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### The Effect of Outdoor Education Through Hiking and Camping on Confidence

Vania Utami<sup>1\*</sup>, Indra Safari<sup>2</sup>, Adang Sudrazat<sup>3</sup>

<sup>1,2,3</sup> Faculty of Physical Education and Health, Universitas Pendidikan Indonesia, Jl. DR. Setiabudi No.229, Isola, West Java Province, 40154, Indonesia

\*e-mail: [vaniautami97@upi.edu](mailto:vaniautami97@upi.edu), [indrasafari@upi.edu](mailto:indrasafari@upi.edu), [adang.sudrazat@upi.edu](mailto:adang.sudrazat@upi.edu)

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#### Abstract

Education, in general, has a meaning as a life process in developing each individual to live and carry out daily life. Each student has a different environment and background, which affects their personality and the formation of their self-confidence and interaction with the environment. Self-confidence will arise if there is a need to be respected and appreciated because this will grow the strength, ability, and feeling of being valuable that other people need. This study aims to determine outdoor education through hiking and camping on self-confidence. The research method used is an experimental design with a pretest, post-test two experimental design. The sample in this study was 39 students divided into two groups at SMA PGRI 1 Subang; the data collection technique used a questionnaire. This study revealed that the average results of self-confidence increased; outdoor education can increase self-confidence, and it is recommended to be part of student education in schools.

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✉Alamat korespondensi: Jl. Dr. Setiabudhi No.29, Isola, Kec. Sukasari, Kota Bandung, Jawa Barat 40154

E-mail: [vaniautami97@upi.edu](mailto:vaniautami97@upi.edu)

#### INTRODUCTION

Education, in general, has a meaning as a life process in developing each individual to live and carry out daily life (Prastyo Kurniawan, 2017; Hadiana et al., 2020). One's self-development will increase the individual's level and position. Moreover, with education, humans have the opportunity to develop their potential. Education According to the Law of the Republic of Indonesia No. 20 of 2003

concerning the National Education System in Article 1, explains that: "Education is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have religious, spiritual strength, self-control, personality, intelligence, morals noble character, as well as the skills needed by himself, the community, the nation and the state. Education is an effort to raise the

standard of human life to be developed in terms of spiritual religion, self-control, personality, intelligence and other efforts to live in society.

Outdoor education is student learning at the time of its implementation; for example, in conducting exploration activities, students can be enthusiastic, meaning that students will explore it so that they can interact and give each other sensitivity or sympathy towards each other and the surrounding environment (Taufik, 2018; Ramadan et al., 2021). Outdoor education learning has high creativity, and when learning also uses concrete media and the environment as a vehicle to hone skills.

Outdoor education is an experiential learning method that uses all common sense through immersion in the natural environment and places a person in a relationship with natural resources. So with outdoor education, we can learn more deeply to produce the self-understanding we get from nature. One of the factors causing these problems is a lack of self-confidence in students, which results in a loss of confidence in their abilities and a sense of optimism in themselves to overcome all the challenges that lie ahead. According (to Komarudin 2010; Juniar et al., 2019) suggests that: "Self-confidence is a person's principal capital to achieve success. People with self-confidence mean they are able, capable, and believe they can achieve the achievements they want. Confidence is the capital to be able to move forward because to achieve maximum achievement and break records; athletes must

start by believing that they can and can exceed the achievements they have achieved.

Students need the self-confidence to be able to optimize their abilities. This is in line with the opinion of (Hendriana, 2012), stating that self-confidence is an attitude or feeling confident in one's abilities so that the person concerned is not too worried about his actions, can feel free to do things he likes and is responsible for his actions, warm and polite in interacting with others, able to accept and respect others, has the drive to excel and can recognize their strengths and weaknesses. Therefore, a teacher needs to motivate learning activities at school. Confidence is essential in learning mathematics, so it becomes an aspect that TIMSS can study. (Koriyah and Harta, 2015) States that student self-confidence influences student self-development in the future as well as developments that refer to student success and achievement. Students who have self-confidence will dare to try presentations in front of the class, argue, ask or answer questions to create an active learning process as expected in standard educational processes. Although self-confidence is essential, the level of self-confidence of high school students, in general, is still low.

Each student has a different environment and background, so it influences personality, builds self-confidence, and interacts with their environment. Confidence will arise if the need is fulfilled to be valued and appreciated. This will develop the strength, ability, and feeling of being valuable that others need. If the needs are unmet, there

will be feelings of inferiority, helplessness and hopelessness. Against this background, the researchers felt interested in expressing and studying the influence of outdoor education on student self-confidence.

