

The background of the entire cover is an abstract, high-energy image. It features a blurred figure of a person, likely a runner, in motion. The figure is overlaid with vibrant, streaky light trails in shades of teal, blue, and orange, creating a sense of speed and dynamic movement. The overall composition is energetic and modern.

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COLLOQUIUM PROCEEDINGS

EXTENDED ABSTRACT

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THE IMPACT OF OUTDOOR RECREATION ON PSYCHOLOGICAL WELL-BEING AND SELF-ESTEEM IN HIGHER EDUCATION

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I. INTRODUCTION

This study examines the relationship between outdoor recreation participation and self-esteem among FSR students at the Seremban 3 campus. Addressing gaps in understanding nature's benefits on university students and limited research on outdoor recreation's role in mitigating stress, it seeks to identify participation levels, self-esteem levels, and their interconnection, contributing to student well-being research.

II. METHODS

This study employed a quantitative, causal-comparative design to examine the relationship between outdoor recreation participation and self-esteem. A total of 187 FSR students were selected using simple random and probability sampling techniques. Outdoor recreation participation was assessed via the Recreation Experience Preference using a 5-point Likert scale, while self-esteem was measured using the Rosenberg Self-Esteem Scale with a 4-point Likert scale.

III. RESULTS AND DISCUSSION

A. Outdoor Recreation Participation

The average level of outdoor recreation participation among FSR students was 59.3, with no specific preferences for particular activities.

B. Self-Esteem

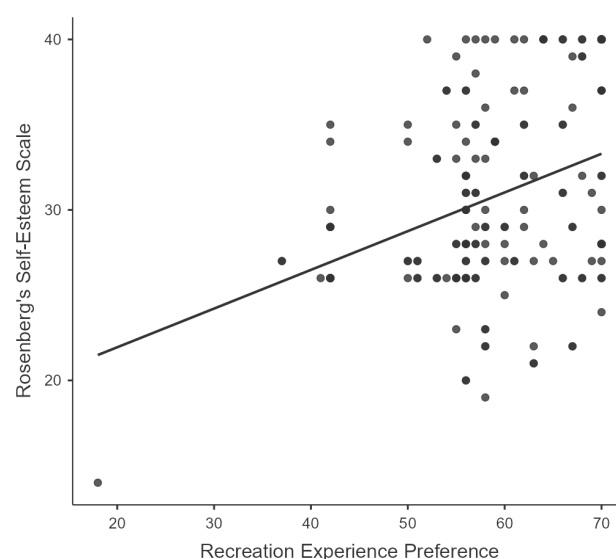
Self-esteem levels averaged at 30.9, with no notable patterns observed across groups.

C. Relationship Between Outdoor Recreation Participation And Self-Esteem

A statistically significant relationship ($p < 0.001$) between participation and self-esteem was identified, showing a moderate positive correlation ($r = 0.351$), emphasizing the potential benefits of outdoor recreation for student well-being.

TABLE I

RELATIONSHIP BETWEEN OUTDOOR RECREATION PARTICIPATION AND SELF-ESTEEM



IV. CONCLUSIONS

This study highlights the moderate positive relationship between outdoor recreation participation and self-esteem among FSR students. Findings underscore the importance of promoting outdoor recreation as a pathway to enhancing student well-being, addressing gaps in research on its psychological benefits.

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