp of International Mountaineering Federation of Zirve Mountaineering and Outdoor Sports Club in Kaynaklar İzmir between December 26-27, 2014; to mountaineers who came to climbing at Aladağlar between August 25 and October 20, 2014. Questionnaire was voluntarily applied to the ones who participated in study during climbing and training camp by researcher.

Analysis of Data

Gathered data in the study was coded to computer environment and statistical analysis was carried out by the help of SPSS 22.0 package programme. Kolmogorov-Smirnov and Shapiro-Wilk normality tests were performed in order to determine whether research data shows a normal distribution or not. It was given a look to Kurtosis-Skewness values for data sets that do not show a normal distribution and it is assumed that data showed normal distribution because the values are between +2/-2. Independent samples test from parametric tests was used for paired groups at statistical analysis and One Way Anova was used for multiple groups. LSD test was used to determine between which groups the difference is in multiple groups.

Results

Table 2: Comparison of the scores gathered from sub-dimensions as to gender variable

	Gender	N	Average	SS	t	p
Time Planning	Female	59	2.7267	.62671	.161	.872
	Male	192	2.7093	.75051		
Time Attitudes	Female	59	3.0969	.56738	8.006	.000
	Male	192	2.4955	.48393		
Time Consumers	Female	59	2.9407	.69688	1.913	.057
	Male	192	2.7279	.76222		

In table 2, the comparison of the scores that study group had from sub-dimensions of time management in terms of gender variable is given. According to this, there is significant difference in terms of gender variable at sub-dimensions of time attitudes ($p < 0.05$). It is obtained the scores that female mountaineers had are higher at sub-dimension of time attitude.

Table 3: Comparison of the scores gathered from sub-dimensions as to educational status variable

	Educational Status	N	Average	SS	t	p
Time Planning	University	202	2.7670	.70455	2.411	.017
	Postgraduate	49	2.4923	.75870		
Time Attitudes	University	202	2.6591	.57337	1.269	.206
	Postgraduate	49	2.5452	.52300		
Time Consumers	University	202	2.7760	.75492	-.082	.935
	Postgraduate	49	2.7857	.74477		

In table 3, the comparison of the scores that study group had from sub-dimensions of time management in terms of educational status variable is given. According to this, there is significant difference in terms of educational status variable at sub-dimensions of time planning ($p < 0.05$). It is found that the scores, that mountaineers who graduated from the university had, are higher at sub-dimension of time planning.

Table 4: Comparison of the scores gathered from sub-dimensions as to marital status variable

	Marital Status	N	Average	SS	t	p
Time Planning	Married	45	2,7458	,91317	,332	,740
	Single	206	2,7063	,67582		
Time Attitudes	Married	45	2,4794	,53118	-2,169	,034
	Single	206	2,6713	,56717		
Time Consumers	Married	45	2,5833	,76500	-1,893	,063
	Single	206	2,8204	,74360		

In table 4, the comparison of the scores that study group had from sub-dimensions of time management in terms of marital status is given. According to this, there is no significant difference in terms of marital status variable at sub-dimensions of time attitudes ($p < 0.05$). It is obtained the scores that single mountaineers had are higher at sub-dimension of time attitude.

Table 5: Comparison of the scores gathered from sub-dimensions as to age variable

		K.T	SD	K.O.	F	p	Significant Difference
Time Planning	Intergroup	5.529	5	1.106	2.170	.058	
	Intragroup	124.850	245	.510			
	Total	130.379	250				
Time Attitudes	Intergroup	4.575	5	.915	2.983	.012	4-2
	Intragroup	75.146	245	.307			4-6
	Total	79.721	250				
Time Consumers	Intergroup	16.043	5	3.209	6.282	.000	2-5
	Intragroup	125.137	245	.511			2-6
	Total	141.180	250				

Groups: 1.group: 16-20 aged, 2.group: 21-25 aged, 3.group:26-30 aged, 4.group:31-35 aged, 5.group:36-40 aged, 6.group: 41+ aged

In table 5, the comparison of the scores that study group had from sub-dimensions of time management in terms of age variable is given. According to this, there is significant difference in terms of age variable at sub-dimensions of time attitudes and time consumers ($p < 0.05$). It is obtained that the scores that female mountaineers had are higher at sub-dimension of time attitude. According to Tukey HSD test that was used to determine between which groups the difference is, 31-35 age groups had higher scores than 21-25 age and 41 and over age groups at sub-dimension of time attitude; 21-25 age groups had higher scores than 36-40 and 41 and over age groups at sub-dimensions of time consumers.

