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LITERATURE REVIEW: SEDENTARY BEHAVIOR IN OUTDOOR EDUCATION LEARNING ELEMENTARY SCHOOL STUDENTS

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Abstract Sedentary behavior is a wakeful behavior or activity characterized by expenditure of energy such as sitting or lying down, as distinct from passive behavior. Sedentary behavior in outdoor education learning is a learning strategy that is carried out outdoors. Learning strategies like this are carried out by inviting students to unite with nature and do some outdoor activities. The purpose of this study was to determine the factors of sedentary behavior in outdoor education learning. Method: This study uses a literature study approach. Article search used 2 databases, namely Google Scholar and Pubmed with the keywords outdoor education and sedentary behavior. The criteria for the article are original published from 2013 to 2023. Results: Of the 16 articles that have been reviewed, the results show that all articles explain sedentary habits as bad habits that are prone to disease. There fore outdoor learning is one of the factors to reduce the occurrence of diseases that come as a result of sedentary habits, because a child will be more active and move a lot when outside the room. Conclusion: The results of the review of the 16 articles explained that there are factors that influence sedentary behavior in a child which can make a child lazy to move and do other activities. There fore outdoor learning is one of the supporting factors for reducing the occurrence of diseases that come as a result of sedentary habits, because a child will be more active and move a lot when outside the room.

Keywords: outdoor learning; sedentary behavior; elementary school students



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INTRODUCTION

Outdoor education is a learning strategy that is carried out outdoors. Learning strategies like this are carried out by inviting students to unite with nature and carry out several activities. The activities carried out are also activities that are not boring and of course very fun. Outdoor activities are usually carried out so that students can get a new learning atmosphere and also add new experiences.

Outdoor learning is one way to increase students' learning capacity. The learning process can be said to be effective if it is programmed properly so that it can make students more active during the learning process. Basically learning is a planned activity that can make students study well according to the learning objectives. Thus the meaning of learning is an external condition of teaching and learning activities carried out by a teacher in conditioning students to learn (Ansori, 2015).

Outdoor learning is modified learning so students can learn directly on actual objects. Outdoor education is a learning method that really takes advantage of nature and the surrounding environment. Learning activities carried

out directly with nature will make students more active and get their own experiences. Students do not only learn theoretically, but they learn with their imagination and interact directly with what they get and learn during outdoor learning.

Outdoor education is a process of forming knowledge and creating experiences to change attitudes and behavior. Through educational programs like this can help students develop themselves, especially in terms of physical activity. Students participating in this program can benefit positively in confidence and skills. This can also have a positive effect on academic achievement and foster an attitude of sensitivity to the surrounding environment (Basic, 2017).

Learning conducted in schools has several factors that can influence the success or failure of teaching and learning activities. One of them is the lack of student learning motivation at school (Sogunro, 2015). Motivation to learn has a role to re-encourage students which is shown when participating in teaching and learning activities at school. When the motivation to learn is absent from each student during the learning process, the student will find it difficult

to understand the material provided by the teacher.

"Where students who have high learning motivation will be able to achieve learning goals and get good learning results, while students who still have weak learning motivation, make educators feel confused about these problems, according to "(Pratama, Firman, and Neviyarni, 2019)". Learning that is continuously carried out in the classroom can unwittingly make students feel bored in the learning process. Learning like that will later affect the motivation of students. Ineffective learning process is a factor causing low learning outcomes

Outdoor learning programs using the camp program can provide a unique learning experience for students and get many benefits, including: Health, Science, and the environment. Through activities that use the natural environment, students are encouraged to explore their own skills. Learning like this can have pros and cons in the approval of learning by parents of students. Outdoor learning activities are also still vulnerable, because they can cause accidents and undesirable things for students.

Outdoor learning has been shown to have an influence on aspects of well-being such as increasing mood, mental, increasing energy, social relations, stress, tension, depression, and other influences. Outdoor learning is also expected to be used for leadership development activities, and personality development, so that it can raise concern for others. Positive changes like that are needed so that students can adapt to the surrounding environment. The development of psychological well-being can also be influenced by outdoor learning activities.

