

Outbound Program Based Local Wisdom for Students in *Pesantren* Schools

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Abstract: The purpose of this community service is to improve the understanding of elementary school teachers in SAQO Islamic Boarding School Kraksaan Probolinggo about child development by providing stimulus to support the optimization of child development. The outbound kids training method was carried out with training and direct experience approaches experienced by teachers and elementary school students. The experiential cycle-based approach to learning included experience, reflection, conclusions, and application. Local culture-based outbound kids training activities help to optimize child development. Local culture taken was religious, knowledge, traditional, and creative values. This training train students to have effective learning skills and good leadership, so they are able to achieve academically in school and have a passion for learning. This activity was given to children aged 10-12 years or elementary school students from grade 3 to grade 6, amounting to 62 people. The activity was carried out for two days. The activities carried out were able to: (1) foster self-confidence; (2) develop social skills; (3) eliminate school saturation; (4) grow bravery of children; (5) practice concentration and balance; (6) help develop children; (7) enhance multiple intelligences; and (8) optimize aspects of child development.

Keywords: training, outbound kids, local-based

I. INTRODUCTION

The period of growth and development of children towards early adulthood occurs at around 8-12 years of age. Basic education is a pillar for further education. Through outbound kids training activities, children obtain an understanding of behavioral coaching and leadership in the outdoors in a systematic, planned and enjoyable approach. Outbound Kids Training is a program carried out in the outdoors setting based on the principle of learning through direct experience presented in the form of games [6]. This is in line with the opinion [4], Outbound is a challenging and enjoyable learning method because it can stimulate interest and desire to learn and increase the participant's potential.

During training outbound kids, children are involved in life simulation activities through creative, recreational, and educational games, both in individual and groups activities. It further aims at enhancing self-development within children. Accordingly, outbound is an activity conducted in the outdoor setting which is designed to enhance and develop the potency of children by creating a delightful and enjoyable atmosphere and positive to the encouragement of learning motivation; employing creative, recreational, and educational games.

In this context, local wisdom-based training outbound kids for children aims at improving children's awareness on the surrounding environment and preserving the existing local tradition within the local community. It explains that local wisdom is the wisdom or original knowledge of a community that comes from the noble values of cultural traditions to regulate the order of people's lives. Local wisdom can also be defined as a local cultural value that can be used to regulate the order of

people's lives wisely or sensibly [11]. The Islamic boarding school, in the beginning, played a role as the center of Islamic values and dissemination.

However, in its development, this institution increasingly widened the scope of its interests which did not merely accelerate vertical mobility (by stuffing religious materials), but also horizontal mobility (social awareness). Islamic boarding schools are now no longer focused on a curriculum based on religion (regional-based curriculum), but also curricula that encompass recent issues occurring in society (society-based curriculum). Thus, Islamic boarding schools can no longer be regarded solely as pure religious institutions, but also begin to be to take a prominent role as social institutions that continue to respond to community problems. The problems faced by partner institutions of elementary school age are divided into two types, namely those who live around the Islamic boarding school from Rangkang Village, Kraksaan Subdistrict and its surroundings, and those who live in boarding schools, especially orphans. For this reason, elementary school children in pesantren and from the local village acquire the same high motivation, enthusiasm and enthusiasm in learning and build social-emotional development, confidence in SAQO Elementary School children optimally.

The objectives of outbound kids training are: (1) growing self-confidence; (2) developing social skills; (3) reducing boredom; (4) encouraging bravery; (5) developing concentration and balance; (6) helping children's growth; (7) enhancing multiple intelligence aspects; and (8) optimizing aspects of child development.

Another objective regarding Training outbound kids was also delivered [8], among others, as an ice

breaker, building group collaboration, helping students to be more enthusiastic, helping students improve self-development techniques, and helping students to be able to think about solving problems well. Furthermore, Goal of Training outbound kids is to overcome children who experience difficulties in social relations, improve children's self-concept, develop creative abilities and ideas, are challenged to play an active role with courage, increase physical endurance, and improve children's abilities and behavior in cooperation, solidarity and leadership [10].