Table 6: Comparison of the scores gathered from sub-dimensions as to climbing experience variable

		K.T	SD	K.O.	F	p	Significant Difference
Time Planning	Intergroup	1.098	3	.366	.699	.553	
	Intragroup	129.280	247	.523			
	Total	130.379	250				
Time Attitudes	Intergroup	.571	3	.190	.594	.619	
	Intragroup	79.149	247	.320			
	Total	79.721	250				
Time Consumers	Intergroup	13.285	3	4.428	8.552	.000	2-1
	Intragroup	127.895	247	.518			2-3
	Total	141.180	250				2-4

Groups: 1.group: 1-4 years, 2.group: 5-9 years, 3.group: 10-13 years, 4.group: 14-18 years

In table 6, the comparison of the scores that study group had from sub-dimensions of time management in terms of climbing experience variable is given. According to this, there is significant difference in terms of climbing experience variable at sub-dimensions of time consumers ($p < 0.05$). According to Tukey HSD test that was used to determine between which groups the difference is, it is seen that the mountaineers who had 5-9 years climbing experience had higher scores than other groups at sub-dimensions of time consumers.

Desiccation and Conclusion

We tried to find out how individuals who are interested in mountaineering manage the time in our study. Mountaineering, like many outdoor sports, is activities that contains risk and require experience and highly education. When we consider about emergency situations and risks because of this factor, how the individuals use the time during climbing acquires a very important dimension. For certain; climbing plan, some factors such as decision making, acting quickly, team work, self-confidence and leadership etc. become effective during

these activities. At risky sports like mountaineering, feeling the problems that can occur and revealing how they should be behaved in this kind of situations and also having lack of literature in this area make the study important. When you experience with nature, the problems will normally start to occur. Wu and Chang (2010) mentioned the accidents experienced in nature and they not only did not touch on the significance of risk management but also indicated that decision making skill of nature instructors is very crucial.

In our study, it is found that female mountaineers have higher scores on time management. According to this, female mountaineers use the time better. A significant relation at time attitudes in terms of gender is obtained ($p < 0,01$). Time attitudes are related to using the time well. Individuals showed that they have a voice at using the time effectively, managing the time and they are mentally ready (Alay, Koçak, 2002; Andiç, 2009). According to the study conducted by Jack and Ronan (1998), they stated that individuals who attended in high risk sportive activities, especially mountaineers and parachutists have higher tendency to search general and various excitements than individuals who attended in certain low risk activities. Females participate in this kind of activities a lot. Females' taking place in work life actively can be the reason of their searching of excitement. In this case, their planning and time managements reflect on sports that they prefer. Huey and colleagues (2007) examined age and gender factors. They put an emphasis on that the death rate of females and males at high mountains is similar to each other. In other words, gender is not an effective variable at high mountains. Various results can be found in the studies. It is considered that time management is also related to experience. According to our results, it can be said that females mentally get ready better. Males believe in themselves more. This situation can be associated with risk perceptions of male and female mountaineers' time managements about activities.

It is found that the scores that mountaineers who graduated from the university are higher at sub-dimension of time management ($p < 0,05$). On time management, it can be said that the mountaineers who had high scores manage the time better and think about their activities during a long time period (Akt.: Andiç, 2009). It can be also said that the individuals who graduated from the university make plan more both at education life and also work life. All individuals who participated in our study are highly educated people. Tanesen (2008) concluded that education, communication, motivation, problem solving, task and responsibility, team work, trust, decision making and evaluation are very important in his research conducted at nature. It comes to mind that time management needs education. Some situations such as making a climbing plan, predicting some possible emergency cases, considering which material will be required and where etc. affect time management. Hayashi and Ewert (2006) touch upon that open area activities that individuals or groups attended voluntarily are activities that provide teaching skills, solve the problem, provide the security of individuals and groups, help ratiocination, make easier of individuals' philosophical, ethical and esthetical development. These activities can also develop planning. Priest and Dixon (1991) mentioned that individual competence is important in their study about leaders of nature. In this case, education seems as a crucial factor for time management. Similar results in the studies support our study.

