

# About These Relationships

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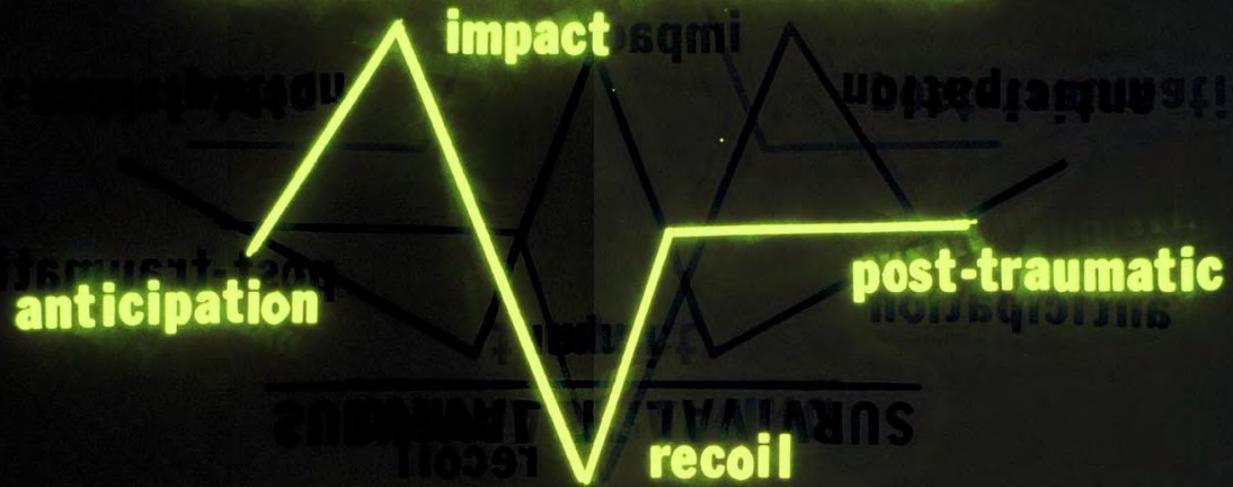
Subtitle

# Takeaways From This Presentation

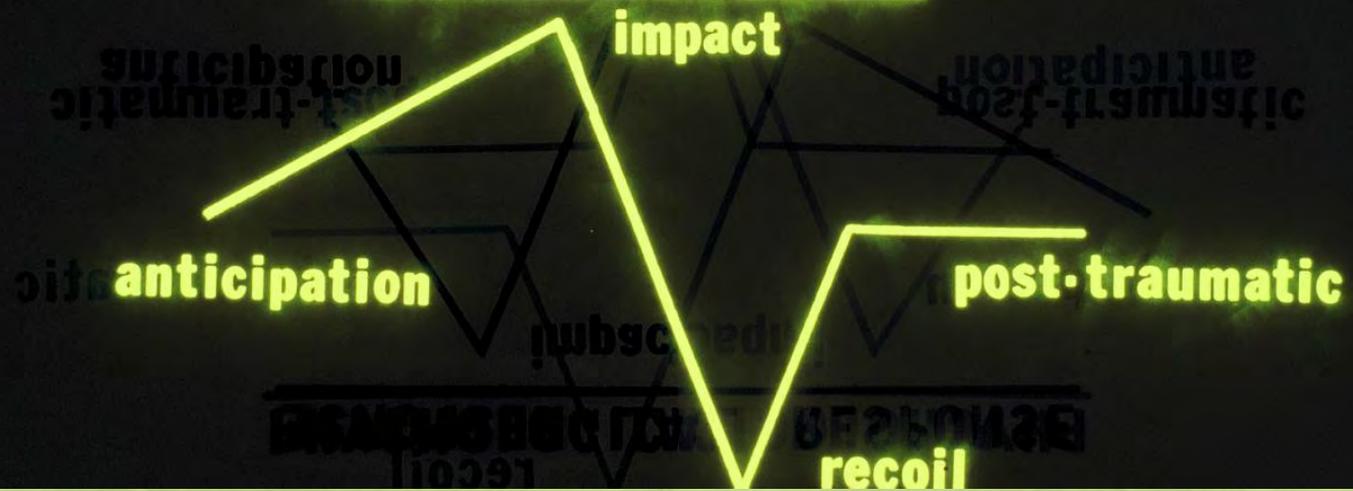
- Identify what is meant by terms such as: resilience, hardiness, sense of coherence, and self-determination and how activities featuring risk-taking can impact those concepts.
- Describe what we mean by risk and how do risk-taking activities can serve as catalysts or barriers for the development of issues such as resilience.
- Expand our thinking about how settings, particularly natural environments can assist specific activities such as those involving risk, to develop resilience, hardiness, and other variables.



