

Recreational Education Activities and Introduction to Surrounding Nature

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Abstract

This paper is aimed to know the meaning of recreation itself. The writing method that the author uses in the preparation of this paper is the literature method, which is a research that is driven to research and solve problems by taking several books that are related to other related papers or literature and using articles from the internet. Recreational Education is a non-formal education program that provides opportunities for each individual to develop physical skills, social attitudes, mental habits and appreciation (psycho-social) and intellectual skills (cognitive) in a harmonious and proportional manner which in turn will shape personality and personality.

Keywords: Literature Method, Recreational Education, Personality

Introduction

This activity provides direct experience in the field through activities such as outdoor education (school), for example study tours, field trips, and outdoor adventures education as well as other activities, such as recreational sports, play activities including traditional games and arts, other types of physical activities. In its implementation, recreational activities are used as a vehicle or learning experience. Through this learning experience, students as learners will grow and develop in order to achieve educational goals. Furthermore, this program basically adheres to the principles of learning by doing, learning while repeating and trying to improve (trial and refinement), and embracing long life learning.

Experts view that recreation is an activity to fill leisure time. However, recreation can also fulfill one of the definitions of "valuable use of leisure time." In that view, activities are selected by individuals as a function of renewing their physical and mental conditions, so that they do not mean just wasting time or killing time. Recreation is an activity that is healthy on the physical, mental and social aspects. Recreation is complementary to work, and therefore a necessity for everyone. Thus, the emphasis of recreation is on the nuance of "re-creation" of the person, an effort to revitalize the body and soul that is manifested by "getting away" from routine activities and stressful conditions in everyday life. The educational foundation of recreation has now been re-appointed, so it is often termed recreational education, whose main purpose is to educate people in how to use their spare time (Chelladurai & Kerwin, 2018; Dorevitch et al., 2012; Hurd & Anderson, 2010).

Definition of Recreation

Recreation, from Latin, re-creare, which literally means "re-create", is an activity undertaken to refresh one's body and spirit. This is an activity that a person does other than work.

Activities commonly carried out for recreation are tourism, sports, games and hobbies. Recreational activities are generally carried out on weekends (Jenkins & Pigram, 2005; Jensen & Guthrie, 2006).

The definition of recreation according to experts Mckay (2008) has defined recreational sports as a basis for identifying various knowledge that can be practiced in everyday situations. Jensen & Guthrie (2006) defines recreation as a program that includes the use of the original environment for the purpose of reinforcing the existing teaching and learning curriculum. It encompasses the development of knowledge, skills and attitudes especially the use of leisure time. Jenkins & Pigram (2005) states that recreation as a tool to achieve objective education. Kraus, recreation is an activity or experience that is obtained or done in his spare time and is usually carried out in his spare time. Mary Helen, Recreation is not a movement event but an emotional event and forgetting about leisure activities that make people happy to restore both physical and mental energies. Kaplan, recreation is an activity that is carried out lightly in leisure time voluntarily as a result of the heavy work recovery that is done. De Grasia, recreation is an activity that rest a person from work and gives him a recovery after a change when working again. Experts see that recreation is an activity to fill leisure time. However, recreation can also fulfill one of the definitions of "valuable use of leisure time.

In that view, activities are selected by individuals as a function of renewing their physical and mental conditions, so that they do not mean just wasting time or killing time. Recreation is an activity that is healthy for physical, mental and social aspects. Recreation is complementary to work and therefore a necessity for everyone.

Recreational Characteristics

The characteristics of recreation are as follows: (1) Recreation is an activity which means: the activity can be physical, mental, emotional, social, and spiritual (2) Recreational activities are formless, meaning: all activities carried out by humans can be made into recreational activities as long as it is done in free time (3) Recreation is universal which means: recreation is a physical and mental statement from humans throughout the ages for everyone, although not everyone feels recreation (4) Recreation is flexible which means: recreation not limited by place, anywhere according to the form and type of recreational activities that can be done (Jenkins & Pigram, 2005; Jensen & Guthrie, 2006).

Recreational Purpose

According to Jenkins & Pigram (2005), recreational activities are one of the activities needed by every human being. There are activities that begin with a trip to a place. Psychologically, many people in the field feel bored with several activities and problems, so they need a break from work, sleep comfortably, relax after training, balance between expenses and income, have a good work partner, need to live freely, and feel safe from bad risks. Looking at some of the statements above, recreation can be concluded as an activity that is carried out as a free time for one or several purposes, including for pleasure, satisfaction, attitude and mental refreshment which can restore both physical and mental strength.

