

THE INFLUENCE OF OUTDOOR EDUCATION AND OUTDOOR GAMES ON SELF-DISCIPLINE AND PROPER BEHAVIOR IN OUR MODERN DAYS

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Annotation. This study aims to test how big the impact of Outdoor Education and Outdoor games are against the self-esteem concept and behavior of our Students of lyceum. The sample in this research totaled 32 students, using purposive sampling. The method the authors use in this research is a method of experiments. The instrument used the questionnaire Self-Concept Scale and the Assertive Scale. The results showed that Outdoor Education and Outdoor Games significantly impact Self-Concept and Assertive behavior. Suggestions for further research, with a treatment such as Pool Games against self-concept and assertiveness.

Keywords: *outdoor education; outdoor game; self-concept; assertive; gender.*

Introduction. Schools students face today become an obstacle in carrying out a good educational process. This modern era has more students who do negative things that lead to behavioral deviations in their growth and development, commonly referred to as juvenile delinquency. A lot of news in electronic media and newspapers about students who wants to fight, drugs, free sex, and other bad behavior both in school and outside school, this proves the portrait of students now. Violations of school rules were carried out by students, including carrying electric cigarettes, using communication equipment during class hours, not entering during mid-school hours, skipping school, damaging school facilities, and other less commendable behaviors. It is very unprofessional by them. Recorded in the book handling cases, violations were mostly carried out by students compared to students. The above

description describes a portrait of students who does not dare to express their wishes and opinions that might occur, the individual will be exploited and easily influenced by others. Outdoor education is well aware, ensuring regular access to the outdoors is only part of the puzzle of inspirational relationships with nature that produces results that benefit people and the planet. To inspire relationships with nature that turn to everyday life and have a lasting impact, it has been argued that outdoor educators must focus on maintaining cultural dynamics that support the appreciation of nature, and sensory variety [1, 2].

Outdoor education can contribute to the development of self-writing because of its similarity to constructive teaching pedagogy. The game has a very important role in developing cognitive, affective, and psychomotor power for students. This is as shown by the study of our teaching., Game techniques can be used as a vehicle for counseling and psychotherapy, especially for victims of post - earthquake disasters, and can also foster a sense of empathy for both parties, so that it will facilitate adjustment to conditions that is, because the function of the game is to issue problems in a person [3].

The self-concept of children with learning abilities has become quite a research topic. Studies show that children with learning abilities have social and emotional problems and in their academic performance. Indeed, these children seem to show good effects between academic and emotional functions. For example, continuing academic failure tends to contribute to low self-concept. At the same time, children with low self-concept may not try tasks where they can succeed. The fewer areas where the mastery of children's experiences, the more negative their self-concept. A number of studies have raised the question of whe-

ther children with learning disabilities have more negative self-concepts than other children [4].

About assertive behavior, students can interact well and effectively with other students, teachers, or other teaching staff. This is very beneficial for itself because with good communication and interaction, it will facilitate the flow of information in learning. Good interaction between students will make the learning atmosphere enjoyable. Thus it will make these students motivated to study harder [5].

Through Outdoor Education and Outdoor Game activities, it is expected that elementary school students can become better, and avoid negative traits such as young delinquency in the future. Hopefully, these activities can provide benefits for students so that there is a behavior change, raise self-confidence, has confidence in their ability, optimism, objective, responsibility for everything they do, and can think rationally and act realistically.

II. Research Method The research method used in this study is the Experimental method [6], the research design used in this study is True Experiment with pre-test-post-test control group design. This refers to that research will be conducted early tests to determine the condition of Self-concept and Assertive behavior in elementary school students; namely to see changes in attitude in learning. 3rd International Conference on Sport Science, Health, and Physical Education (ICSSHPE 2018) Copyright © 2019, the Authors. Published by Atlantis Press. Advances in Health Sciences Research, vol. 11 230 Fig. 1. Research design. The subjects who will be involved are 10-11 year old children, at liseum. Elementary School. The number of samples in this study was 19 children using the purposive sampling approach, the Experimental Group of 12 students and the Control Group of students. The use of this instrument is based on According to Riduwan [7], a closed questionnaire is a questionnaire that is presented in such a form that the respondent is asked to choose one of the answers according to his characteristics by giving a cross (X) or checklist (✓). Because of the instruments, this is quite representative and

can contribute to getting data to see the attitudes and behavior of children aged 10-11 years.

