Perception of Youth towards Outdoor Recreation

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**Introduction**

Physical fitness is an essential factor for every individual irrespective of age, gender, caste, color, creed or nationality. Every person, no matter what their age, needs to have some sort of physical activity in their life so that they can remain healthy and physically fit. Although the age for exercise and physical activities does not matter; however, the type of activities designed for the different age groups is different.

 One of the major ways to remain active and healthy is outdoor recreation. Outdoor recreation refers to the activities that are undertaken out of the boundaries of an enclosed building or walled community, most of the time in natural settings. Usually, these activities are physical in nature and boost up physical strength and endurance. In addition to this, these activities also boost up mental skills and capabilities.

 There was a time when outdoor activities were very popular among the people of every age group, especially the youngsters or teenagers. However, this popularity has been constantly decreasing for the past few years. Teenagers these days do not take these outdoor activities seriously, in fact, many of them have stopped taking part in them altogether. This piece of writing will discuss in detail how the youth of today, especially the teenagers, perceives the concept of outdoor recreation and how it can be improved in their eyes.

**Discussion**

**History of Outdoor Recreation**

The history of outdoor activities is not new, in fact, it is relatively as old as the humans themselves. However, a proper name or terminology had not been coined for these activities. The termed gained a lot of popularity in the beginning of the decade of 1960s when people became gradually aware of the advantages of outdoor recreation. People, especially youngsters, started going into the wilderness to explore nature and their true selves. However, the popularity of these activities has reduced a little since the last decade, owing to a rapid advent in technology.

**Youth Perception of Outdoor Recreation**

The nature of outdoor activities ranges from a number of low physical exertion activities to those activities that require a high level of physical exertion. Sometimes, these activities comprise simple running or jogging, and sometimes they include rowing, fishing, hunting, hiking and trekking (M, 2015). However, it has been observed that the young generation of today, especially the teenagers, consider the outdoor activities as a complete waste of time and like to spend more time indoors (Lovelock et al., 2016). The major reason behind this disliking is the advancement in technology. Most of the youngsters like to stay indoors and participate in indoor activities like playing games over the internet or on X-box or PlayStation.

**Benefits of Outdoor Recreation**

Outdoor recreation is an amazing phenomenon that has a number of perks and benefits. These outdoor activities prove to be helpful in boosting up the physical and mental health of the participants and make them both mentally and physically fit. In addition to all these benefits, outdoor activities or recreation helps in the improvement of focus and sleep patterns (Larson et al., 2013). The exhaustion and tiredness after the conduction of these outdoor activities make it possible for the participant to sleep better which ultimately leads towards better productivity and focus.

 **Conclusion**

Hence, it can be concluded that outdoor activities have always proven to be beneficial for the human health. Especially youngsters need to undertake and participate in such activities so that their physical and mental health may improve. However, a little different scenario is being observed in the current times as the popularity of outdoor recreational activities is reducing among the younger population due to the increase in available technology.

References

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