

REASONS FOR MEMBERSHIP IN ADVENTURE ACTIVITIES IN NATURE AND THE INFLUENCES ON THE QUALITY OF LIFE OF THEIR PRACTITIONERS

Received on: 09/06/2020

Approved on: 04/15/2021

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ABSTRACT: Physical Adventure Activities in Nature (AFAN), are alternatives that are much sought after in contrast to the urbanized lifestyle, which establishes the objective of this study, which aims to analyze the reasons why people adhere to mountaineering as a leisure activity and which influence on the quality of life of practitioners. This study was carried out through a quali-quantitative research, with semi-structured interviews and semi-open questionnaires for 35 experienced climbers. In terms of results, it can be considered that people adhere to mountaineering because it is an activity with many attractive characteristics, which provide a set of emotions, challenges, socialization and a rich collection of landscapes. Still, they provide varied benefits, both physical and psychological, with direct relation to the adopted style and quality of life.

KEYWORDS: Nature Adventure Physical Activity. Mountaineering. Quality of Life.

MOTIVOS DA ADESÃO EM ATIVIDADES DE AVENTURA NA NATUREZA E AS INFLUÊNCIAS NA QUALIDADE DE VIDA DE SEUS PRATICANTES

RESUMO: Atividades Físicas de Aventura na Natureza (AFAN) constituem

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alternativas muito buscadas em contraponto ao estilo de vida urbanizado, o que estabelece o objetivo deste estudo, o qual visa analisar os motivos pelos quais as pessoas aderem ao montanhismo como atividade de lazer e qual a influência do mesmo na qualidade de vida dos praticantes. Este estudo foi realizado por intermédio de uma pesquisa quali-quantitativa, com entrevistas semiestruturadas e questionários semiabertos para 35 montanhistas experientes. Em termos de resultados, pode-se considerar que as pessoas aderem ao montanhismo por ser uma atividade com muitas características atrativas, que propiciam um conjunto de emoções, desafios, socialização e um rico acervo de paisagens. Ainda, proporcionam variados benefícios, tanto físicos, quanto psicológicos, com direta relação ao estilo e qualidade de vida adotados.

PALAVRAS-CHAVE: Atividade Física de Aventura na Natureza. Montanhismo. Qualidade de Vida.

Introduction

With the emergence of several technological means and the urbanized lifestyle, the human being ended up moving away from the natural environment, but currently people are increasingly seeking to rediscover themselves with nature during their leisure time, and thus, Physical Adventure Activities in Nature (AFAN) are being highly sought after (CANTORANI, 2014; TAHARA and CARNICELLI FILHO, 2009; MARINHO, 2008; MUNHOZ; GONÇALVES JUNIOR, 2004). The term AFAN, first used by Betran in 1995, refers to activities practiced in a natural environment, with different modalities practiced in the air, on land or in water, in the search for new sensations that nature can provide for practitioners, thus, this concept is what guides this research.

Mountaineering will be analyzed herein, which according to Ennes (2013) is the act of climbing mountains, a very comprehensive adventure modality, as it can be performed from hiking on small hills to expeditions at high altitudes, such as rock climbing, which requires great levels of complexity from practitioners. In this case, it is understood as an activity with a considerable degree of risk and constant presence of emotion and danger (ELIAS e DUNNING, 1992).

According to Marinho (2009), mountaineering is a practice beyond climbing and seeks to combine the character of adventure with incredible landscapes, challenge, risk, and pleasure for practitioners. There are several factors that can motivate the membership of these modalities, among them, they can be the desire to know other places, to have new experiences, to live different perceptions in the middle of nature, to break with the routine, to enjoy moments of leisure, among others. In addition, mountaineering can be characterized as a practice in the natural environment in which the subject climbs mountains, walking or climbing, and the purpose of the practitioners may be – as a great desire – the fact of reaching the summit⁴; while for others, the challenging factor of the route is the most motivating (SILVA, et al., 2010; MARINHO, 2007, 2009; BETRAN, 1995).