Nature is considered as an environment that can make students have many opportunities to learn and develop their potential or talents. Students have the possibility to take risks so that they are more confident in facing the challenges that exist when they are outside the room. Outdoor education plays an important role which has a social and environmental context that can encourage a better learning process, but students are spending less and less time playing outdoors, especially in natural environments, while they have less time playing outdoors, because they participate in sports and recreational activities so they spend a lot of time

completing homework (Skar et al. 2016). Parents are encouraged to advise schools to take a more active role in enhancing their students' experiences in nature. The decline in the provision of outdoor education activities in elementary schools and argues that the curriculum actually puts pressure on students and learning is less popular than direct learning.

The development of science and technology has a very influential impact on people's lifestyles. Sophisticated equipment makes a person lazy to move which results in sedentary behavior in children who adopt a relaxed lifestyle. Sedentary behavior can be influenced by several factors such as the economy, parents' education and the surrounding environment (Ludyanti, 2019). Sedentary behavior has negative effects that make it an important problem in public health.

The effect of outdoor education on students' sedentary behavior, especially among elementary school education spends less time outdoors. One researcher (Maynard et al, 2013; Raustorp et al, 2012; Vanderloo et al, 2013) has reported significantly higher objectively measured early childhood activity levels compared to elementary school children who are still involved in

indoor activities. . Each teacher has an important role in increasing and encouraging student activity. Environmental factors are also very helpful in developing the abilities or potential possessed by students.

The learning outcomes of students who are taught outdoors are better than students who are taught conventionally (Suherdiyanto, Mawardi & Anggela, 2016). This statement shows that students who are taught through conventional learning tend to be less active, because in the learning process they only record and listen to the material delivered by the teacher. Outdoor learning can have a positive impact on student learning motivation where students themselves seek and solve the problems they get, that's what makes researchers interested in using outdoor learning to optimize elementary school student learning outcomes.

Based on the description above, the authors are interested in conducting research on Sedentary Behavior in Outdoor Education Learning in Elementary Schools.

Outdoor Education

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out by inviting students to unite with nature and carry out several activities. The activities carried out are also activities that are not boring and of course very fun. Outdoor activities are usually carried out so that students can get a new learning atmosphere and also add new experiences.

Outdoor learning is one way to increase students' learning capacity. The learning process can be said to be effective if it is programmed properly so that it can make students more active during the learning process. Basically learning is a planned activity that can make students study well according to the learning objectives. Thus the meaning of learning is an external condition of teaching and learning activities carried out by a teacher in conditioning students to learn (Ansori, 2015).

Outdoor learning programs have been reported to show a number of positive effects on children's personal, social, and leadership development with a more specific focus on school education. Outdoor education is an outdoor learning method that really takes advantage of nature and the surrounding environment so that students can be more free to move, play

and be more active in developing their potential. Learning activities carried out directly with nature will make students more active and get their own experiences. Students do not only learn theoretically, but they learn with their imagination and interact directly with what they get and learn during outdoor learning. (Becker et al., 2017).

Character education learning that is packed with something they like can stimulate students' motivation to be active and aggressive when they are guided. The value of character education must be taught from an early age, so that it is carried over and becomes a habit when adults, to foster social awareness inside and outside the environment. According to say the etc, for early childhood, character education must be taught covering language, cognitive, social, emotional, physical health, and aesthetics. The role of teachers and parents in instilling values in character education is very capable of giving birth to generations of nations with character but changes will not be visible, must be consistent and sustainable so that they are strong in society (Fadilah et al., 2021).

Changes resulting from learning can be shown in various forms of

change, understanding, behavior, skills, qualifications, and so on which are aspects of the individual himself. The ability that a person acquires after learning is called after learning. Based on (Tangkudung, J., & Puspitorini, 2012) In an effort to achieve rapid achievement, teachers or coaches emphasize to children that intensive and specific training without building a good foundation is like building a thin structure that causes the building to collapse. With the existing theories and concepts of sports education, it is hoped that character education will become the process of forming the pillars of a child with character, character education is also expected to be the foundation.

