

Chapter 12

EXAMINATION OF THE EFFECT OF REGULAR OUTDOOR ACTIVITIES ON THE LEVEL OF PERSONAL, SOCIAL AND GENERAL ADJUSTMENT LEVEL

Kenan SİVRİKAYA¹

1. INTRODUCTION

Social relations have an important place in the modern society structure. Because people spend most of their lives in communication with other people. Therefore, it is stated that individuals with high social skills can communicate more easily with other people in the community. Social skills acquired during childhood have a major role in establishing good social relations with other people in later life. In addition, the social skills acquired during childhood have a positive impact on the adaptation process of the individual during his adulthood (Kabasakal and Çelik, 2010: 204). In the researches, it is seen that social skills acquired during childhood years affect the life of the individual even after 10-15 years (Uysal and Balkan, 2015: 29).

The development of individuals, both socially and emotionally, has an important place in adapting to life. Social skills gained in adapting individuals to life have a great place. Therefore, social behavior skills should be provided to children from an early age. Some individuals may experience difficulties in gaining social skills. In this case, it is sometimes necessary to intervene directly in order to bring social skills to individuals. In order to improve the social skills of individuals, it should be determined which social behaviors of the individuals are lacking. In fact, as a research, it is thought that elimination of social skills deficiencies is the basis of the emergence of studies on the development of social skills in individuals (Topaloğlu, 2013: 1-2).

In addition to the efforts to improve the quality of life, the World Health Organization has accelerated efforts and policies to strengthen and encourage physical activity. Physical activity is an important component of health protective service

¹ Dr. Öğr. Üyesi, İstanbul Aydın Üniversitesi, Spor Bilimleri Fakültesi. kenansivrikaya@aydin.edu.tr

It was concluded at the end of the study that outdoor activities was effective on the adjustment level of the persons who participate to the outdoor activities regularly. In the course of life, in addition to the effort made by individuals to cope and adjust to conditions and environments that they are exposed to, the negative emotional stress that this new environs and conditions can subject the individual are known to occur. To reduce these negative effects or eliminate them entirely the development of capabilities to combat these negative emotions by the individual is important, because it serves as the individuals determinants of the individual's personal goals as well as his quality of life. In this study the activities rich in stimuli served to improve the possible negative emotions of the individual and as a result were concluded to affect the individual positively in achieving both sound adjustment to the environment as well as giving direction to one's goals.

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