Thus, due to the modality encompassing several styles, this research aims to analyze the practitioners of the following mountaineering modalities: a) Excursion, b) Crossing or Trekking, c) Via ferrata, d) Boulder, e) High mountain climbing. The excursion is one of the simplest modes of mountaineering, and it can be light, moderate and heavy, with no overnight stay. Regarding the crossing or trekking, it is an activity practiced in places with a higher level of difficulty – with overnight stays. The via ferrata, on the other hand, are paths through the mountains using artificial resources, such as walkways, stairs, cables, to facilitate passage by less experienced people. Boulder is a climbing made in blocks with little height and high mountain climbing is directly related to the altitude, where the higher the mountain, the greater the thin air, increasing the difficulty (ENNES, 2013).

However, many people join or are willing to join mountaineering, even though they are aware of the risk and constant danger, in addition to the physical and technical

⁴ It is the highest point on the mountain, topographically, the highest point in altitude than all other points adjacent to it (STRUMINSKI, 2003).

requirements depending on the style of the sport. Considering mountaineering as an activity on the rise, Ennes (2013) points out that AFAN move approximately three million tourists, and there has been an increasing demand for practitioners and tourism companies working with this modality, however, the author emphasizes that this is an area that still lacks further information from its practitioners.

Thus, the purpose of this article is to analyze the reasons that lead people to adhere to mountaineering and its influences on the style and quality of life of practitioners. As the central hypothesis of this study, people seek these types of activities in nature in order to get out of their stressful day-to-day routines, disconnect from technologies, seek contact with nature and overcome challenges.

Since this is a theme on which the practice has been growing more and more in Brazil (BRASIL; RAMOS and NASCIMENTO, 2019; CANTORANI, 2014; MARINHO, 2009; TAHARA and CARNICELLI FILHO, 2009), it is important to identify the factors that lead to adherence to mountaineering and whether, for practitioners, this adherence influences their quality of life during their daily lives. In addition, there is little research related to this topic, especially in the modality in question (BRASIL; RAMOS and NASCIMENTO, 2019; SILVA, et al., 2010) and, therefore, there is little information about these activities and their benefits - which makes this study important in order to provide greater knowledge about, therefore, a better development of these activities for practitioners and also for professionals in the area (BRASIL; RAMOS and NASCIMENTO, 2019).

Methodology

This work is a qualitative-quantitative exploratory research through semi-structured interviews and semi-open questionnaires.

For data collection through interviews, 10 mountaineering practitioners with at least one year of experience in the sport and who agreed to sign the Free and Informed Consent Term (TCLE) were randomly selected.

Also, in order to reach a greater number of practitioners of Physical Adventure Activities in Nature (AFAN) for the sample, a questionnaire was randomly applied to 25 other mountaineers who were at the base of a known set of mountains, called Serra do Ibitiraquire and who also agreed to sign the Free and Informed Consent Term (TCLE).

The interviews and questionnaires were prepared from the literature (GOMES; ISAYAMA, 2009; TAHARA and CARNICELLI FILHO, 2009), which also helped in the creation of the following analysis categories: Motivation; Leisure; Emotion; Risk and Quality of Life. For the interviews, an average of 4 questions were prepared for each category, while for the questionnaire, 8 questions were selected from the interviews. The criterion for choosing the questions in the questionnaire, which were created from the interview questions, was that at least one question in the questionnaire would have a direct relationship with each category of analysis. Still, this strategy confirmed the intention to better clarify the findings found from the interviews, or contribute to the objective of this research. In this way, the questions in the questionnaire were determined after the application of the interview, and the questions were transformed into semi-open questions.

For the analysis of the data from the questions that were asked for both groups - interview and questionnaire - categories were grouped and created, using key words, of the most repeated answers, both in the interview and in the questionnaires, and it was possible to give more than one answer or option to open-ended questions. The tool used for this was the Microsoft Office Excel 2007 program. Thus, it was possible to form a

single sample group for these questions, in order to generate statistical data and analyze them as a whole. On the other hand, from this control of information according to the collection instrument used, it became possible at times – according to the results of this study – to present the subjects according to the instrument used.