Changes in student behavior are one of the results of learning activities which include several aspects such as cognitive, affective, and psychological aspects. To find out the learning outcomes of students, the teacher can make a test kit to measure the changes experienced both cognitively, affectively, and psychomotor. someone's psychology. Characteristics influence a person's abilities and tendencies to function morally, as they lead a person to do what is right or not to do what is right.(Street et al., 2010), A

person with character will be able to determine what is right or wrong based on experience in learning. Character education is needed to develop students' abilities, experiences that they can do indoors and outdoors. Outdoors will provide more experiences of playing with nature than students have ever had. This experience can also improve the ability/experience of students' movement. Man is a social being, and an educated person, no doubt a social person, cannot exist alone. They need other people to achieve their educational goals (Eliasa, 2014). By packaging education in the form of a game, it automatically contains learning, but here the game is developed in certain ways that provide the values of cooperation and responsibility in it. On the basis of these basic competencies, the primacy of cooperation and responsibility is one of the inner values and can be integrated with students through games, simulations and discussions.

Play and social activities are the daily routine of preschoolers. Games that are carried out outside the room or field can provide opportunities for children to develop body coordination and gross motor skills. They can walk, run, jump, skip, throw, catch, kick,

climb, pull, roll, step, hang, and slide. The activity was very fun for the children, seen from the expressions shown when the children played. Children learn through experience when children interact with each other in different environments (Yuliariatiningsih, 2018).

Outdoor learning implemented for students, it is hoped that students will be active in learning (Ramsden et al., 2022). Learning that is done outside the classroom can also make a child able to play freely. The value of outdoor play can make children healthier, more prosperous, and all activities carried out can be documented. In addition, spending time outdoors can also increase vitamin D. Therefore, it is hoped that the environment around the school is always maintained and cared for so that it can be used as a means for children to play and do activities, then for the school community so that their views are always open to efforts to preserve the environment (Ali et al., 2021).

Sedentary Behavior

Sedentary behavior is a wakeful behavior or activity characterized by energy expenditure of <1.5 MET (Metabolic Equivalent of Task), such as sitting or lying down, different from

passive behavior. Sedentary behavior in today's society, such as sitting or lying down, is unavoidable in everyday life and can be done anywhere (Apriliani et al., 2021). Sedentary is a lifestyle that comes from the Latin word 'sedere' which means sitting. This sedentary behavior is a lifestyle with sedentary behavior that does not do much physical activity. Physical activity that is included in the category of sedentary behavior includes sitting either at home, at work, during activities, but does not include sleep. The little metabolic energy that comes out is associated with an imbalance between energy input to the body and energy output from the body (Waromi et al., 2022).

Sedentary behavior in children is influenced by several factors such as economic status, parents' education and environment. Other researchers say that children spend most of their day sedentary (moving less). Therefore, sedentary behavior has negative effects on health, thus making it an important issue in public health (Ludyanti, 2019). Sedentary activity is a sedentary activity that is carried out outside of bedtime and only expends very few calories or energy so that it has an impact on over nutrition or obesity. Children nowadays do less

physical activity because they play more often inside the house than outside the house. Being active is one of the best ways to increase physical activity and children's health (Kamaruddin et al., 2022).

Obesity in children risks the emergence of insulin resistance which causes type 2 diabetes. Other health risks of obesity in children include gallstones and cardiovascular disease. Not only physical disorders, prolonged sedentary behavior will cause mental and emotional health problems such as hyperactivity/non-concentration, aggressiveness, inability to internalize problems, depression, and decreased quality of life that is felt to spend an average of 8 hours per day (Aridhayani & Martha, 2020). In addition to sedentary behavior, sleep duration can also affect a person's body mass index. Short sleep duration can cause changes in individual energy intake. People who sleep less than 7 hours per day have a higher risk of getting a body mass index than people who sleep longer because obesity is closely related to the secretion of the hormones ghrelin and leptin in the blood circulation. Ghrelin is produced by the digestive tract which plays a role in increasing appetite, while leptin is

responsible for signaling to the brain when you are full. When a person has less sleep, it will increase ghrelin levels and reduce leptin levels, which means that hunger will continue to be aroused and increase (Sara et al., 2020).

