

# To Raise up the Spirit of Communal Work through Outdoor Education

Kardjono Kardjono

*Faculty of Sport and Health Education, Universitas Pendidikan Indonesia, Jl. Dr. Setiabudhi No. 229, Bandung, Indonesia  
kardjono@upi.edu*

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**Abstract:** Physical Education programs focus on the physical, social, mental, and emotional development such as those found in Outdoor Education programs, might be implemented as a potential activity to raise up the spirit of communal work. The purpose of this study is to investigate the effect of Physical Education through Outdoor Education using hiking and camping program to raise up the spirit of communal work of students. The subjects consisted of 40 male and female students from the secondary school. Subjects were divided into two groups, an experimental and a control group. The experimental led through hiking and camping program for 3 weeks, three times a week. The results showed that the experimental students increased in communal work level compared to the control groups. From this research suggested any kind of study can be improved in affective area through The Outdoor Education Program.

## 1 INTRODUCTION

Gotong royong (Communal Work) as the culture of Indonesian society, is one of the unifying factors of the nation's ethnic, religious and ethnic diversity (Muthohir, 1998). Gotong royong, which is rich in educational value, becomes in this tradition of consecrated work the character of the nation, passed down from generation to generation by our predecessors. In line with the advances in science and technology, the flow of globalization has brought considerable influence, such as social effectiveness, communication skills, team cohesiveness and team work hence inevitably the personality has been influenced by foreign cultures that are more concerned with individualism (Neill, 1997a). Physical education activities in the outdoor such as outdoor education programs, is expected to revive the spirit of the fading mutual gotong royong (Lutan, 1996).

Empirical evidence of the influence and position of OE in physical education is still limited in Indonesia. From the results of the study of Outdoor Education, Neill (1997b) informed that "The potential value of Outdoor Education for school students is indicated by some studies which demonstrate highly positive learning outcomes." According to Rickinson (2004) in the American

Institutes for Research (2005), research on learning in the wild has been conducted between 1993 and 2003 and found that adventure programs in the wild give positive results for young people, environmental stance, independence, self-confidence, self-esteem, controlling resources, self-efficacy, personal effectiveness and coping strategies and interpersonal skills and skills. Outdoor Education on character education can be claimed to be effective in fostering "life skills" and in the context of physical education curricula, the OE that emphasizes direct experience and experiential learning seem to excel as "an innovative and holistic approach to motion education, and as a tool for developing social interaction and personal qualities (Bucher, 1979).

Starting from that point, the problem to be studied in this research is "How does the influence of outdoor education work on the spirit of mutual cooperation?" This question will be revealed from the perspective of character education through physical education.

## 2 METHODS

### 2.1 Subjects

The sample of the study was the junior high school students, consisting of 40 male and female students. The sample is divided into two similar numbered groups, namely: experimental groups and control groups of 20 students each. The experimental group is the group that gained the experience of experiencing the OE hiking and camping program, and the control group is the group that did not get OE activities.

### 2.2 Experimental Design

To know the effect of education in the wild through the experience of hiking and camping, a gotong royong / cooperation scale test is applied. The test is, an initial test to determine the level of initial cooperation, and the final test to know the results after the intervention of the free education. For more details, the design of the experiment in the form of a chart is presented in figure 1.

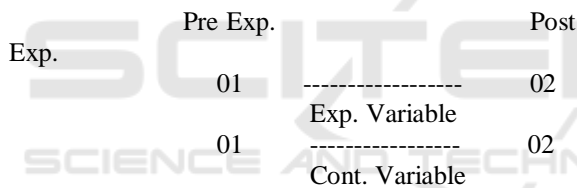


Figure 1: the design of the experiment in the form of a chart.

### 2.3 Hiking and Camping Program

The research used an experimental method to trace the effect of free variables, that is OE or open nature education through hiking and camping program, versus the spirit of gotong royong /communal work student as a dependent variable. The experiment lasted for three weeks, with the frequency of hiking and camping three times per week.

### 2.4 Scale Test

The instrument of this research consists of the spirit of gotong royong / cooperation with the construction of the scale of Communal Mastery developed by Hobfoll et al., (2007).

The learning outcomes of this research are the spirit of mutual help/gotong-royong, that is how

much behavioral change is obtained in the experimental group after 3 weeks of teaching experience in the wild through the hiking and camping program, will be revealed through the implementation of Initial Test, Final Test.