Outbound activities are very beneficial for students in boarding schools. Through Training Outbound Kids students can rejuvenate their body and mind after daily learning in schools and boarding schools. Training Outbound Kids activities help students overcome boredom and improve motivation again for students who were lost due to fatigue in their daily learning. This activity is arranged and designed with interesting and fun games and is designed specifically to create an enjoyable atmosphere, without pressure and far from boredom.

Outbound Kids Training will help students refresh what makes them tired therefore they will be refreshed when learning. In addition, outbound is also a medium of learning while playing that allows students to apply learning theories that have been directly studied with nature. Problem-solving skills will also be trained in outbound.

Outbound activities are very important in an effort to foster independence, courage, confidence, responsibility, empathy and encourage students to be more creative in overcoming problems in learning in the classroom. Training the independence of children with outbound to stimulate children to become a generation that is independent, resilient, and brave [14]. In addition, students in the boarding school environment can adapt to the surrounding community and the natural environment and know the importance of life skills therefore they gain experience in living in the surrounding natural environment and ultimately expresses an appreciation of the natural environment.

One of the learning strategies that can be developed is Training Outbound Kids with local wisdom-based as well as utilizing the environmental and cultural potential of the community in managing internal resources as a learning resource. Local wisdom-based learning strategies are learning strategies that apply a contextual approach.

In this study, the phenomena or facts found around the students' environment are explained and the subject matter studied is related to practical facts found in everyday life [7]. Whereas local wisdom-based outbound is meant as an environment where students live, live and are raised in a particular group of indigenous people who have a system of traditional cultural values and wisdom [5]. While Moendardjito [3] states that the element of local culture has the potential as a local genius because it has proven its ability to survive until now. Its characteristics are:

- a) Able to withstand the external culture.
- b) Having the ability to accommodate outside cultural elements.
- c) Having the ability to integrate external cultural

elements into indigenous culture.

- d) Having control ability.
- e) Able to give direction to the path of cultural development.

Local culture is a culture that is constructed by the local community who occupy certain areas. This culture is relatively different from the culture that belongs to the community who come from other places. The Regulation of Home-Affair Ministry (Permendagri) Number 39 Year 2007 article 1 defines local culture as "a value system adopted by a particular community or community group in a certain area, which is believed to be able to fulfill the expectations of its community member and in which values, attitudes and procedures of the community which are believed to be able to fulfill the lives of its community member".

According to some of these opinions, training outbound kids for elementary school students at the SD SAQO located within the Islamic boarding school Kraksaan Probolinggo is required. It is intended to enhance the growth and development of elementary school students optimally according to individual development tasks. The community service team provided a solution, namely training programs as an effort to assist the government in fostering and providing school knowledge, especially in SDKQO Kraksaan Probolinggo, how important outdoor training outbound kids are carried out to shape young generation who are ready to compete, lead, and be independent.

The outcomes of the training outbound kids program are: (1) dissemination of understanding to the school of the importance of providing outbound activities for children as an optimization of the age of development and growth of children during elementary school; (2) providing fun activities and reducing boredom for elementary school students in SAQO Islamic Boarding School; and (3) the team conducted outbound kids training for 62 children aged 9-12 years or third to sixth graders of SAQO elementary school with the following program activities: motivational activities were carried out for three meetings; personality and self-potential test; outbound challenge; training practice; group dynamics exercise; game training works together; camp fire game; and art and performance exhibition as an exercise in self-confidence.

This program is an effort to assist the government to foster and provide school knowledge, especially the SAQO Kraksaan Elementary School, Probolinggo, about the importance of organizing outbound training which is aimed at shaping young generation who are ready to compete, lead, and be independent.

II. METHOD

The implementation method provided to the community is through training activities. This community service activity employed simple, fun, applicable, and useful learning method. The activities were carried inside and outside the classroom. The learning participants were involved in a direct experience learning with vigorous, enthusiastic, delightful, and participative learning atmosphere.

**METODE PELAKSANAAN PKM (PENGABDIAN KEPADA MASYARAKAT)
TRAINING OUTBOND KIDS**



Figure 1
The Flow of Training Outbound Kids Based on Local Culture in SAQO Elementary School

This community service activity involved students from the elementary school of SAQO Islamic Boarding School, it took 62 10-12 years old children or the third until the sixth graders of elementary school. The activity was conducted for two days. Training outbound kids is intended to: (1) develop students' cooperation ability, (2) motivate students in enhancing both academic and non-academic achievement, (3) motivate students to be an achiever in school and the boarding, (4) build student's character which encompasses a leadership, responsibility, discipline, enthusiast, empathy, and cooperative, (5) establish students' awareness regarding solidarity and unity as well as pride as student, and (6) establish an enjoyable learning as well as competitive atmosphere in school.