A sedentary lifestyle can be categorized as a group of low or no physical activity or behavior. The proportion of the national average with a low level of physical activity in the population aged > 10 years was 33.5% higher than in 2013, this indicates a high level of sedentary lifestyle (Ambarita et al., 2022). Lifestyle changes, namely from a traditional lifestyle to a sedentary lifestyle, namely a life with very little physical activity and deviations from eating patterns where intake tends to be high in energy (fat, protein and carbohydrates) and low in fiber. All of them are considered responsible for overweight and obesity. Developing a better understanding of sedentary behavior is critical to preventing and reducing obesity in the adolescent population (Yulianti, I., Elies, M., and Faisal, 2018).

One of the factors causing sedentary behavior and reduced physical activity is the lack of knowledge about sedentary behavior and the impact of

sedentary behavior (Meilina & Kusuma, 2022). Attitude is the initial stage of someone doing sedentary behavior. Sedentary behavior begins with experience, opinion or principle. As a result, a person chooses to do sedentary behavior or move actively.

Lack of physical activity can also create risks that can trigger metabolic diseases such as heart disease, diabetes, and stroke (Ludyanti, 2019). Therefore, it is not surprising that currently many diseases in children have become a worldwide crisis that must be addressed immediately, not only because of their negative impact on quality of life in adulthood, but also their short-term effects which are very detrimental to children who experience them. . Several studies have also stated that diseases in childhood caused by a lack of activity or exercise can reduce life expectancy (Arundhana et al., 2016).

The future of the nation is determined by the quality of today's children. The growth and development of school-age children also depends on the provision of good quality and quantity of nutrition and the activities carried out by children. Currently there has been a change in lifestyle, from a traditional lifestyle to a sedentary

lifestyle (Ramadhani & Bianti, 2017). Sedentary lifestyle is the behavior of someone who doesn't move much and only spends a little energy. Sedentary lifestyle is a physical activity that expends little energy such as lying down, watching television, sitting, using a computer and other screen-based entertainment. One of the factors that causes a person to do a sedentary lifestyle is a lack of knowledge about a sedentary lifestyle and the impacts that occur as a result of a sedentary lifestyle (Fajanah, 2018).

In connection with the lifestyle of children, it is argued that childhood is a period of searching for one's identity in the range from childhood to adolescence. Relationships with groups or peers are much tighter than those with parents. The solution that can be done to reduce the increase in the number of children who have sedentary behavior is to provide peer support. Social support for children from various parties, especially peers, can make a child able to carry out positive activities(Pradany et al., 2020)

At this time it cannot be denied that technology has developed very rapidly. Technology has become an information and communication tool

that is very useful for society, such as work, study, shopping, and entertainment. Even technological advancements such as gadgets, laptops and even the internet have not only hit people in urban areas but also to remote parts of the country (Subagyo & Fithroni, 2022). Technological advances that present various forms that are instantaneous cause a decrease in physical activity and an increase in sedentary behavior. Sedentary behavior continues to increase with the transition of lifestyles, all activities that require human physical exertion can now be made easier with the help of technology. Sedentary behavior is behavior that does not meet physical activity standards by doing more activities that do not require energy, such as watching TV, using the internet, and chatting (Destira & Mariani, 2021).

The development of this technology is felt by all age groups, including school-age children. At this time children who should be playing using high activity, such as running, but now children tend to play using low physical activity, such as playing gadgets. The use of gadgets will cause changes in patterns and lifestyles, especially in preschool-aged children.

Preschoolers are a time for rapid growth and their time to explore the environment by playing, but now children tend to be more quiet and engrossed in playing gadgets (Ishariani, 2020). The use of gadgets causes changes in habits and lifestyles, especially in elementary school-age children. This is a period of rapid development and is a time for children to explore their surroundings through playing and exercising to develop developmental systems for their bodies. One of the negative effects of the development of technology is addiction to playing gadgets. This will cause them to be less mobile, playing gadgets is a form of inactive physical activity known as sedentary behavior (Subagyo & Fithroni, 2022).