The interviews lasted from 25 to 50 minutes, depending on the availability of the interviewees, or also, if they answered the questions in greater detail. Other information about the sample used in this study is provided during the results, which facilitated their description, as well as the textual development.

For data analysis, the precepts of the Content Analysis method, by Bardin (2009), were used. This method is a set of systematic techniques (pre-analysis, coding and categorization) for describing the contents of messages and indicators, which can be quantitative or not, thus making it possible to infer knowledge above these messages. Respondents will be treated by numbers, according to the order of the interviews. The main subjects and results of the categories and questionnaires are presented in text form and also through tables in the data analysis and discussion topic.

This research was approved by the Ethics Committee, CAAE: 57370516.1.0000.5223.

Results and Discussion

After applying the research instruments, the data were presented as tables, with descriptive measures also presented and analyzed in sequence.

Table 1: Sample distribution by gender

Gender	No. of sample	%
Male	21	60.00%
Female	14	40.00%

Source: research data

As the sample was chosen at random, there was no determination of an indicator by gender. Thus, the sample consisted of 35 individuals, 25 of which responded to the questionnaire and 10 participated in the semi-structured interview, of which 21 were male and 14 were female. The mean age of the sample was 30.3 years old; the most repeated age was 23 years old; the youngest individual was 18 years old and the oldest 48 years old. This reinforces that mountaineering is an activity, which can be practiced by people of different age groups and gender (ENNES, 2013; BETRAN, 1995). There was no incidence of minors in the sample, which, however, is not a rule, but it is highlighted that adult individuals, due to their experience and autonomy, can at first adapt and develop at a higher level of physical capacities related to activity, for example, endurance, strength (GOMES and ISAYAMA, 2009), among others; in addition to the psychological component, such as concentration, assessment of risk situations (MARINHO, 2008; STRUMINSKI, 2003), among others.

With regard to the subjects' profession, there was no standardization of the same, and the indication of the sample presented a very large and varied range. It is important to highlight here the ones with the highest incidence: 4 subjects in the sample were professors, 4 students, 3 engineers and 3 related to the technology area. This aspect points to an important analysis, as mountaineering is an activity not yet widespread (BRASIL; RAMOS and NASCIMENTO, 2019; SILVA, et al. 2010), it is practiced by people who make up society in general, without establishing performance indicators, which allows for freer participation and without requirements related to this aspect - which allows, with the care and preventive aspects established, the participation of anyone.

Table 2: How it happened the first contact with mountaineering

Means of contact with the activity	No. of answers	%
Friends	25	59.5%
Family	8	19.0%
Media	4	9.5%
Other means	5	11.9%

Source: research data

In table 2, which addresses how individuals came into contact with mountaineering – after analyzing the response of the 10 individuals who participated in the interview and the response of the 25 individuals who participated in the questionnaire –, contact with the activity was identified in 59.5% of cases occur through friends. This reveals that the activity has a social bias (TAHARA; CARNICELLI FILHO, 2009), as group work is a necessary condition for its practice, helping with issues of a nature related to safety (STRUMINSKI, 2003), social interaction as everyday actions, from waking up, preparing for the activity, the decision-making process, among others, until – according to the interviews – sleeping, are carried out in a consensual way based on human relationships. Thus, even though it is an individual sport, it has many characteristics of group work, which adds importance to this aspect related to friendships.

As for how long these individuals practice mountaineering, the average was 9.29 years, (min. 1/max. 35); representing that the activity promotes a good level of adhesion, when opting for good methodologies, planning and an attractive calendar, in addition to the fact that people are experts and have experience in the functions they perform. The fact of having a long time in practice adds a lot of experience which, based on the testimonies, constituted a motivational factor for the younger ones and a safety factor for the older ones.

