

**UNIVERSITI TEKNOLOGI MARA**

**IMPACT OF OUTDOOR EDUCATION PROGRAM  
ON LIFE EFFECTIVENESS SKILLS AMONG SECONDARY  
SCHOOL PARTICIPATIONS**

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**DECLARATION OF ORIGINAL WORK**  
**BACHELOR OF SPORT MANAGEMENT (Hons.)**  
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I am Noorul Hafiza Binti Hamed, hereby , declare that:

This work has not previously been accepted in substance for any degree, locally or overseas, and is not being concurrently submitted for this degree or any other degrees.

This research project was the best result of my independent work and investigation, except where otherwise stated. I absolved Universiti Teknologi MARA and its Faculty of Sports Science and Recreation from any blame as a result of my work.

All verbatim extracts have been distinguished by quotation marks and sources of my information have been specifically acknowledged.

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## ABSTRACT

This study addressed four main purposes, which are: (1) to identify changes in life effectiveness skills after participating in outdoor education program; (2) to determine the difference in life effectiveness skills that influence by socio demographic variable of gender; (3) to determine which dimensions of life effectiveness skills that had greater impact towards participation in outdoor education programs; and (4) to examine the relationship between frequency of outdoor education experiences and involvement in outdoor education. This study utilized pre and post quasi experimental without control group design. The 29 items of Life Effectiveness Questionnaire (LEQ) was administered among 80 students aged from 13 to 17 years old. The primary finding of this study supported that outdoor education program is effective in improving participant's life effectiveness skills. This study indicated no significant differences recorded between socio demographic variable of gender after the camp ( $t(1,79) = .215, p = .211$ ). This study also highlighted that all factors in life effectiveness skills indicated significant improvement as a result of the 3 days camp. Active initiative was ranked as the most influential factor that contributed to life effectiveness improvement ( $x = 4.863$ ). There is statistically no significant relationship between frequency of outdoor education experiences and involvement in outdoor education ( $r(78) = 0.165, p > 0.05$ ). Implications of the findings provide evidences on the effectiveness of outdoor education program on improving participant's life effectiveness skills. This study also addressed the importance of specific factors that need to consider before conducted an outdoor education program. The study also provides an empirical data for future study in this field.

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