

## ABSTRAK

# PENGARUH OUTDOOR EDUCATION MELALUI PROGRAM HIKING & CAMPING TERHADAP PENGENDALIAN STRESS, ANXIETY & DEPRESSION REMAJA

Bara Yusuf Saeful Putra, S.Si.  
1402264

**Tujuan** penelitian untuk menelaah pengaruh outdoor education program *hiking* & *camping* terhadap pengendalian *stress, anxiety* & *depression* remaja. **Metode** penelitian menggunakan *randomize pretest posttest control group design*. **Sampel** ( $n=40$ ) yaitu siswa SMP Putra Siliwangi Lembang, dipilih menggunakan teknik *cluster random sampling*. **Treatmen** berupa outdoor education program *hiking* & *camping* dilakukan sebanyak 9x pertemuan di alam bebas. **Instrumen** menggunakan *Depression Anxiety Stress Scales (DASS)*. **Analisis Data** menggunakan uji-T statistik melalui SPSS. **Hasil Analisis Data** dalam penelitian ini diperoleh bahwa nilai  $p<0,05$ . **Kesimpulan** pada penelitian ini bahwa outdoor education program *hiking* & *camping* berpengaruh positif terhadap pengendalian *stress, anxiety* & *depression* remaja.

**Kata Kunci :** *Outdoor Education, Pengendalian Stres, Anxiety, Depression, Remaja*

## **ABSTRACT**

### **EFFECT OF OUTDOOR EDUCATION THROUGH HIKING & CAMPING PROGRAM TO COPING STRESS, ANXIETY & DEPRESSION IN ADOLESCENT**

**Bara Yusuf S.P (1402264) a\*, Kardjono b\***

- a. Student of Sport Education Departmen, School of Postgraduate Studies, University of Education Indonesia, Jalan Dr. Setiabudi 229, Bandung 40154, Indonesia
- b. Lecture of Sport Education Departmen, School of Postgraduate Studies, University of Education Indonesia, Jalan Dr. Setiabudi 229, Bandung 40154, Indonesia

The aim of this study was to examine the effect of outdoor education through hiking & camping program to coping stress, anxiety & depression in adolescent. The method used in this study using *randomize pretest posttest control group design*. Samples ( $n=40$ ) are the students of Putra Siliwangi Lembang selected by cluster random sampling. The intervention was administered to 9-week hiking & camping program in nature. Instrument using *Depression Anxiety Stress Scales*. The data was analyzed by T-Test Statistic ( $p < 0,05$ ). Outdoor education through hiking & camping program has potential to improve overall coping stress, anxiety & depression in adolescent.

**Keywords :** *Outdoor Education, Coping Stress, Anxiety, Depression, Adolescent*