Table 3: Reasons for practicing mountaineering by study participants as a leisure activity

Reason why you consider a leisure activity	No. of answers	%
Contact with nature	7	26.9%
Well-being	4	15.4%
Escaping from everyday life	3	11.5%
Challenging/Overcoming	2	7.7%
Others	10	38.5%

Source: research data

Regarding table 3, which contains the responses of only 10 individuals who carried out the interview, how they characterized the practice of mountaineering and the reasons for choosing this activity. The incidence was that all, that is, 100% consider mountaineering as their leisure activity, with the possibility of contact with nature being indicated as the reason for this option (26.9%); the feeling of well-being (15.4%); the possibility of escaping from everyday life (11.5%); questions related to the challenging/overcoming (7.7%); and the other answers together amounted to 38.5%, related to the most varied reasons, the search for peace, therapy, meditation, among others. Therefore, it is established that the pursuit of mountaineering as a leisure activity is varied, which indicates that the sport can be effective as an alternative for several profiles, purposes, ages and genders, given that there are many possibilities in relation to the activity. In this regard, respondent 9 points out that:

[...] there is no single goal in mountaineering, the goal is actually individual, mountaineering is not the same as football, basketball, which is a collective thing, even if you climb in a group, even if the goal is collective, overcoming is always individual.

As observed herein, 100% of the sample indicates the pursuit of mountaineering for leisure, which is reinforced by Elias and Dunning (1992), who state that people seek excitement through leisure, regardless of whether it is high or low, these leisure activities produce, for a certain time, important pleasant sensations, often not found in everyday life. Thus, these activities act with a renewing function of the health of the

mind, in which the day-to-day stress is forgotten through the stimulation of a disturbance of pleasant sensations.

Table 4: Did you suffer any risk involving mountaineering

Answers	Total	%
No. But noticed risky situations	6	60.00%
Yes. Falls and slips	4	40.00%

Source: research data

Table 5: How do you consider the safety of mountaineering

Answers	Total	%
It depends on the trail/mountain	3	23.1%
It depends on knowledge of the trail, equipment, etc.	6	46.2%
It depends on going with someone experienced	4	30.8%

Source: research data

Tables 4 and 5 relate to whether or not individuals have already gone through some risk when performing mountaineering and on the issue of safety in the activity, respectively.

On table 4, it can be observed that 6 of the 10 individuals – respondents through the interview – never went through any risk in mountaineering, however, they perceive a constant risk during the activity; while 4, have already gone through some risk, with reports of situations of falls on the trail and slips in dangerous stretches. In this regard, it was identified that whether or not some risky situation occurs, everyone has full perception that, in mountaineering, danger can always exist, and awareness of it is a constant need, despite also being part of the attractiveness of the activity. Based on the testimonies, however, due to the risk of the practice, preventive alternatives should be part of the activity's participation process. Within this look, Silva *et al.*, (2010) point out that adventure encompasses the aspects of emotion, challenge and daring, thus, the risks found in adventure activities end up being one of the main elements of attraction for the practice, in a total surrender and this feeling promotes an improvement in self-

esteem, and these experiences and emotions brought offer rewards in relation to psychological and motivational aspects.

This situation can be evidenced in the speech of the interviewee 7: “I think it's very risky, but for me this fear is motivational, this adrenaline that goes on the trail”, similarly, interviewee 9 reported that in mountaineering “[...] you expose yourself to risk, it's part of the adrenaline of the thing [...]”.

Regarding safety in mountaineering, for the individuals interviewed, it depends on many factors, such as: their own knowledge of the trail/mountain, the equipment used (46%); be accompanied by more experienced people or/and who know the trail (31%); and choosing the type of mountain in which the activity is being carried out, as some are more difficult than the others (23%). With this, safety is related to the precautions that the practitioner must take before the process of starting the activity, such as knowing the place, using good quality equipment and with good maintenance, when necessary to hire specialized labor, a guide, for example, in addition to being prepared for emergency situations arising from the trail, thus being in possession of first aid materials, GPS, compass, among others. This can be seen, according to what is transcribed below:

[...] so you go somewhere, you have to know it beforehand, you have to have an idea, a sense of what you're going to face, because there are abysses, there are places that are hard to access, that need an anchorage, or maybe you need it, then you'll be prepared for it [...] so safety is that, it's common sense and planning, that's what for me is synonymous with safety (INTERVIEW 8).