## PSYCHOLOGICAL RESPONSE



## SURVIVAL TRAINING

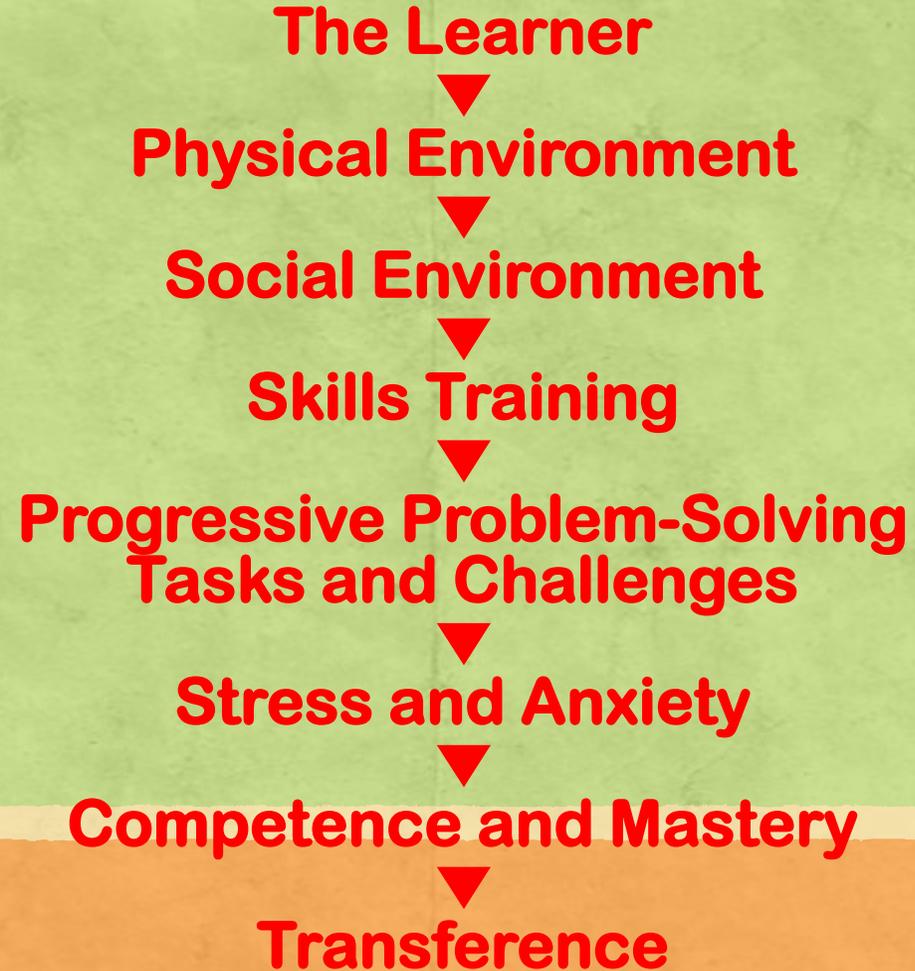








# The Outward Bound Process

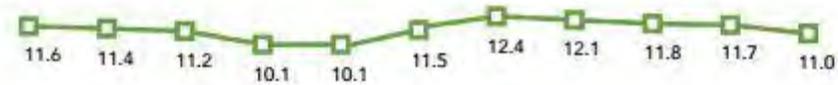








