



## THE RELATIONSHIP BETWEEN OUTBOUND ACTIVITIES AND FORMATION LEADERSHIP CHARACTER FOR STUDENTS IN ELEMENTARY SCHOOL, JUNIOR HIGH SCHOOL, AND SENIOR HIGH SCHOOL: LITERATURE REVIEW

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### ABSTRACT

Leadership character is an important thing that should exist in an individual because in determining the success of a group or organization requires a leader who has a leadership spirit in order to achieve a goal properly. The formation of this character should be done as early as possible, especially for children at school. One way to improve leadership character is through outbound activities which are often carried out in schools and can function as a medium for complex life simulations. In accordance with this statement, this review article aims to determine the relationship and influence between outbound activities and the formation of leadership character for elementary, junior high and high school students. To achieve this goal, a research method was carried out in the form of a review article using five literatures originating from an online database with a range from 20017 to 2023. The results of these articles reviewed show that outbound games are suitable and effective in improving children's leadership characteristics at various levels of education such as increasing self confidence, courage to socialize and communicate in front of many people.

### KEYWORDS

Leadership, Games, Outbound, Students.

### INTRODUCTION

A leader is the main figure determining success in a business organization (Angela & Astiti, 2020; Slahanti & Setyowati, 2020). Leadership is a vital aspect that must be embedded in oneself as a leader. Leadership is an ability to influence, organize, move, direct or influence other people (subordinates) to carry out something in order to achieve a goal (Damanik, 2020; Utu & Sintasari 2021; Bashori et al., 2020). (Widjayanti et al., 2019) States that leadership is an art because it relates to talent as well as knowledge because it relates to concepts and leadership ideas to be learned. In this case, leadership is accepted as a talent based on a belief that since humans are born, leadership has been brought along and developed during the process of his life. (Fredimento et al., 2020) Emphasized that leadership functions as a motor, the driving force of all the resources and tools available to an organization.

Leadership, characteristics, and workload are three factors that influence effective communication on the implementation of interprofessional collaboration (Sukawan et al., 2021). (Irawati et al., 2022) Emphasizes the importance of internal leadership health care setting, which maintains and promotes role distribution and balanced responsibilities in an interprofessional team. Leadership



transformational or leadership styles provide motivation and inspiration to achieve goals and change the attitudes, behavior and values of their subordinates (Sukawan et al., 2021). This concept of transformative leadership is especially relevant to interdisciplinary collaboration professionals. Transformative clinical leadership, highlighting leadership and active followers, are considered as key determinants of the successful implementation of collaboration interprofessionalism in clinical settings (Lega et al., 2017).

One of the means to be able to provide knowledge and education in character building at the leadership level, namely through outbound activities. Outbound is a form of learning all applied sciences simulated and carried out in open or closed nature that combines intelligence, physical and mental with an effective form of play (Sabela & Komariah, 2020; Yudianto et al., 2023; Setyawan & Dimiyati, 2015). In outbound, delivery is a life simulation complex made simple, using a learning from approach experience, and the most interesting thing is done with great joy because the delivery is through games (Priadi et al., 2021). Games or games is something that can be played with certain rules so that someone wins and there are those who lose, usually in a context that is not serious with the aim of refreshing (Nurdiana & Suryadi, 2018; Wibowo, 2018). Some of the popular outbound games are outbound training, rafting (rafting), paintball (war game), high rope activity such as flying fox, fun outings, family gatherings, and camping (Sabela & Komariah, 2020; Arizal & Nugroho, 2022; Diantoro et al., 2020). This outbound can cultivate leadership attitudes, fostering empathy for individuals, and build confidence to help each other (Umar, 2011; Agustina et al., 2022).

Based on the background above, a literature review entitled "The Relationship Between Outbound Activities and Formation Leadership Character For Students in Elementary School, Junior High School, and Senior High School" aims to determine the relationship and influence between outbound activities and the formation of leadership character for students in elementary, junior high school, and senior high school.

## MATERIALS AND METHODS

This study used the literature review method. Articles and literature that contain explanations about outbound and its relationship with leadership ability are collected and summarized related to the influence of several games in outbound on improving leadership ability. The selection of articles to be reviewed is selected using inclusion criteria. The general criteria for literature search are literature published using Indonesian and literature with open access to abstracts and complete articles. Literature searches are conducted using online databases including Google Scholar, Garuda Portal, Sinta, and ResearchGate. The literature search year range is 2017-2023 where literature published before 2017 is excluded.