Based on the description of the problem of student self-confidence and the positive influence of outdoor education activities, researchers are interested in conducting research on the effect of outdoor education through hiking and camping on self-confidence. Outdoor education activities through hiking and camping are chosen by considering that these activities can make the most of outdoor learning and can effectively increase self-confidence so that the results are maximized.

**METHODS**

This research uses an experimental method with a pretest-posttest two experimental design (Cohen, 2007; Ramada & Juniarti, 2020). while sampling using a simple random sampling technique. The sample used for the experimental group was 39 students divided into two groups. Group A received treatment (hiking), and group B received

treatment (camping) because only those were ready to participate in activities and obtain permission from their parents.

The instrument used to find out how much confidence students have is using tests; the test instrument used is a self-confidence questionnaire that has been validated with a total of 40 test items, as many as 36 test items declared valid and a reliability value of 0.911. The method of scoring using a Likert scale with four answer choices. The answers are strongly agreed (SS), agree (S), disagree (TS), and strongly disagree (STS).

The collected data is processed through a parametric statistical approach. Using statistics is done because data from respondents will be generalized as material for conclusions. The data processing will use the computer assistance program SPSS for Window version 26.0.

**FINDINGS AND DISCUSSION**

After collecting data on student self-confidence test results and analyzing the data using SPSS 26.0 software. Then we get a table like this.

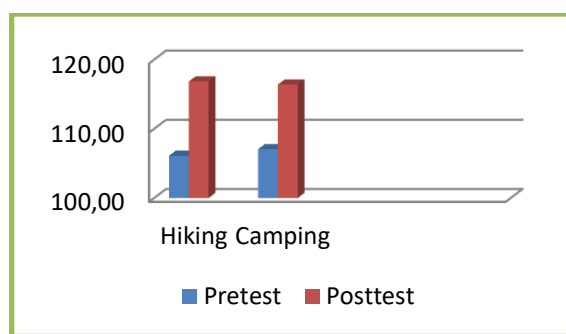
Table 1. Description of the results of the data analysis

Group	Paired Differences						T	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval Of the difference				
				Lower	Upper			
A	pretest - post-7	10,73	4,344	,997	-12,831	-8,643	-10,773	,000

Group	test ek	pretest -	post-	test ek				
B		9,350	3,884	-868	-11,168	-7,532	-10,767	,000

The test criterion is if the significance value (Sig) < 0.005, then  $H_0$  is rejected, whereas if the p-value is > 0.05, then  $H_0$  is accepted. Based on the results in table 1, the self-confidence data for group A (Hiking) has a significance value of 0.000 because the

significance value (Sig) is smaller than 0.05, so  $H_0$  is rejected; this means that there is a significant increase in the self-confidence of students who receive hiking treatment in outdoor education activities.



**Figure 1. Diagram of pretest and post-test results**

While the self-confidence data for group B (Camping) has a significance value of 0.000 because the significance value (Sig) is smaller than 0.05, the  $H_0$  is rejected; this means that there is a significant increase in the self-confidence of students who receive hiking treatment in outdoor activities education.

Based on the results of the data analysis above, outdoor education activities in the form of hiking and camping have a significant impact on increasing student self-confidence.

This is in line with several researchers who argue that respectful behaviour activities through outdoor education can increase student respect (Budiman Ali, 2019).

During outdoor education, activities are arranged to run well and according to what is expected. Starting from the implementation time of 3 days because the period outdoor education can run effectively (Houg Mackenzie & Kerr, 2017). The findings in the field during the activities of both group A and group B indicated an increase in self-confidence; this can be seen from the reduction in students making fun of each other when they make mistakes during activities and blaming their friends when they have opinions. These findings are the results of data analysis which shows an increase.

Both groups showed positive results, which means there was an increase in student

self-confidence. A better increase occurred in group A where the group was given the hiking treatment compared to group B, as seen in table 1; group A showed an increase of 10.73 and group B showed a minor increase of 9.35.

## CONCLUSION

Based on the results of research on the effect of outdoor education through hiking and camping on self-confidence, it can be concluded that learning through outdoor education through hiking and camping activities that have been carried out; these activities are very suitable to be applied to students who have problems not feeling confident when doing anything, such as not be confident in the opinions of others.

This outdoor education activity should use a hiking approach so students' self-confidence can increase and the processes and goals can be adequately achieved. Carry out this activity programmatically to improve the child's personality and ability to face life, especially in self-confidence.

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