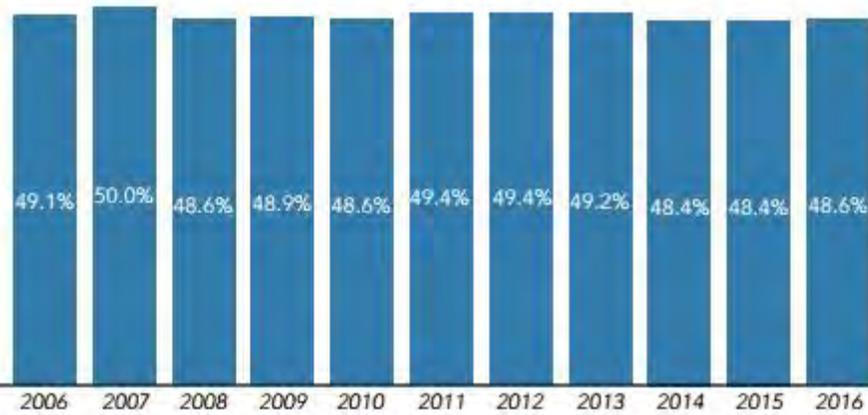
### Outdoor Participation, 2006 to 2016



Total Outdoor Outings  
(in billions)

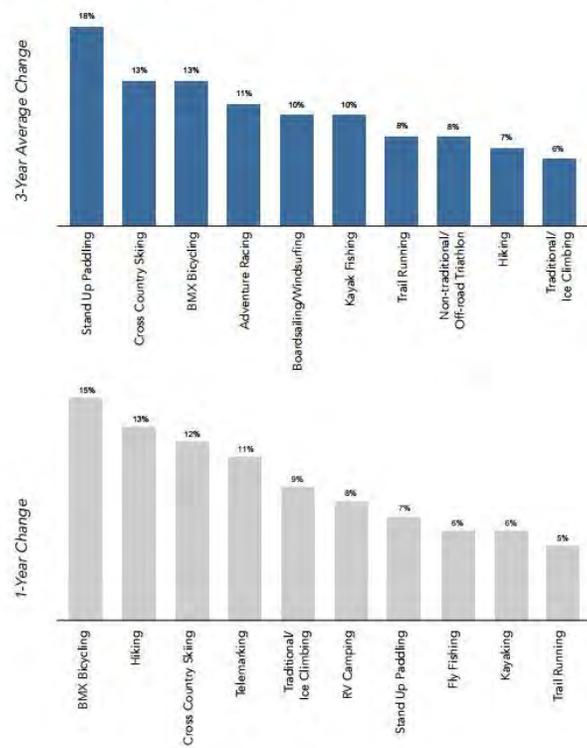


Number of Participants  
(in millions)