Marinho (2004) reinforces care and common sense in matters of safety in the practice of mountaineering, being extremely important to know the equipment, in addition to respecting one's own limits and that of one's companions. Also, respect for nature itself and its strength, which can be evidenced in the speech of respondent 10.

[...] you cannot underestimate nature, and you have to know your limits, so if you think your limit has already been set, then it's time to return or ask for help, if you see that the risk is greater than your safety, so you have to make a

correct decision. I think this is the biggest safety issue, it is your decision-making power, knowing how to decide between right and wrong can be the difference between life and death [...].

Thus, based on tables 4 and 5, practitioners recognize that the practice of mountaineering provides risky situations, with the need to take care and advance precautions to carry out the practice, in order to make it safer, however, it can establish that these dangerous situations have a large role in the attractiveness of the activity. Therefore, the interviews clarify that, if these situations were eliminated, it would lose a good part of its attraction and the safety of the activity, it serves to minimize the risk and for practitioners to have control over it, but without removing it completely.

Table 6: The reasons leading to the search for mountaineering experiences

Answers	Total	%
Feelings and sensations	23	25%
Escaping from everyday life	18	20%
Challenge and risk	16	17.4%
Contact with nature	10	10.9%
Influence of friends	7	7.6%
Overcoming limits	4	4.3%
Peace and tranquility	3	3.3%
Landscape	3	3.3%
Others	8	8.7%

Source: research data

With regard to Table 6, it is possible to see several reasons for individuals to seek mountaineering experiences, and among them, the most mentioned reason by respondents was searching for emotions and sensations in the activity (25%); then, seeking mountaineering as an escape from everyday life (20%); searching for challenges in the activity (17.4%); searching for the contact with nature (10.9%); while 7.6% are seeking the influence of friends; 4.3% are seeking to overcome limits, seeking peace and tranquility (3.3%); by the landscape (3.3%), and other answers, such as well-

being, adventure, socialization (8.7%). It is clear that many people join mountaineering due to the strong emotions and sensations provided by the activity.

Table 7: Sensations felt while doing mountaineering

Answers	Total	%
Personal questioning/Meditation	6	15%
Overcoming	5	13%
Joy and happiness	4	10.0%
Mountain	3	7.5%
Gratefulness	3	7.5%
Peace	2	5.0%
Tiredness	2	5.0%
Pleasure	3	7.5%
Recovering/Regenerating	2	5.0%
Faith	2	5.0%
Others	8	20.0%
Total	40	100%

Source: research data

According to table 7, related to the sensations felt by the 10 interview participants, before, during and even at the end of the activity, it was found that 15% of responses were related to the fact that the individuals were able to meditate and process questions personal, as a reflection; 13% pointed to having feelings of overcoming difficulties; 10% of the answers were of feeling of joy and happiness during the activity; feeling of accomplishment and feeling of pleasure were 7.5% of the answers each; feeling of peace, tiredness, recharge of energy and faith were 5%; and 20% add up the other answers, such as tranquility, expectation, motivation, among others.

According to Romariz; Guimarães and Marinho (2011), sensations of pleasure found in AFANs have greater proportions compared to other activities performed in common places. Therefore, the AFANs can be searched precisely for the search for these primary emotions, related to the survival instinct, in addition to which, as seen, emotion is something essential to life.

Also, it was found that both the reasons for seeking the practice of mountaineering and the sensations found in this activity are of great variety and individual character inherent to the practitioner. Most of the interviewees seek to practice mountaineering, as it is an activity that generates various sensations, for example, fear, joy, satisfaction, pride, among others. This large collection of sensations, together with the escape from everyday life and contact with nature – also often mentioned as reasons for participation – bring moments for people to think about life, have a peace that is not found during the routine, in addition to be able to overcome the challenges of the activity in question and, often, personal challenges. This makes this activity attractive to practice, information corroborated in the statements of respondents 3 and 4, respectively: “[...] *I go up there to find myself, I feel alive there [...] when I walk, mainly, alone, I reflect a lot about life, I think about my problems, I manage to find myself*”.

