

Impact of Outdoor Physical activity on Social behaviour and Health of Women

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Abstract—In this research paper we are addressing the relationship between the physical activity and its importance in avoiding health problems and improving social behaviour.

Social and psychological perspectives have been concerned with Outdoor phenomena in the outdoors. Outdoor activities have an impact on social and psychological behaviour of humans. Meanwhile, Wright (1991) said that Outdoor activity is a free time activity for the purpose of the leisure including after work activities. Outdoor activities have an impact on the physical health, social attitudes and reduced emotional problem. The basic aim of this research is to determine that the outdoor activities will affect the women social behaviour and women psychology and it will affect the women interaction with the society. Outdoor activities help to achieve the social benefits, reduce crime rate, improve health problems and reduce social and emotional problems, physical and mental health of Women. The main objective of the research will be to know the effect of outdoor on the individual and their social behaviour and health. The integration of Outdoor activities and social life will help to improve the social life of women.

Women involved in various kinds of outdoor physical activity are successful in avoiding health problems. We will also try to find out the design of outdoor spaces will have a direct impact on the outdoor physical activity which in result will help in avoiding health problems among women. Women of different age groups, different culture, and different background will use the outdoor spaces for different activities and how the different activities help to avoid different kinds of health problems. Survey will be conducted among women of different age groups, different culture and different backgrounds, and to see how use of outdoor activities will help them in avoiding health problem

1. INTRODUCTION

In 1960's work by Kelly and Baer (1968, 1969, and 1971) gave us the significance of social benefits of outdoor recreation activities. Their research provides the foundation that outdoor recreation can provide social benefits such as reduce the crime rate and vandalism. At the same time the research by Clifford and Clifford² (1967) provides the base of the benefits to individual by the outdoor recreation activities. With these research inputs the outdoor recreation activities were evolved as a therapy. Outdoor recreation activities were evolved as a therapy with the goals to achieve social benefits, reduce crime rate, improve health problems and reduce emotional and social problems. With these areas as

the base of my research the research will be based on the outdoor recreation activities and social integration and how these things are perceived socially and psychologically.

Young, 1983; Mitchell, 1983; has done research on the effect of recreation on the expected benefits and level of satisfaction. The participation in some of the outdoor recreation activities increases the level of satisfaction in the human. These researches gives a theme as the outdoor recreation as a therapeutic intervention. A substantial research effort has been made linking outdoor recreation as a form of therapy with goals such as improved social attitudes and behavior, improved physical health or reduced emotional problems (Barcus and Bergenson, 1972; Wright, 1983; Smith, 1982; Robb&Ewert, 1987)

One of the earliest research on outdoor recreation and its effects was done by Shore (1977). The researches have included: therapeutic dimensions, individual and group benefits, behavior modifications. Lida (1975, 219) states that an individual response to a situation reflects and determines his/her concept of self-concept. In this theory it suggests that an incomplete outdoor activity will affect the person negatively.

Bogner (1998) tested 1-day and 5-day versions of along-established outdoor recreation programme with 700 students aged 11-13, in a national park in Germany. Bogner reported that 'the 5-day program explicitly provoked favorable shifts in individual behavior, both actual and intended' (p. 17) With respect to self-perceptions, Reddrop (1997) reports several evaluations of programmes with young offenders that have recorded positive impacts in terms of participants' self-esteem; self-concept and locus of control (see pp. 10-11). Similarly, Hattie et al.(1997) note that 'the greatest effects of the adventure programs in the self-concept domain were for independence, confidence, self-efficacy, and self-understanding, and these were further enhanced during follow-up periods' (p. 67).

They also found that, relative to other outcomes, the effect size for self-concept was particularly high at the follow-up stage, as compared with immediately after a programme.

Drawing on a range of previous studies, **Hattie et al. (1997)** put forward several explanations for these effects. For example:

- Outdoor programmes provide young people with an opportunity to act successfully in a variety of challenging situations which thereby increases their self-confidence and self-efficacy
- The challenging and unpredictable nature of wilderness environments require participants to modify their own behaviour, thus enhancing their self-control and independence

Open space and outdoor recreation are important components of life. They provide many cultural, social, economic and environmental benefits and contribute positively to physical and mental health and a better quality of life⁴. Open space, for the purposes of this Statement, is defined as all open space of public value. The definition includes not just outdoor sports facilities, parks and gardens, amenity green space and children's play areas, but also natural and semi-natural urban green spaces, allotments, cemeteries, green corridors and civic spaces. It includes not just land, but also inland bodies of water that offer important opportunities for sport and outdoor recreation and which can also act as a visual amenity. The Alberta Centre for Well Being (1989) finds that —the concept of well-being or optimal health involves a delicate balance among physical, emotional, spiritual, intellectual and social health and then lists a wide range of dimensions, from fitness, nutrition, and stress management to meditation, education, and relationships. Outdoor recreation touches on all those aspects of health and can enhance not only physical health but also emotional well-being. Just being outdoors, for example, has been shown to confer health benefits. Open space, whether or not there is public access to it, is important for its contribution to the quality of urban life by providing important green lungs, visual breaks and wildlife habitats in built-up areas. Open space can enhance the character of residential areas, civic buildings, conservation areas, listed buildings and archaeological sites. It can also help to attract business and tourism and thereby contribute to the process of urban regeneration. The use being made of the countryside for a range of sporting and outdoor recreational activities, particularly where these are associated with farm diversification, can contribute to the process of rural regeneration and help promote natural resource tourism.