Inclusion criteria from scientific sources used are 1) research conducted in Indonesia and published in the form of scientific journals or scientific reports in Indonesian 2) content of information about the influence of outbound games on the formation of leadership character and discussions related to games that hone leadership abilities 3) The study sample was school-age children. The search uses a combination of Indonesian keywords including: "Permainan", "Kepemimpinan", "Outbond Sekolah Alam" and English keyword combinations namely: "Games", "Outbond", "Leadership".

## RESULTS

From the search for keywords and the range of years conducted, 681 articles were found. A search on Google Scholar found 666 articles, 11 articles on the Sinta portal, and 4 articles on the Garuda portal. From the search for keywords and year ranges conducted, 681 titles were found and



abstracts with a search on Google Scholar found 666 titles, 11 titles on the Sinta portal and 4 titles on the Garuda portal. Based on screening of the specified inclusion criteria, 215 references were obtained that met the inclusion criteria and had access to full articles. Of the 215 articles that have been filtered, 18 articles were selected which explained clearly about the game to form leadership, to summarize the conclusions, 5 articles were selected which were deemed suitable for the research being conducted.

Author (year), country	Design	Purpose	Result
Fauzan, & Al Millah, A. A. (2018). Indonesia	Quantitative approach with correlation techniques. The data collection technique used was a questionnaire, while observation and interviews were used to strengthen the results of the questionnaire.	To find out the relationship between outbound training methods and the formation of the leadership character of class V students.	Based on the calculation results of the correlation test between the outbound training method variables and the leadership character variable, it shows that the significance value is $0.015 < 0.05$ . This means that $H_0$ is rejected and $H_a$ is accepted. So method outbound training has a positive and significant relationship to the character of student leadership with a moderate or good level of affinity, which is equal to 0.403.
Priadi, A., Asikin, I., & Tsaury, A. M. (2021). Indonesia	Quantitative descriptive with case study method by distributing questionnaires in the form of questionnaires. The technique of determining the sample.	To determine the effect of outbound activities on building the leadership character of grade 8 students in Bandung Nature School.	Based on the results of processing the questionnaire data, it can be concluded that the factors that can determine the formation of leadership character are independence, discipline, teamwork, courage to take risks. - an average score of 41.12% which is supported by indicators of intellectual and emotional activity. That is, the dominant factor that determines the growth of leadership character in grade 8 students at the Bandung Natural.
Sukarmo, (2019). Indonesia.	Kemmis and Mc. Taggart consisting of 3 cycle models	The purpose of this research is to increase the character of self leadership through	The results of the study obtained the data of the test results increased self-leadership between pretests and posttest



	with instruments used are self-leadership character tests, self assessment scales, and observation sheets.	experiential learning approach in students of X SMA Negeri 76 Jakarta.	which measures the level of understanding and application of the character self leadership students before the action is given acquired average score of 54.33 with a percentage of 67.92%, increased after action is administered through a classical tutoring service with experiential learning approach with an average obtained score of 64.10 with a percentage of 80.13%. The results of the self-leadership character questionnaire are known that aspects of self awareness, self-directed aspects, self management aspects, and self-accomplishment aspects of learners experience A fairly positive improvement.
Setiawati, N. A. (2021). Indonesia.	A descriptive qualitative method with Miles and Huberman's interactive model analysis.	To get an overview of the implementation of the outbound method at the School of Universe.	The outbound method consciously utilizes the potential of the natural environment to encourage physical and mental development that requires attention to its relationship with the surrounding environment. This method changes attitudes and habits, including the formation of leadership through direct experience outside the classroom in the learning process fun and full of enthusiasm.
Fadhilah, S. S., & Trisunu, R. (2018). Indonesia.	A quasi experimental Design.	To test the effectiveness of group guidance with the method of outbound games to improve leadership attitudes in class XI students majoring in TPMI SMK Ganesha Tama Boyolali.	The analysis results obtained with Asymp. sig (2-tailed) 0.000 <0.05 indicates that there is a difference in the posttest results of the experimental group that was given the outbound game treatment and the control group that was not given the treatment. These results can be interpreted that outbound games are effective for increasing leadership attitudes in class XI students majoring in TPMI SMK