First, I like it because it brings me peace, I like being in contact with nature, also overcoming limits, always climbing a higher peak, more difficult, the pleasure of going beyond the limits of my body. Brings me all the kinds of feelings. Pleasure, happiness, joy, because there's nothing better than joining a group of friends and you're having fun, you're telling jokes on the trail, you're having fun, seeing the landscape of the trail, how beautiful things are, it brings everything that there is the best.

Struminski (2003) points out that the ascent of mountains always ends up changing the human being's view of the world, as the physical and mental effort ends up valuing the person and the opportunity to see the human being as small in relation to the world. Thus, they end up influencing the acquisition of new personal values, thus becoming a passionate practice, with threats, dangers and strong emotions, these moral values are profoundly changed.

Table 8: How the practice of mountaineering influences the quality of life

Answers	Total	%
Conditioning	12	16.7%
Calming, relaxing and regenerating	9	12.5%
Physical and mental well being	9	12.5%
Socialization	8	11.1%
Influence on personality	7	9.7%
For contacting and experiencing nature	6	8.3%
Stress control	5	6.9%
It provides personal reflection	3	4.2%
Escaping from everyday life	3	4.2%
Others	10	13.9%

Source: research data

Table 9: Physical and psychological benefits from regular mountaineering

Answers	Total	%
Physical conditioning and muscle strength	30	24%
Aerobic resistance	4	3%
It motivates physical preparation	2	2%
Well-being/pleasure	27	22%
Socialization	24	19%
Self esteem	22	18%
Aesthetics	5	4.0%
Quality of life	3	2.4%
Stress control	3	2.4%
Relaxing	2	1.6%
Knowing limits	2	1.6%

Source: research data

When the 10 interviewees and the 25 individuals who responded to the questionnaire were asked whether they believe in the practice of mountaineering as an influence on quality of life, in the physical and psychological benefits of this regular practice – with respect to tables No. 8 and 9 respectively –, all of the study participants indicated that yes, the practice of mountaineering influences the quality of life; and in 16.7% of the answers, they highlighted the improvement in physical conditioning; for 12.5%, the practice of mountaineering calms and provides relaxation and; 12.5% stated that through the activity, physical and mental well-being is acquired.

The possibility of promoting better socialization with people corresponds to 11.1%; for 9.7%, the practice of mountaineering influences behavior in the face of situations presented from a new perspective; 8.3% of the indications were related to the improvement in quality of life through contact and experiences in nature; 6.9% claim that it helps to control stress; 4.2% believe that it offers influence by providing personal reflection and by escaping from everyday life; and, finally, other answers such as discipline, humility, concentration, among others, corresponded to 13.9%.

Regarding the benefits acquired by the practice, the physicists mentioned were: mountaineering promotes physical conditioning and muscle strength in 24% of the answers; improved esthetics (4%); promotes better aerobic endurance (3%); and motivates physical fitness (2%). Regarding psychological aspects, mountaineering as a promoter of well-being/pleasure was present in 22% of the responses; better socialization (19%); increased self-esteem (18%); helps to control stress (2.4%) and; helps to relax and helps in knowing your own limits (1.6%) each.

Thus, broad benefits found by the practice of mountaineering can be established. Just like there is an individuality of reasons leading people to join the activity, there are also several benefits perceived individually, however, a large number of participants point to improvements in physical conditioning. Especially when it comes to endurance for long-term activities, feeling better and more willing too, to keep physically fit with the purpose of not having so many physical difficulties during the activity.

In terms of psychological benefits, well-being/pleasure, socialization and self-esteem stand out, which reveals mountaineering – even though it is a practice that requires the physical – to achieve essential sensations for life, being a factor of adherence, according to the interviewees . It was found that activity is most often practiced in groups, for safety reasons and also to become more pleasant, in fact, this

ends up providing a meeting of practitioners, through friends, new individuals end up starting in the activity and new ties of friendship are created,

The testimonies of interviewees 1 and 7, respectively, complement this question: “[...] I am a very closed person, but I am managing to socialize better with people after I started to practice mountaineering”. “[...] I can share different experiences with people, the companionship, the partnership, you don't know the person, but you know that at one time you may need them or need to help them on the way to the summit or back.”