Strong evidence of the benefits of outdoor adventure education is provided by two metaanalyses of previous research. Looking across a wide range of outcome measures, these studies identify not only positive effects in the short term, but also continued gains in the long term. However, within these broad trends, there can be considerable variation between different kinds of programmes, and different types of outcomes. There is substantial research evidence to suggest that outdoor adventure programmes can impact positively on people's life :

- Attitudes, beliefs and self-perceptions – examples of outcomes include independence, confidence, self-esteem, locus of control, self-efficacy, personal effectiveness.
- Interpersonal and social skills – such as social effectiveness, communication skills, group cohesion and teamwork.

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Outdoor recreation's contribution to health can be considered in the context of —wellness. The World Health Organization (2003) defines health as —a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. This definition moves from a strictly medical model of health toward the concept of well-being. The Alberta Centre for Well Being (1989) finds that —the concept of well-being or optimal health involves a delicate balance among physical, emotional, spiritual, intellectual and social health and then lists a wide range of dimensions, from fitness, nutrition, and stress management to meditation, education, and relationships. Outdoor recreation touches on all those aspects of health and can enhance not only physical health but also emotional well-being. Just being outdoors, for example, has been shown to confer health benefits.

The physical environment can trigger human aggression is well established. Crowding, high temperatures, and noise have all been linked to aggression and violence (Kuo and Sullivan 2001). High stress levels are associated with youth violence. Some believe that stress produces —social illness—

pathological responses such as violent and reckless behaviour, Crime, or drug abuse⁷. Antisocial behaviour is a common reaction to stressful life situations. Spending time in nature or outdoor recreation activities can reduce stress, however, and thus contact with nature may reduce aggression and violence (Kaplan 1995).

Outdoor recreation activities are excellent inducements to physical activity and help to encourage life-long fitness habits. The following is a list of benefits of an outdoor recreation activities on humans and human development.

2. PHYSICAL HEALTH BENEFITS

- Reduces Obesity
- Diminishes Risk of Chronic Disease such as Heart Disease, Diabetes, Cancer, and Osteoporosis
- Boosts Immune System
- Boosts Immune System
- Increases Life Expectancy

Mental Health Benefits

- Reduces Depression
- Relieves Stress
- Improves Quality of Life, including Self-Esteem, Personal and Spiritual Growth, and Life Satisfaction

3. CONCLUSION

The research evidence suggests that sport and physical activity programs can facilitate personal and social development through which behaviour may be positively affected. This seems to be primarily achieved by focusing on improving underlying risk factors that predispose individuals to such behaviour. Overall, the literature and analyses in this report suggest that provision of well-structured outdoor recreation activities may assist to reduce health issues. The report evidence suggests that while it is unlikely that sport and physical activity programs have a major and *direct* impact on reducing antisocial behaviour, they form an important mechanism through which positive personal and social development may occur. In addition, findings indicate that: Sport and physical activities provide stimulation, thereby reducing boredom, and can be used as vehicles to address underlying issues, such as low self-esteem and self-confidence; aside from the obvious health and fitness benefits, outdoor recreation activities increase social interaction, and facilitate improvement of interpersonal and communication skills.

Outdoor recreation activities have an impact on the health and wellbeing of women. During the past few years people especially women are getting aware of the benefits of outdoor recreation activities

Cycling grew the most over the past five years. The sport increased participation by 21 percent.

- Cycling and Running had the highest number of new participants in the past year.
- Almost one-quarter of all outdoor enthusiasts participate in outdoor activities at least twice per week.
- Running, including jogging and trail running, is the most popular activities among Indians when measured by number of participants and by number of total annual outings.
- The outdoor participation rate among adolescent boys ages 13 to 17 continued to rise in 2014, adding three-percentage points in the past two years.
- Outdoor participation rates declined among adolescent girls. With just over half of adolescent girls participating in outdoor recreation, the participation rate is the lowest recorded since this report began in 2006.
- Youth who do not participate in outdoor activities say they are not interested in the outdoors. For young adults, lack of time is a bigger barrier than lack of interest.
- Introducing outdoor recreation and physical activities early in life has a lasting effect. Among adults who are current outdoor participants, 75 percent had physical education and 42 percent enjoyed outdoor activities in elementary school.

The benefits that accrue to individuals, recreation are an important, verifiable asset to our communities. Recreation programs offer cost-effective means for addressing some of our most troubling problems, particularly with regard to youth. As reported in this study, park and recreation programs can do much to reduce **juvenile delinquency and crime**, combat the use of drugs and alcohol, reduce teen pregnancy and school drop-outs, and promote learning. By providing opportunities to strengthen family bonds, promote cultural diversity and understanding, and stimulate a greater acceptance of others, recreation opportunities can build better and more livable communities.

The most significant conclusion to be derived from this report is that these benefits can act in tandem. For example, a recreation program directed at youth obesity can increase self-esteem, reduce the use of alcohol, build family bonds, and promote volunteerism, all at the same time. The manner in which combined benefits may be gained is almost endless. And, while not the subject of this study, clearly this can have a positive economic impact and benefit to the community as well. This aggregate impact makes recreation one of the most cost-effective public services available to decision makers.

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