Participation Rate

### Top Outdoor Activities for Growth



# What do they want to do?

## Aspirational Participants, Ages 6-12

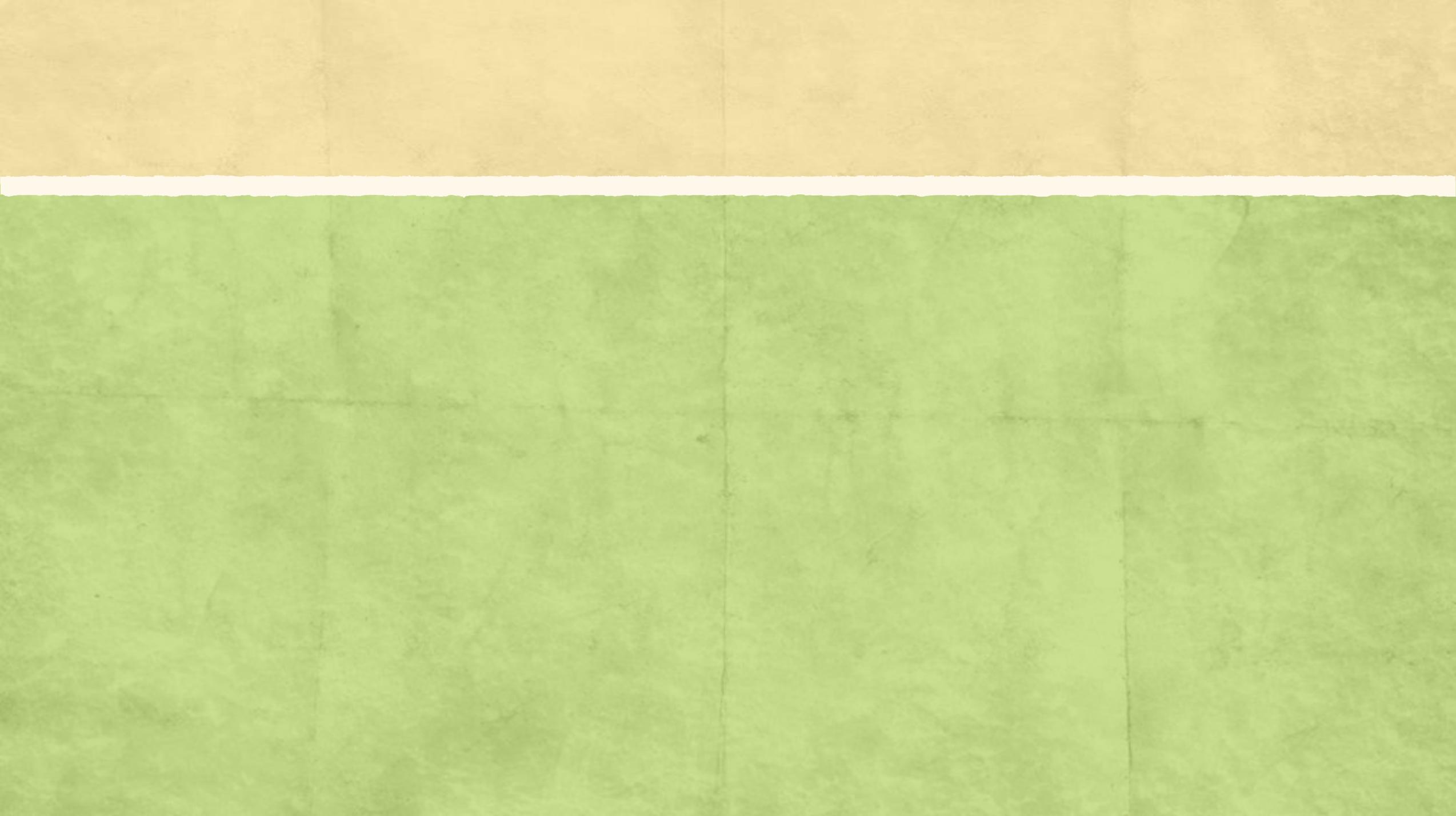
Physical Activity	Interest Rate
1. Camping	16%
2. Basketball	14%
3. Fishing	13%
4. Soccer	13%
5. Swimming for Fitness	12%
6. Bicycling	12%
7. Running/Jogging	11%
8. Football	11%
9. Swimming on a Team	10%
10. Martial Arts	10%

## Aspirational Participants, Ages 13-17

Physical Activity	Interest Rate
1. Camping	13%
2. Swimming for Fitness	10%
3. Running/Jogging	9%
4. Fishing	9%
5. Bicycling	9%
6. Working Out with Machines	8%
7. Hiking	7%
8. Basketball	7%
9. Football	7%
10. Martial Arts	7%

## Aspirational Participants, Ages 18-24

Physical Activity	Interest Rate
1. Camping	18%
2. Bicycling	16%
3. Backpacking	14%
4. Martial Arts	14%
5. Climbing	12%
6. Working Out with Weights	12%
7. Hiking	11%
8. Swimming for Fitness	11%
9. Working Out with Machines	11%
10. Kayaking	10%



