

# An Analysis of the Impact of Outdoor Adventure Education on Adolescents' Psychological Resilience

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**Abstract:** With the rapid development of society and the increasing intensification of competition, adolescents face huge psychological pressure. Psychological resilience is crucial for the healthy growth of adolescents. It is an important quality that enables them to maintain a positive and optimistic attitude when facing adversity and difficulties. Outdoor adventure education is an emerging educational model. By guiding adolescents to participate in various outdoor activities, it can shape excellent character, strengthen teamwork ability, and enhance the ability to solve problems independently, effectively improving adolescents' psychological resilience and promoting their all-around development. Therefore, this article briefly analyzes the impact of outdoor adventure education on adolescents' psychological resilience, hoping to provide some valuable references for readers.

**Keywords:** Outdoor adventure education; Adolescents; Psychological resilience

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## 1. The concept and significance of psychological resilience

Psychological resilience is a complex and multi-dimensional concept. Generally, it is defined as an individual's ability to actively cope with and grow in the face of difficulties and challenges. It is not only a psychological trait but also a dynamic psychological maturation process, involving multiple levels such as cognition, behavior, and emotion. Individuals with strong psychological resilience can often face various challenges in life and learning with an optimistic and positive attitude, thus achieving all-around development.

For adolescents, enhancing psychological resilience plays an important role in their future study and development. Adolescence is an important stage of individual physical and mental development and also a critical period for enhancing psychological resilience. During this stage, adolescents often face huge pressures, such as academic pressure, growth pressure, and interpersonal relationship pressure. Having strong psychological resilience can help them better cope with these challenges, avoid the occurrence of mental health problems, and lay a solid foundation for their future all-around development <sup>[1]</sup>.

## **2. The characteristics and advantages of outdoor adventure education**

### **2.1. Exploratory feature**

Outdoor adventure education emphasizes learning and experiencing in the natural environment, allowing adolescents to acquire knowledge during the process of exploration and practice. This educational model can not only effectively stimulate students' exploration interest, fully mobilize their enthusiasm and initiative, but also cultivate their exploration and practical abilities, and strengthen their spirit of exploration and innovation.

### **2.2. Challenging feature**

Outdoor adventure education usually has a certain degree of challenge and excitement. Adolescents often need to overcome their own fears and timidity and constantly challenge the limits of their physical and mental abilities. Through outdoor education, adolescents can not only develop qualities such as courage, strength, and perseverance but also enhance their self-confidence<sup>[2]</sup>.

### **2.3. Cooperative feature**

In outdoor adventure education, adolescents often need to cooperate and communicate with others to complete tasks. This can not only cultivate adolescents' teamwork and communication skills but also enable them to learn to respect, share, and help each other.

### **2.4. Natural feature**

The main implementation location of outdoor adventure education is in the natural environment. While receiving education, adolescents can also feel the charm of nature. This can not only enhance adolescents' awareness of environmental protection but also make them respect nature and cherish life.

## **3. Analysis of the impact mechanism of outdoor adventure education on adolescents' psychological resilience**

### **3.1. Cognitive restructuring**

Cognitive restructuring mainly refers to the process in which an individual adjusts their cognitive structure and emotional state by changing their understanding and evaluation of an event when facing difficulties or challenges. The challenges and difficulties in outdoor adventure education can effectively strengthen adolescents' cognitive restructuring ability. When facing difficulties and challenges, adolescents need to constantly try various methods and means, change their ways of thinking and behavior patterns, in order to successfully solve problems and better cope with challenges<sup>[3]</sup>. This experience can not only cultivate adolescents' innovation and problem-solving abilities but also promote the development of their critical thinking, enabling them to learn to view and solve problems from multiple perspectives. At the same time, the experience of outdoor adventure education can also help adolescents build self-confidence, enhance their self-efficacy, and further improve their psychological resilience.

### **3.2. Emotion regulation**

Emotion regulation mainly refers to the process by which an individual adjusts their emotions to adapt to the environment when suffering from strong emotional stimuli. Outdoor adventure education can effectively enhance adolescents' emotional regulation ability. In outdoor adventure education, adolescents often face many

challenges and difficulties <sup>[4]</sup>. They need to learn to control their negative emotions, keep a calm mind, actively change their thinking, and try various methods and means to solve problems. Such educational experiences can continuously cultivate adolescents' emotion regulation ability, enabling them to learn to manage their emotions and thus improve their psychological resilience.

### **3.3. Self-efficacy**

Self-efficacy is an individual's belief in their ability to successfully complete a task or achieve a goal. Through outdoor adventure education, adolescents' self-efficacy can be effectively improved. In outdoor activities, adolescents need to overcome their fears and uneasiness, and constantly try and strive to achieve a certain goal. This experience can enhance their self-confidence, make them trust their own abilities and values more, and thus further improve their psychological resilience <sup>[5]</sup>.

### **3.4. Social support**

Social support mainly refers to the spiritual or material help an individual receives from others when in trouble. In outdoor adventure education, adolescents often need to complete tasks through teamwork. During this process, adolescents need to cooperate and encourage each other to jointly face difficulties and challenges. This experience can help them learn how to build good interpersonal relationships and also enable them to seek help in a timely manner when facing difficulties <sup>[6]</sup>. At the same time, teachers, coaches, etc., in outdoor adventure education can also provide professional guidance and education for adolescents, helping them better learn outdoor knowledge and skills and successfully cope with various challenges, thus further improving their psychological resilience.