### 2.5 Statistical Analysis

The result (t) test of both gain scores can illustrate the acquisition of experiential results on which statistical analysis is based. The sample data collected from the preliminary Test results before

## 3 RESULTS AND DISCUSSIONS

To find out whether the free nature education through hiking and camping programs affect the spirit of mutual cooperation, data processing is held based on raw scores obtained from the results of initial tests and final tests of research.

The average calculation result, standard deviation and variance of initial spirit and the final spirit of gotong royong of control group and experiment group can be seen in the following table 1 and table 2:

Table 1: The Average, Standard Deviation and Variance of the Initial Spirit and The Final Spirit of Gotong Royong of Control Group.

Period Test	Mean	Standard Deviation	Variance
Initial Test	25.2	1.077	1.221
Final Test	25.9	0.888	0.831

Table 2: The Average, Standard Deviation and Variance of the Initial Spirit and The Final Spirit of Gotong Royong of Experiment Group.

Period Test	Mean	Standard Deviation	Variance
Initial Test	27.15	1.492	2.345
Final Test	32.6	1.772	3.305

To test the research hypothesis, whether the free nature education with experience of hiking and camping, positively affect the students' spirit of mutual work?, the results of processing and analysis of data that have been obtained are utilized as follows table 3:

Table 3: The t-Test Results of Mean Gain Scores the Control Group and The Experiment Group.

Mean Gain Scores of Control Group	Mean Gain Scores of Experiment group	t-calculate	conclusion
0.7	5.45	3.59	Significant

t 0.05 = 1.684

The average gain score calculation results of the spirit of gotong royong, obtained from the Scores of Initial Test and Final Test in the control group and experimental group each are 0.7 and 5.45. These t test results showed that t arithmetic 3.59 was larger than t-table (1.684) on the degree of confidence ( $p < 0.05$ ).

The difference indicates that the experimental group has a higher level of gotong royong spirit than the control group's spirit of mutual cooperation, which can be interpreted that the research hypothesis is supported by empirical facts. Thus, there are indications that education in the wild through hiking and camping programs leads to changes in the spirit of mutual cooperation among junior high school students.

Different from urban life encourages students to feel each other's care and need of each other as an expression of mutual cooperation. Journey together, eat together, play together, sleep in a group that can strengthen unity among the students.

The results of this study support the opinion of Rickinson (2004) in the American Institutes for Research (2005); research on learning in the wild has been conducted between 1993-2003 and found that adventure programs in the wild give positive results to young people, including attitudes toward the environment, independence, confidence, self-esteem, sources of control, self-efficacy, personal effectiveness and coping strategies and interpersonal skills and social skills, such as social effectiveness, communication skills, group cohesion and teamwork.

According to Priest et al. (1997), education in the outdoors creates events that place students in difficult circumstances which they must solve. The decisions they make directly and quickly will usually affect them quickly as well. These characteristics make educational programs in the wild as the most likely activity to provide meaningful learning experiences, especially in generating a spirit of cooperation.

## 4 CONCLUSIONS

Education in outdoor gives great influence to the students to gain experience, and to reflect on it (Neill, 1997c). Diverse outdoor activities, including walking on rice fields, vegetable fields, up and down hills, crossing rivers, exploring caves and camping activities create challenging and exciting events.

These naturally occurring circumstances place students in difficult circumstances, that they have to

solve and decide together. Togetherness in said activity creates learning experiences to arouse the spirit of cooperation among the students.

Based on data analysis about the influence of Outdoor Education with Hiking and Camping experience on the spirit of gotong royong during 9 times meetings, the following conclusion is obtained:

There is a strong indication that Outdoor Education with Hiking and Camping experience has a positive effect on generating the spirit of Gotong Royong among junior high school students.

Based on the results of this study, the researcher conveyed suggestions that are expected to contribute and considered by the experts of education and further researchers, namely:

- In order to complete the educational philosophy especially in the development of affective domains, Outdoor Education should be part of the curriculum at all levels of education, because it contains unique and complete value in the context of a comprehensive education;
- Outdoor Education with Hiking and Camping experience should be popularized for all the people of Indonesia, in addition to recreational and relaxation facilities, as well as a means of friendship with nature, so as to generate a sense of love and activity in preserving nature;
- To maximize the results of research, it requires a deeper emphasis, especially in the process of contemplation, so that the direct coaching and development of spiritual dimension is an integral part of the educational process.

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