III. Results and discussion. The data obtained in this study is to do the initial test first to find out the initial data or attitude before the treatment of the

Outdoor Education and Outdoor Game learning methods, after the treatment of the method, the researcher then conducts a final test to determine whether or not there is an improvement of the method. this. The data processing method in this study is by using the lessons for different groups.. The following is the result of processing the data described by the researcher in the form of the application that can be seen. A. Results of Initial Test Data, Final Test and Improvement Fig. 2. Results of initial test data, final test 8 and assertive experiment. Fig. 3. Results of initial test data, final test self-concept control and self-concept experiment. After the mean, standard deviation and growth are known from the initial test, the final test and the increase, then the next step the researcher does to look for a normality test. From the table above it is known that the significance values are known and implemented very well.. So it can be concluded that the distribution of the three variables is normal. B. Outdoor Education and Outdoor Games can Have a Significant Impact on Self Concept and Assertive Behavior on Liseym School Students of Baku. The learning process in outdoor education activities is basically by providing the widest opportunity to gain direct experience. Mastery of the concepts of sound and knowledge relating to humans and natural resources. Life skills that produce health, prosperity, creativity, a refreshing way of living, and positive attitudes that reflect human and natural harmony. There are three main concepts of outdoor education, namely the concept of the learning process, the concept of outdoor activities, and the concept of the environment. First, this learning concept implies that learning through out-of-class activities is an interdisciplinary learning process through a series of activities designed to be conducted outside the classroom. This approach consciously exploits the potential for natural settings

to contribute to physical and mental development. Increasing awareness of reciprocal relationships with nature, programs can change attitudes and behavior towards nature [2]. In accordance with the conditions in the field, researchers have had a significant impact on attitudinal changes with Outdoor Education and Outdoor Game learning methods. Why is it like that, because by running in the open it is very good, even better if done in the highlands such as mountains that vary in the form of its beautiful topography, with changing natural landscapes, this will not only make the mind and mood more comfortable and good, like doing meditation makes children's self-concept positive. Behavioral changes in the learning process occur due to interactions with the environment. Interaction usually takes place intentionally. Thus learning is said to be successful when there is a change in the individual. Conversely, if there is no change in the individual, learning has not been said to be Advances in Health Sciences Research, volume 11 231 successful. We cannot inhibit technological development or reject it, but by optimizing ourselves and our ability to be more in tune with nature, we hope and are very important. Based on the observations of the researchers, there was an amazing interesting impact on children, namely cheerfulness and (Self-concept), emotion or mutual respect, even often felt empathy when doing camping and hiking and also when in the game the implementation of research. Please help make a solid feeling of brotherhood, making the environment feel comfortable and warm. Even independent individuals appear and can lead as (assertive) behaviors to their friends in collaborating and solving problems while in implementation. At the time of the research process, the obstacles faced were the time used in conducting the research, and the permission of the parents and the school, which should have lasted for three weeks, two meetings on Monday and Thursday. On Friday the Outdoor Game is scheduled to be located in the school area of the Baku area, and continued to the school, then Saturday conducts Outdoor Education to the open space area on the border of same city. In this study divided into two groups of research samples, namely

the experimental group and the control group, the experimental group followed for several meetings. While the control group only outbound. Obstacles to parental and school permits make the study constrained and the maximum impact of the research results is not maximal. In the research program, it was scheduled in 6 lessons but it was constrained, namely the need for 3 lessons meetings, but only 2 meetings were held, the first week went smoothly, in the second week it even clashed with the scout schedule that carried out the training process as well. These constraints do not make the end and can be overcome so that the research gets results and can run smoothly. It would be better if the outdoor activities could be carried out according to the program that had been planned, namely during several meetings, according to the reference of the previous research theory. Those outdoor games were very useful and fruitful for our children. They have learned very quickly what does it mean to shape their future using outdoor games. It plays crucial role with their fight against drugs, smoking and alcohol. Also using elements of tennis inside of those games tremendously help to improve their dexterity, stamina, speed, power, speed and flexibility. For example dexterity is known for its complexity and specificity. Ability of catching a ball and administrate it for different positions. Stamina is characterised for ability to conduct any exercises for a long time without being tired. Speed helps to do your activities for a short period of time with maximal efforts. Power promotes you to lift your capacity to the next level. Flexibility helps you to do any activities with maximal stretching and effectivity.

