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The Influence of Outdoor Education (OE) on Student's Mental Health

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The purpose of this study was to determine how the implementation of outdoor education affects mental health. Mental health of students has become a major concern in the last decade, especially related to stress and depression that can affect student activities in the college environment. This study aims to explore the effectiveness of adventure-based outdoor education in reducing student stress. The method used in this study was an experiment with a two-group pretest-posttest design, this study involved 30 students (15 sports students and 15 non-sports students) who were selected randomly. The research instrument used the validated Perceived Stress Scale (PSS-14) questionnaire. The results showed that involvement in outdoor activities (outdoor education) can reduce stress levels. Based on the results of data analysis, the significance value was 0.019 which indicated a significant effect of outdoor education on student stress levels. The conclusion of this study is that there is a significant effect of outdoor education on student stress levels. Outdoor education can be used as a media or tool to reduce student stress levels.

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