Another results in our study is that there is a significant relation between time management and marital status ($p < 0,05$). The scores that single mountaineers had at time attitudes are higher. In other words, single mountaineers are mentally more ready to use the time effectively. Single mountaineers have more opportunity for climbing. They have less responsibilities and work load compared to married mountaineers. It is thought that single mountaineers organize climbing plan much earlier and so they are more appropriate to mentally planning. It is considered that circle of friends of mountaineers, their climbing partners, their work life, their responsibilities and how mountaineers spend time on daily life have an effect on this variable. Individuals who tend towards various sports started to choose sport branches that give pleasure, entertain and make them to push the limits. The situations of wild nature, adventure, physical exercise, scenery, experiencing nature, the desire for loneliness, socializing, taking risks, challenging, entertainment and searching for uncertainty appeal mountaineers (Akt.: Gürer ve ark., 2007:164). Single mountaineers are more tend to do these activities.

In the study, it is found that there are significant relations between time management and age. It is obtained that 31-35 age groups had higher scores than 21-25 age and 41 and over age groups at sub-dimension of time attitude; 21-25 age groups had higher scores than 36-40 and 41 and over age groups at sub-dimensions of time consumers. Time attitudes mean that they are mentally ready to use the time effectively and they have a voice at time management (Andiç, 2009). In this case, middle aged people tend to use the time more effectively for climbing. This situation can be because of the features of their age. Huey and colleagues (2007) found that mountaineers who are older than 40 have less opportunity to hit the top. It is stressed that young mountaineers hit the top more. From this point of view, individuals who are younger than 40 practice time management better. It is very crucial to use the time effectively at mountaineering. It contributes to energy saving. It prevents having a difficulty come up.

Another important result in our study is revealing the significant relations about experience. It is seen that the individuals who have 5-9 years climbing experience have higher scores than other groups at sub-dimension of time consumers. Time consumers are the factors that keep away the mountaineers from their aims (Andiç, 2009). It can be said that mountaineers who have 5-9 years experience are at the period of getting confused and

proving themselves. Researchers put an emphasis on the importance of experience at outdoor sports (Gürer,2012). Besides this, it is known that individuals who are interested in outdoor sports are strong, stern, self-disciplined (Kuru, 2000). In our study, mountaineers who have 5-9 years experience act without knowing their aims. This situation can be the subject of other researches. Çakıcı and colleagues (2014) mentioned the importance of allocate time to mountaineering activities and they stated that wrong decisions cost their life in their study (Wu, Chang, 2010:4). As it is understood, experience is also important at mountaineering. It can be said that other mountaineers except for the ones who have 5-9 years experience practice time management well. Çelebi (2002) observed confidence, risk-taking, team work from leadership skills and problem solving skills in his study and he concluded that experiencing with nature has a role on developing these skills. In addition to this, it contributes to time management.

As a result, mountaineering activities requires using the time management well by reason of risks and hazards that it contains. Also, the responsibilities of the individuals and the group increase these risks. The reason of this is the existence of hazards that are experienced very often. It is concluded that to be organized and not to move away from aims on time management at mountaineering are important. It is found that gender, educational status, marital status, age and experience have an important role on time management. Providing more experience and moving away from the risks and hazards thanks to this can be obtained only by going to the mountains and living with nature. From this point of view, it is possible to say that regular mountaineering activities contribute time management skills. It is considered that some skills such as making plan, using the time effectively, taking risks, decision making and evaluation will develop thanks to experience. It is suggested that experienced mountaineers take more responsibilities inside the group. Thus, the rate of exposure to risks and hazards will lessen. Our study is important in terms of bringing life to new studies. Examining of time management skill for different outdoor sports will enrich the literature.

Conflict of interest

The authors declare no conflict of interest

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