III. DISCUSSION

This program is an effort to assist the government to foster and provide school knowledge, especially the SAQO (Sych Abdul Qoder Jaelani) Kraksaan Elementary School, Probolinggo, about the importance of organizing outbound training which is aimed at shaping young generation who are ready to compete, lead, and be independent.

Training Outbound Kids was conducted for two days, participants were divided into small teams, each team consisted of 10 elementary school students. Each team will go through several game posts that train: (1) responsibility, (2) discipline, (3) enthusiasm, (4) empathy, and (5) cooperation. While the rundown of outbound kids training activities are as follows (Table 1).

The program focuses on: (1) growing self-confidence; (2) developing social skills; (3) reducing boredom, especially for students who are far from their family; (4) encouraging bravery; (5) developing concentration and balance; (6) helping children's growth; (7) enhancing multiple intelligence aspects; and (8) optimizing aspects of child development.

Table 1
Training Outbound Kids Rundown

Saturday	Activities
07.30 -08.00	Participant Registration
08.00-10.00	Opening, lesson contract, and building atmosphere
10.00-12.00	First Motivation Presentation from Team
12.00-12.30	Break and Lunch
13.00-15.00	Second Motivation Presentation from Team
15.00-16.00	Information and Preparation for The Second days
Sunday	Activities
06.30-08.00	1. Refreshment and Breakfast 2. Morning Exercise
08.00-10.00	Outbound activity challenge (OCA) 1
10.00-12.00	Outbound activity challenge (OCA) 2
12.00-13.00	Philosophy Outbound
13.00-15.00	Performane (Team Representative)

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1) Enhancing Student's Self-Confidence

Children have great curiosity as well as when children have high self-esteem. This will help children to encourage in developing their ability. Elementary students from the third until the sixth graders attend outbound activities in class on the first day. They obtained material about motivation and high self-confidence. Children were

trained to give speeches, present simple things, about self-identity and hobbies. This was done to train children's confidence. The earlier it is prepared, the better it will be when he/she grows up.

Revealed that self-confidence is a positive attitude of an individual that enables him/her to develop positive judgments both on himself/herself and on the environment/situation he/she faces [9]. This does not mean that the individual is capable and competent to do everything alone. High self-esteem actually only refers to the existence of several aspects of the individual's life where he/she feels competent, confident, capable and believes that he/she is able to do so--because it is supported by experience, actual potential, achievements and their realistic expectations.

2) Developing Social Ability

Humans are born as social beings. Children's social development is also influenced by their physical development. Children who are physically weak will have less self-confidence and tend to fail to master motor skills. In the end, children will feel less appreciative. Therefore, in order for children to be able to achieve and pass through their development optimally, it is necessary to pay attention to the stages of motoric development of children with appropriate stimulation according to the age of development. At the age of the children need to learn about how to live a good social life. At the age of the children need to learn about how to live a good social life.

Berkaitan dengan kemampuan sosial, perilaku sosial merupakan aktivitas dalam berhubungan dengan orang lain; baik dengan teman sebaya, guru, orangtua maupun saudara-saudara [12]. Ketika berinteraksi dengan orang lain, anak mengalami peristiwa-peristiwa bermakna dalam kehidupannya yang dapat membantu membentuk kepribadian anak. Proses mengenal tingkah laku yang dapat diterima oleh masyarakat dan diharapkan untuk dilakukan oleh anak, serta belajar mengendalikan diri dinamakan proses sosialisasi. Hasil yang diperoleh dari proses sosialisasi tersebut merupakan keterampilan sosial yang memiliki peranan penting dalam menjalin interaksi dengan lingkungan sosial.

Regarding social skills, social behavior is an activity in dealing with others; both with peers, teachers, parents and siblings [12]. When interacting with others, children experience meaningful events in their lives that can help shape a child's personality. The process of recognizing behavior that can be accepted by the community and expected to be carried out by children, and learning to control themselves is called the socialization process. The results obtained from the socialization process are social skills that have an important role in establishing interactions with the social environment.