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## DISCUSSION

Many variables can be considered to influence group performance, one of which is leadership. Leadership factor is needed to collaborate a work group to achieve an organizational goal. Leadership factors play a very important role in forming a good team. A leader is expected to act as a figure that drives his subordinates and is rational, full of initiative, and intelligent in decision making and capable of solving problems which in turn can improve performance (Utami et al., 2018). In the first article, the author states that the leadership character of elementary school children is still weak. From the observations and interviews conducted in this article, the results show that there are four main causes of weak leadership character in children. First is the lack of self-confidence and low encouragement to become a leader, then the second is that children are still shy or afraid to communicate in front of the class. The third cause is that there are still children who have few friends and find it difficult to socialize. Finally, there are still children who give up easily, especially in the learning process (Fauzan & Al Millah, 2018). In addition to these four causes, the author also mentions that the learning methods provided by the teacher to shape character also do not attract children's interest, so other methods are needed, such as outbound games to attract children's interest in leadership. This article also shows if the outbound method and the leadership character of elementary school children have a moderate or good enough relationship so that the outbound method is suitable and effective in training the leadership character of elementary school children.

While in the third article that written by (Sukarmo, 2019), explained that most students can't lead themselves yet, they only follow their friends so that they are not capable enough to control themselves. In this case, the development of self leadership are necessary to be taught and practiced to students because it can be their basic guidelines to train their leadership surely. Self leadership is someone's ability to know what their purpose of life so that they can make a wise decision and develop the strategies to achieve their goals. One way to develop self leadership is by applying the character education which is done by experiential learning. To give the information about self leadership by experiential learning method, should be active, creative and pleasant so the students interesting to learning by doing it. Outbound can be nice method to increase the self leadership, with add games that contain elements of leadership.

In the fourth article, it is recommended that this outbound method be applied in conventional schools, by collaborating on the curriculum and learning model typical of the School of Universe. This method is an interdisciplinary learning process through a series of activities designed to be carried out outside the classroom using learning methods to create leadership formation. This method is conscious utilizing the potential of the natural background to contribute to physical and mental development that calls for awareness of the reciprocal relationship with the environment so as to be able to change attitudes and behavior, love for the environment which is obtained through direct experience outside the classroom in a fun learning process and students are very enthusiastic. This is also supported by the statement in the second article, namely the results of research conducted by (Priadi et al., 2021) at the Bandung Nature School, it was found that there was an increase in student leadership character in general after participating in Outbound. The assessment is carried out by assessing four leadership indicators, namely independence, discipline, team work, and dare to take risks. From the study, it was also found that there is a strong relationship between the activeness of outbound activities and the formation of student leadership character. These two things are positively related, namely if activeness rises, leadership character also rises, if leadership character rises, activeness also rises.





Not much different from the previous articles, the fifth article also shows results if outbound games technique is effective to improving students' leadership characters. In this fifth article, the results are shown through the pretest and posttest on eleventh grade students. If examined further, the authors of this study also mentioned that outbound games would make a person be in or face situations that could help develop aspects of one's leadership attitude. In the fifth article there is also a statement that supports the statement of the first article regarding the causes of the lack of leadership attitudes in students, such as being easily provoked by emotions, lack of self-understanding, lack of student initiative in participating in learning, and many other causes that are factors in the low leadership attitude of these students.

For the five articles that have been selected as material for a literature review, it shows that the research methods for each article are different from one another. However, even though using different methods, there are similarities in the results in the form of outbound games that can help to train and improve attitudes or abilities of leadership for individuals, including school-age children. Nowadays many schools use outbound methods in their learning, sometimes the method is also modified with the approach of students with nature. The use of the outbound method is considered effective because participants can immediately practice what they learn. The memory period is also stated to be longer when someone does learning with practice than when participants only learn theory in class.

## **CONCLUSIONS**

Self-leadership is a person's ability to know what his life goals are so that he can make wise decisions and develop strategies to achieve his goals. Self-leadership development needs to be taught and practiced to students because it can become their basic guideline for training their leadership, of course. One of the means to be able to provide knowledge and education in character building at the leadership level is through outbound activities which are a form of simulated learning of all applied sciences and are carried out openly or closedly which combines intelligence, physical and mental with an effective form of play. This method is an interdisciplinary learning process through a series of activities designed to be carried out outside the classroom by using learning methods to create leadership formation. The outbound method and student leadership character have a moderate or good enough relationship so that the outbound method is suitable and effective in training student leadership character. To provide information about self-leadership with the outbound method, it must be active, creative and fun so that students are interested in learning by doing it. For educational institutions, in order to be able to further develop outbound as a good tool to improve self-leadership, by adding games that contain elements of leadership.

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## **Conflict of Interest**

The authors declare that they have no known financial or interpersonal conflicts that might have looked to have influenced the research presented in this study.

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