Much value can be gained from recreation on a fellowship basis. The tension can be released and the available energy can be used in useful ways. Children can be taught how to exercise in various activities so that individual abilities can be built and enhanced through recreation. Children need to learn to relate to other people in the playground as in the classroom or at

home. Creativity can be fostered and developed, and new ways of doing it can be introduced. One of the important benefits of recreation is in character building. It has been said that "children learn through play". Through a well-designed and planned recreational program, children can learn to make the most of their time. The challenges to effective teaching using natural settings are endless for leaders and teachers. The goals of recreation are: (1) filling leisure time, (2) relieving fatigue, boredom and fatigue, (3) as a balance to subsistence activities (substitute / complementary activities), for example education and work / work. (4) To fulfill social functions (this social function is carried out for group activities and active recreation). To get physical freshness with pleasant sports and get pleasure.

Types of Recreation

Tourism

Tourism or tourism is a trip made for recreation or vacation, and also the preparation made for this activity. A tourist or tourist is someone who travels at least 80 km (50 miles) from his home for recreational purposes, as defined by the World Tourism Organization. A more complete definition, tourism is the service industry. They handle services ranging from transportation; hospitality services - shelter, food, drink; and other relevant services such as banking, insurance, security, etc. And also offers a place of rest, culture, escape.

Many countries rely heavily on this tourism industry as a source of taxes and revenue for companies selling services to tourists. Therefore the development of the tourism industry is one of the strategies used by non-governmental organizations to promote certain areas as tourist areas to increase trade through the sale of goods and services to non-local people. Sports are activities to train one's body, not only physically but also spiritually (for example, traditional and modern sports). Games are recreational activities with the aim of having fun, filling spare time, or light exercise. Games are usually done alone or together. There are levels of games based on age, there are children's games and adult games. There are also games for the public, namely computer games.

Hobbies are recreational activities carried out at leisure to calm one's mind. The word Hobby is a loan word from English "Hobby". The purpose of a hobby is to fulfill desires and get pleasure. There are various types of hobbies such as collecting things (collecting), making, repairing, playing and adult education.

Definition of Recreational Education

Recreational Education is a non-formal education program that provides opportunities for each individual to develop physical skills, social attitudes, mental habits and appreciation (psycho-social) and intellectual skills (cognitive) in a harmonious and proportional manner which in turn will shape personality and personality one's behavior.

This activity provides hands-on experience in the field through activities such as outdoor education (school), for example study tours, field trips, and outdoor adventures education and other activities, such as recreational sports, play activities including traditional games and arts, other types of physical activities. The other definition of recreational education is the teaching process through recreational activities as well as a teaching process to master cognitive, affective and psychomotor aspects. Another term is free time education.

In its implementation, recreational activities are used as a vehicle or learning experience. Through this learning experience, students as learners will grow and develop in order to

achieve educational goals. Furthermore, this program basically adheres to the principles of learning by doing, learning while repeating and trying to improve (trial and refinement), and embracing long life learning.

The principle of the learning process in the open or outside of the classroom essentially provides the opportunity to have fun and interesting direct experiences (because of its uniqueness, value and specificity) in the field, in order to learn to build a harmonious relationship with the environment and nature. In this activity students can learn several things, as described by Jenkins & Pigram (2005) as follows: (a) Interesting concepts and knowledge about humans and the natural environment. (b) Skills to cultivate a healthy lifestyle (personal and environmental), human welfare and the environment. (c) Developing a harmonious attitude and relationship with the environment and natural surroundings.

Purpose of Recreational Education

The objectives of recreational education are as follows (Jenkins & Pigram, 2005): (1) To develop a sense of respect and love for the environment and to preserve it. (2) To develop understanding and abilities as well as understanding of the importance of maintaining environmental balance and using it wisely. (3) Awaken human awareness of the importance of fostering a reciprocal relationship between humans and their environment and in order to get to know their nature or character. (4) Helping to develop positively the behavior and social relationships of each individual. (5) Helping to develop knowledge about healthy living practices. (6) Helping to make classroom lessons more meaningful through direct experience from experience. (7) Opening opportunities to build cooperation between school communities and recreational service organizations in particular and society in general. (8) Fostering and strengthening self-confidence and self-esteem, which are strong foundations for fostering a "self concept". (9) Strengthening brotherhood and the growth of mutual support among group members. (10) Adding or improving skills and coordination. (11) Increase personal pleasure and a sense of togetherness among group members. (12) Educating someone to be able to fill their spare time with positive activities in the sense of not harming themselves, others or the environment and on the contrary preventing the emergence of negative activities, such as drug use, vandalism, destructive activities, and other similar negative activities. Develop a culture of healthy living both for individuals and for others or their natural environment. Improve skills such as traditional games, painting, handwork, drawing and so on. Increase the passion for learning to increase. Can be grateful for God's greatness through recreational activities such as hiking, going to the zoo, watching a lunar or solar eclipse. Can foster a sense of love for the country, especially in uniting differences between tribes. Can form a personality or form a strong and independent personality