Table 10: What can you take from mountaineering to everyday life according to participants' opinion

Answers	Total	%
Stress control	4	20%
Socialization	4	20%
Knowledge	3	15%
It helps with reasoning	2	10%
Respect and preservation of nature	2	10%
Others	5	25%

Source: research data

Based on table 10, referring to the question asked for the 10 individuals interviewed, it addresses what individuals manage to take from mountaineering to daily life. Thus, mountaineering was characterized as a way to control stress (20%); in everyday socialization (20%); it adds knowledge of nature, experiences, are taken to everyday life (15%); in addition also that mountaineering helps in reasoning, respect and preservation of nature (10%) and; other answers such as peace, knowing how to live, (25%).

Therefore, mountaineering, in addition to bringing several benefits during its practice, also brings benefits beyond the mountains, in the daily lives of practitioners, especially in terms of stress and socialization.

When I'm in a really stressed phase, I pick myself up and imagine myself on the summit and I can relax, this is one of the relaxation methods I use to not get too stressed. Also the issue of being able to talk to people better these days, I think I can talk more openly with people I don't know than before. I think it's one of the things I bring (Interviewee 5).

Usually when I have a stressed day, difficult like that, I get rushed, because whether I like it or not, the routine is a rush, right. I try to think about my moments when I'm on the mountain, or for example, when I'm going mountain next week and I have a busy week, I try to think, no, but on the weekend I'm going to climb a mountain, so I get more relaxed (interviewee 3)

Individuals are able to remain calmer in situations of daily problems and better control stress, in addition to being able to communicate better and socialize better with other people, a fact that, as a consequence, makes the quality of life of these individuals.

The benefits of sports practices for the daily life (lifeskills) of practitioners are numerous (CAMIRE; TRUDEL and FORNERIS, 2009). For Marinho and Inacio (2007) and Marinho (2007), the adventurous physical activities in nature (AFAN), provide a reduction in individualistic behaviors that occur in urban daily life, with more direct and intense human connections occurring in nature. In addition, they promote greater knowledge of themselves, and with emotions and sensations, which are linked to fears, rituals, risk, daring and lifestyle distinction, promoted by these activities, they are able to contribute to behavioral changes and attitudinal.

Final Considerations

With the world increasingly urbanized and the emergence of various technological means and changes in lifestyle habits, human beings ended up moving away from the natural environment and becoming increasingly automated and accelerated, with almost no time to enjoy their moments of rest. Increasingly, however, people are seeking to rediscover themselves with nature through various activities in nature in their leisure time and among them, one that is increasingly developing in the number of practitioners, is mountaineering. Thus, the purpose of this study was the importance of analyzing the reasons for seeking this activity and whether this activity contributes to the practitioners' quality of life.

It can be considered that people have been seeking mountaineering because it is an extremely attractive activity, with a set of emotions, challenges, socialization and landscape, which provides various benefits, both physical and psychological to practitioners. Through mountaineering, in addition to the fans practicing physical activity, moving away from urbanization, they manage to experience emotions and sensations of great value for life. Thus, after these pleasant sensations, the practice ends up providing a reduction in the stress that the current routine causes and also helps in people's socialization, shortening forgotten human relationships with accelerated routines, thereby reenergizing people and influencing for a better quality of life.

Therefore, this research can contribute to a better understanding of the real reasons for joining this type of activity, presenting, in some way, an academic contribution, seeking to give a more scientific look to a topic that has been growing rapidly in the number of practitioners. Also, provide a better preparation for a professional intervention, in which, for future research, a larger sample can be used, with practitioners of other mountaineering modalities not emphasized in this research, as well as deepening the physiological issues of physical benefits and psychological aspects of mountaineering.

Finally, it is of ultimate importance studies aimed at the performance of Physical Education professionals in this area, obtaining greater knowledge of mountaineering, thus being able to explore these reasons for practice and its benefits, in addition to contributing to improvements in this activity that brings so many benefits to the mental and bodily health of people.

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