### **3.5. Problem-solving ability**

Problem-solving ability mainly refers to an individual's ability to use the knowledge and skills they have learned, constantly try and innovate, and successfully solve problems when facing difficulties. Outdoor adventure education can effectively cultivate adolescents' problem-solving ability. In outdoor education activities, adolescents often face various problems <sup>[7]</sup>. They need to learn to analyze problems, develop solutions, take action, and evaluate the results. This experience can effectively cultivate adolescents' problem-solving ability, promote the development of their innovative thinking, and thus further strengthen their psychological resilience.

## **4. The specific impact of outdoor adventure education on adolescents' psychological resilience**

### **4.1. Emotional stability**

There are often various challenges and problems in outdoor adventure education. By participating in it, adolescents can improve their emotional management ability when facing various pressures and difficulties, and learn how to keep a calm mind and not be easily influenced by external factors. This stable emotion can not only help adolescents better cope with various challenges in study and life but also promote their all-around development <sup>[8]</sup>.

## **4.2. Self-confidence**

The successful experiences in outdoor adventure education can effectively enhance adolescents' self-efficacy and self-confidence <sup>[9]</sup>. Through continuous efforts and attempts, adolescents can gradually overcome their fears, uneasiness, and other emotions and complete tasks. This experience can make adolescents evaluate themselves positively, trust their own abilities more, and thus face various challenges in life and learning with a positive, optimistic, and confident attitude.

## **4.3. Stress resistance**

In the current social context, adolescents face huge pressures. Outdoor adventure education can effectively improve adolescents' stress resistance, enabling them to adjust their mental state, emotions, and behaviors in a timely manner when facing pressures and difficulties, and find effective solutions and coping strategies, thus promoting their all-around development <sup>[10]</sup>.

## **4.4. Adaptability**

Outdoor adventure education can effectively strengthen adolescents' adaptability. Adolescents often need to have strong adaptability to quickly integrate into new environments. By participating in outdoor adventure education, they can become more familiar with and adapt to different environments and task requirements, and at the same time, improve their innovation and adaptability.

## **4.5. Social skills**

The implementation of outdoor adventure education can significantly improve adolescents' social skills and teamwork ability. In outdoor activities, adolescents often need to rely on the strength of the team to complete relevant tasks. This requires them to communicate and interact with others, share their experiences and insights, and thus gain the understanding and support of others <sup>[11]</sup>. This experience can enable adolescents to learn how to build good interpersonal relationships, which is not only conducive to their better integration into society in the future but also promotes their all-around development.

## **5. Application strategies of outdoor adventure education in improving adolescents' psychological resilience**

In order to give full play to the role of outdoor adventure education and improve adolescents' psychological resilience, a series of effective measures can be taken. Here, this article briefly expounds on the following aspects.

### **5.1. Curriculum design**

In terms of curriculum design, targeted outdoor adventure education plans can be developed for adolescents according to their age characteristics and actual needs, so as to strengthen their psychological resilience. Specifically, outdoor adventure education activities can be divided into three levels: primary, intermediate, and advanced, and specific activity contents and difficulties can be designed according to the actual needs of different levels <sup>[12]</sup>. At the same time, attention should be paid to the fun of the activities to effectively stimulate the enthusiasm of adolescents.



## **5.2. Activity implementation**

During the implementation of outdoor adventure education activities, it is necessary to do a good job in the organization and management of the activities to ensure their smooth progress. Specifically, adolescents can be divided into several groups with similar abilities and the same number. They are required to carry out outdoor adventure activities through teamwork, and each group is assigned tasks to be completed through teamwork. At the same time, it is also necessary to do a good job in guiding and instructing the activities to help adolescents master outdoor knowledge and skills more quickly.

## **5.3. Safety assurance**

In terms of safety assurance, attention should also be paid to the safety of activities to ensure the personal safety of adolescents when participating in outdoor activities <sup>[13]</sup>. Specifically, a series of measures can be taken to strengthen activity safety assurance, such as formulating emergency plans and safety management mechanisms, equipping activities with professional and safe equipment, and emergency rescue equipment. At the same time, strengthen the supervision and guidance of activities, promptly discover problems of adolescents, and provide them with scientific and professional guidance. In addition, it is also necessary to conduct safety education and training for adolescents, strengthen their safety awareness, and help them master self-rescue knowledge and skills to improve their self-protection ability.

## **5.4. Teacher training**

Teachers are important organizers and participants in outdoor adventure education activities and play an important role in strengthening adolescents' psychological resilience <sup>[14]</sup>. Therefore, teacher training should be strengthened to improve teachers' professional qualities and comprehensive abilities, so as to give full play to the role of outdoor adventure education. Specifically, teachers can be organized to participate in outdoor adventure professional training and communication activities to broaden their horizons and strengthen their qualities and abilities. At the same time, teachers can also be encouraged to participate in various adventure projects to enrich their practical experience and improve their professional abilities.

## **5.5. Evaluation and feedback**

Evaluation and feedback are key links in outdoor adventure education activities. Therefore, attention should be paid to the evaluation and feedback of outdoor adventure education activities, timely understand the educational effects and problems faced by the activities, and take effective measures to solve them. Specifically, methods such as electronic questionnaires and face-to-face interviews can be used to collect the feedback, opinions, and suggestions of adolescents, and based on this, gradually optimize the activity forms and contents <sup>[15]</sup>. At the same time, quantitative evaluation and comparative analysis of the educational effects of the activities should also be carried out to provide important references and bases for the future development of outdoor adventure education.

## **6. Conclusion**

In conclusion, in the new era, attention should be paid to outdoor adventure education, and adolescents should be actively guided to participate in it, so as to continuously strengthen their psychological resilience, shape excellent character, enhance self-confidence and self-efficacy, and lay a foundation for promoting the all-round development of adolescents.

## Disclosure statement

The authors declare no conflict of interest.

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