The Role of Recreational Education

According to Jenkins & Pigram (2005), recreational activities are one of the activities needed by every human being. There are activities that begin with a trip to a place. Psychologically, many people in the field feel bored with several activities and problems, so they need a break from work, sleep comfortably, relax after training, balance between expenses and income, have a good work partner, need to live freely, and feel safe from bad risks. Looking at some of the statements above, recreation can be concluded as an activity that is carried out as a free time for one or several purposes, including for pleasure, satisfaction, attitude and mental refreshment that can restore both physical and mental strength.

Much value can be gained from recreation on a fellowship basis. The tension can be released and the available energy can be used in useful ways. Children can be taught how to exercise in various activities so that individual abilities can be built and enhanced through recreation. Children need to learn to relate to other people in the playground as in the classroom or at home. Creativity can be fostered and developed, and new ways of doing it can be introduced. One of the important benefits of recreation is in character building. It has been said that "children learn through play". Through a well-designed and planned recreational program, children can learn to make the most of their time. The challenges to effective teaching using natural settings are endless for leaders and teachers (Mill, 2008; Olliff, 2008; Smith, 2016).

Recreation is an integral part of education. Therefore, recreation in education is a support for the educational process and one of the media to achieve educational goals. As educational media, recreation and education have the following functions.

Add or Enrich Knowledge and Insight

By participating in recreational education activities, students will gain additional knowledge and insights that are not obtained in intracurricular activities at school. Recreational activities can be in the form of camping, visiting museums or historical / archaeological relics, and observing flora and fauna. With these activities students will gain new knowledge and experiences that vary according to the form and type of activity. Increasing agility and skills, by carrying out various recreational education activities, students will be able to improve their agility and skills. Types of recreational education activities are: games, handwork, painting, dancing, and others. All of these activities are very beneficial for everyday life and in the future. Renewing the passion for learning, In accordance with the understanding that recreation means recovery, then with recreation, students' enthusiasm and passion for learning are expected to increase.

Besides being able to divert and create a new atmosphere, recreational education can also be used as a medium for seeking freshness, joy, and satisfaction. Cultivate a creative and social attitude. By participating in recreational education, students can have new positive experiences. For example, recreational activities include living in the open air and working tours. Through this activity, students will instill traits such as the courage to live independently, live together, live in a community, refine and enhance their sense of art and foster self-confidence. Forming a better personality, recreational education can develop a child's personality. In it there are activities that educate students to learn to live independently, work together, get to know the customs of the local population, get to know the results of past cultures, foster self-confidence and so on. Instilling a sense of admiration and gratitude for the greatness of God's creation. By participating in recreational education, students' admiration and gratitude for God's creation will be instilled. So that in the end the sense of faith and devotion to God Almighty will increase. Instilling a sense of love for the motherland and nation, instilling a sense of love for the motherland and nation for children, can be done through recreational education activities. Because in it there are useful activities such as visiting objects of beautiful natural scenery, visiting relics of past cultures, recognizing the customs of the ethnic groups in the country and so on.

Recreational Education Values

Much value can be gained from recreation on a fellowship basis. The tension can be released and the available energy can be used in useful ways. Children can be taught how to exercise

in various activities so that individual abilities can be built and enhanced through recreation. Children need to learn to relate to other people in the playground as in the classroom or at home. Creativity can be fostered and developed, and new ways of doing it can be introduced. One of the important benefits of recreation is in character building. It has been said that "children learn through play". Through a well-designed and planned recreational program, children can learn to make the most of their time. The challenges to effective teaching using natural settings are endless for leaders and teachers (Virden & Schreyer, 1988; Dewi et al., 2020).

Conclusion

Recreational Education is a non-formal education program that provides opportunities for each individual to develop physical skills, social attitudes, mental habits and appreciation (psycho-social) and intellectual skills (cognitive) in a harmonious and proportional manner which in turn will shape personality and personality. One's behavior, creativity can be fostered and developed, and new ways of doing it can be introduced. One of the important benefits of recreation is in character building. It has been said that "children learn through play". Through a well-designed and planned recreational program, children can learn to make the most of their time.

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