Training outbound kids given to 62 elementary school students, was done through two stages. The first stage was the provision of material in the classroom. The second stage was the implementation of outdoor activities. In outdoor activities, activities began with refreshment, sports, outbound, challenge and game, and closing activities. During the two-day outbound program, it was seen that SAQO elementary school students developed their social skills quite well.

3) Reducing Boredom within the student

Training outbound kids which were conducted for two days proved to be able to increase the sense of community among students. In addition, it was also seen that students felt happy and are no longer felt bored with their daily activities. [1] revealed that activities which increase students participation were also provided through structured games to increase the meaningfulness of learning. Games were presented differently so students are enthusiastic and have an interest. Therefore, training outbound kids can reduce boredom within students which occurs when following the learning process.

4) Encouraging Bravery

Training outbound kids can increase motivation and boost adrenaline as well as participants' bravery. Training outbound kids allows students to be able to learn in nature as a learning setting. Training outbound kids can be integrated with learning that improves critical thinking skills. By employing Training Outbound Kids method, students learn a lot about real-life context. In addition, training outbound kids can train the ability of cooperation, responsibility, courage, training skills in analyzing a problem, taking a decision and many more benefits can be obtained by conducting training outbound kids [13].

5) Train Students' Concentration and Balance

When participating in Outbound Kids Training activities, students' right and left brain were trained. This activity also trained students' concentration skills and how students balance their minds. Children will be trained to recognize the ability of the right brain and left the brain. This will be packaged in interesting games which contain elements of concentration and balance training for children.

6) Helping Children's Growth and Development

Children's growth and development need to be taken into account. It is important to habituate children to do morning exercises. [13] reveals that motor skill development of children influences the entire aspects of childhood development. When children obtain more chance in training, they eventually will have more opportunity to explore and understand their surrounding environment. Furthermore, the physical development of children (motor) is closely related to the development of intellectual and mental. Therefore, the entire activities in Training outbound kids were designed according to the development phase of children aged 9-12.

7) Enhancing Multiple Intelligences

Multiple intelligences is a potential intelligence possessed by an individual which constitutes more than one ability. According to Howard Gardner, every single individual possess eight different intelligences called multiple intelligences. Every single child grows and develops differently. This also applies in the context of intelligence. By attending training outbound kids, elementary school students in SAQO are expected to be able to enhance their multiple intelligences

The abilities acquired by students are in line with the results research discovered by Stuhr, Sutherland, Ressler & Ortiz [1]. They discover that outdoor learning

activity, by means of training outbound kids, enables students to understand and comprehend the concept of cooperation. Some activities in training outbound kids were then jointly reflected to unravel the meaning of each activity. During the activities, students were invited to analyze, reflect, and discuss what they acquired during the learning. Furthermore, students were invited to construct their own concept regarding the content of learning. Natural intelligence within students must be continuously preserved. In this context, parents and teacher guidance take an important role as well as providing a positive learning environment.

8) Optimizing The Aspects of Children Growth and Development

Every human being undergoes development and growing process. Essentially, human growth and development are defined as a changing process from childhood to adulthood (in terms of functional). The changing is commonly related to the outcomes of the learning process and individual development. One example of individual development is the ability of standing, walking, language ability, and etc. Generally, development refers to systematic changing, physical and psychological function. In terms of physical development, the individual undergoes a biological function development, as a result of a conception (insemination of the ovum and sperm) and interaction of biological and genetics concept [2].

Children's development should be assisted by supporting approaches which stimulate. In this regard, training outbound kids offers a benefit to assist children's development. It allows children to develop effective learning abilities and good leadership. Eventually, when it comes to the academic setting, children could achieve higher and have strong motivation.

IV. CONCLUSION

Students in SAQO Islamic Boarding School, Kraksaan Probolinggo. This activity began with the identification of learning needs among students in boarding elementary school. Then, it was followed by training outbound kids. Training outbound kids aimed at on: (1) growing self-confidence; (2) developing social skills; (3) reducing boredom, especially for students who are far from their family; (4) encouraging bravery; (5)

developing concentration and balance; (6) helping children's growth; (7) enhancing multiple intelligence aspects; and (8) optimizing aspects of child development.

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