Technology presents various forms that are instantaneous causing a decrease in physical activity which leads to an increase in sedentary behavior. Sedentary behavior continues to increase as a result of lifestyle transitions, all activities that require human physical exertion can now be made easier with the help of technology. Sedentary behavior is behavior that does not meet the standards of physical activity by doing more activities that do

not require energy (Destira & Mariani, 2021). Sedentary is not only experienced by students, but also experienced by a worker which can be caused by several things, including the type of work, hobbies or pleasures, facilities that support sedentary behavior and lack of exercise. In addition, the availability of access is a support for sedentary activities. Sedentary activities are found in sedentary behavior that occurs in various domains, namely, recreation, work and transportation including working/playing on a computer, driving a car, and watching television (Yusfita, 2019).

Characteristics of Elementary School Students

Each student has different characteristics, starting from innate or environmental factors. Innate characteristics are a hereditary character possessed from the moment of birth, both related to a person's biological or psychological factors. Characteristics related to biological development are usually fixed, while characteristics related to psychology are usually more influenced by the surrounding environment.

Being a good teacher does not only rely on mastery of the material, but

one who can understand the characteristics of his students. How to understand the characteristics of his students, a teacher is able to guide and direct his students, so that learning can run well and get good results too. In the learning process carried out by an elementary school teacher it is often not in accordance with the conditions, situations and needs of students.

The first characteristic of elementary school students is playing. Characteristics like these are what make a teacher have to do the learning, then interspersed with some games. A teacher must create a learning method that has game elements in it, so that students are not bored and bored during the learning process. A teacher is required to take learning seriously but relaxed, so that students can receive the material provided by the teacher well (Los, nd).

The second characteristic is movement. Adults can sit for hours, in contrast to elementary school children who won't feel comfortable if they just sit without playing activities. Therefore, a teacher creates a learning program that makes children move or move from one place to another. Doing learning by asking children to stay seated for a long time will make students bored with the

learning material provided by the teacher.

The third characteristic is that elementary school students like group work activities. Associating with peers, students learn many things in socializing, such as: learning group rules, loyal friends, communication, responsibility, learning to compete with friends in a healthy manner. Characteristics like these can make teachers aware that a teacher must design a learning model that makes students work in groups. The teacher can make small groups of about 3-4 people so that they can work on and complete their assignments in groups. It was concluded that the characteristics of elementary school students in general, especially in the lower grades, they preferred to spend their time playing, moving, and doing anything directly. Elementary school children in low grades are very easy to accept new knowledge given by the teacher. In this case students need to be given direction so that their potential can develop. Not only that, a teacher must play a role in the development of his learning, so that he can be an example for his students.

METHOD

This study uses a research method

with a type of literature study in which the writing examines the literature through various journals, references to theories relevant to the research topic which begins with searching, analyzing, then concluding in order to strengthen the completion of this article. Article searches used 2 databases, namely Google Scholar and Pubmed with the keywords outdoor education, outdoor education and sedentary behavior. The criteria for the article are originals published from 2013 to 2022.

RESULTS AND DISCUSSION

The results obtained in the study This literature entitled Sedentary Behavior in Outdoor Education Learning for Elementary School Students is of the 16 articles that have been reviewed, the results show that all articles explain factors that occur as a result of sedentary behavior, especially with current technological advances being one of the factors for a child to do sedentary which makes a child lazy and reluctant to do other activities. which can make the condition of the body much healthier and fitter. Sedentary habits are bad habits that are prone to disease. Therefore outdoor learning is one of the factors to reduce the occurrence of diseases that come as a result of sedentary habits,

because a child will be more active and move a lot when outside the room.

CONCLUSION

The results of the review of the 16 articles explained that there are factors that influence sedentary behavior in a child which can make a child lazy to move and do other activities. Therefore outdoor learning is one of the supporting factors for reducing the occurrence of diseases that come as a result of sedentary habits, because a child will be more active and move a lot when outside the room.

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