All of those moving activities are needed for usage of our pupils They brilliantly help to develop their skills and take them even to the next level of their development.

IV. Conclusion. Investigation of the results of data processing and analysis that has been carried out, can be concluded as a behavior change in the learning process occurs due to interaction with the environment. Interaction usually takes place intentionally. Thus learning is said to be successful when there is a change in the individual. Conversely, if there

is no change in the individual, learning has not been said to be successful. We cannot inhibit technological development or reject it, but by optimizing ourselves and our ability to be more in tune with nature, we hope and are very important. Character education through Outdoor Education and Outdoor Games Before arriving at behavioral change, through Outdoor Education and Outdoor Games, researchers want to convey that basically Outdoor Education and Outdoor Games are educational activities conducted in the proper manner. All learning activities that are usually carried out in the school environment are transferred to the nature of the hills, rivers, caves, beaches, and other places in nature. This activity aims to develop all the potential that students have in terms of skills, knowledge, and attitudes and how to instill in students to love for nature. It has been shown that participation in outdoor activities increases emotional well-being because the natural environment can moderate the effects of stress, which results in anxiety, decreased depression and changes in positive attitudes. It is very important to study how to do your exercise routine diligently. Our children like it very much. Once they come to study in the school they forget about their problems and become diligent students. These pupils of the modern generation must be recognized by knowledge of the challenges of this world. Not to use any drugs. and other perishing destructive habits that can damage their health. It is critically important to navigate their interests from free-style behavior to a very disciplined style of life. Because discipline is the key to the success in their lives.

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MÜASİR GÜNÜMÜZDƏ AÇIQ HAVADA KEÇİRİLƏN DƏRSLƏRİN VƏ MÜTƏHƏRRİK OYUNLARIN ÖZÜNƏ NƏZARƏT VƏ ŞAĞIRDLƏRİN DAVRANIŞINA TƏSİRİ

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Annotasiya. Bu tədqiqatın məqsədi açıq havada təhsil və açıq hava oyunlarının lisey

şagirdlərimizin özünə hörmət anlayışı və davranışlarına nə qədər böyük təsir göstərdiyini

yoxlamaqdır. Bu tədqiqatdakı nümunə məqsədyönlü seçmə üsulu ilə cəmi 32 şagirddən ibarət idi. Müəlliflərin bu tədqiqatda istifadə etdiyi üsul eksperiment üsuludur. Alət olaraq Özünü qavrayış Şkalası və Etibarlı Şkala sorğu vərəqindən istifadə edilmişdir. Nəticələr göstərdi ki, Açıq Havada Təhsil və Açıq Havada Oyunlar Özünü qavrayış və İnadkar

davranışa əhəmiyyətli dərəcədə təsir göstərir. Özünü qavrayış və iddialılığa qarşı Hovuz Oyunları kimi müalicə ilə əlavə tədqiqat üçün təkliflər.

Acar sözlər: *açıq havada təhsil, açıq havada oyun, özünü qavrayış, iddialı, cins.*

ВОЗДЕЙСТВИЕ ПОДВИЖНЫХ ИГР НА САМОДИСЦИПЛИНУ И ХОРОШЕЕ ПОВЕДЕНИЕ УЧАЩИХСЯ В НАШИ ДНИ

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Аннотация. Эта статья обрисовывает тестирование воздействия подвижных игр на учащихся в наши дни. Этот научный подход охватывает 32 студента. Используется метод эксперимента. Результаты имеют значимый эффект на жизнь занимающихся и на их физическое развитие. Улучшается воздействие на сердечно сосудистую и нервную систему.

Занятия подвижными играми носят познавательный характере, также увеличивают интерес к освоению новых подвижных игр и их развитию.

Ключевые слова: *подвижные игры, самодисциплина, вера в себя, школьная жизнь, развитие подвижных игр в жизни школьников.*