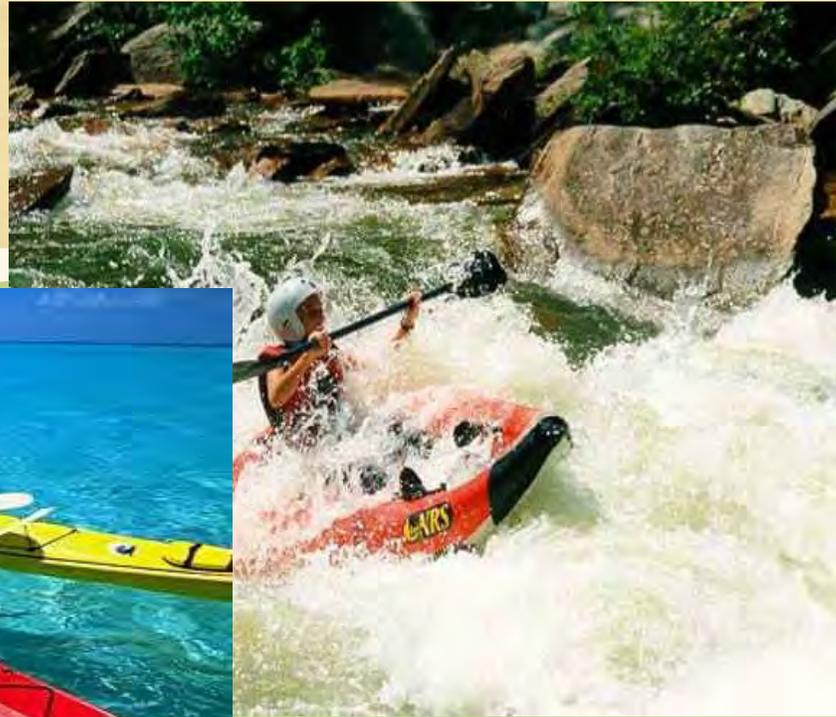


**Etymology: 13<sup>th</sup> - 14<sup>th</sup> Century**  
**Latin – *adventurus* (about to arrive)**  
**Middle English – *aventure* (chance, risk)**

# Definitions of Adventure

*A variety of self-initiated activities and experiences usually utilizing a close interaction with the natural environment, that contain elements of real or apparent risk, in which the outcome is uncertain, but can be influenced by the participant and/or circumstance. (Ewert, 1989; 2004; 2014)*

- Interaction with the Natural Environment
- Elements of Risk, Danger, and Challenge
  - Perceived or Real
  - Physical, Social, or Emotional
  - Influenced by Levels of Experience
  - Type and Stage of Involvement
- Uncertain Outcomes
- Influenced by Circumstance and Actions of the Participant
- Involves a Complex Interaction of Symbolism, Perceived Efficacy, and Perception



# Comparative Injury Rates (per 1000 FD) (FD = Field Days) <sup>1</sup>

▪ XC Ski-Skating Techniques	10.3
▪ Whitewater Kayak	10.1
▪ Cycle Touring	9.5
▪ Rafting Skills	7.6
▪ Snow Board	7.1
▪ Sea Kayak	4.0
▪ Rock Climbing	2.5
▪ Canoeing (Flat Water)	.84

▪ <sup>1</sup> Taken From Jackson (2017)

# That Brings Us to the Concept of Risk

- **Italian – 1598 - *Riscare***: “to hazard, to adventure, to jeopard, to endanger.”
- **French – 1611 - *Risque***: Peril, Jeopardy, Danger, Hazard, Chance, Adventure.
- **English-1656- *Risk***: Peril, Jeopardy, Danger, Hazard, Chance.

# Types of Risk Experienced at Camp

- Physical Risk
- Psychological Risk
- Emotional Risk
- Social Risk

# MUSICAL INTERLUDE

Brought to you  
by those we serve...

**But, How Many Risks Do You See Here?**



# Or This?



# Check-In

- Turn to your neighbor and share some experiences where campers faced different types of risk.

Nature Will Speak to  
You

But It Will Not Shout!

# So, Why Do We Expose Our Campers to Risk?



# Global Factors Often Associated With Resilience

- Social Competence
- Problem-Solving
- Autonomy
- Sense of Purpose

*Strangely, or perhaps not, I often see manifestations of these issues in many of the veterans I work with.*

# Resilience

- Resilience is derived from the Latin word *resilio*, meaning “to jump back
- Resilience can be considered a constellation of characteristics and capacities that mitigate the impact of biological, psychological and social factors that threaten an individual’s health.
- Resilience can also be defined as a “bouncing back” from a negative event
- resilience suggests the presence of an adaptive system that uses exposure to stress to provide resistance to future negative events.
- Resilience is derived from the Latin word *resilio*, meaning “to jump back

# Related Terms

- Positive Adjustment (outcome of resilience)
- Competence (asset for the resilience process (eg., intelligence, skilled))
- Coping (avoiding a negative outcome from a negative event)

# Other Aspects of Resilience

- Resilience requires elements of risk and promotive factors
- Resilience theory often focuses on healthy development in spite of risk exposure
- Promotive factors can be thought of as:
  - Assets (Positive factors within a person such as self-efficacy)
  - Resources (Positive factors outside the person such as supportive staff or a caring group)

Moderate risk exposure provide skills practice

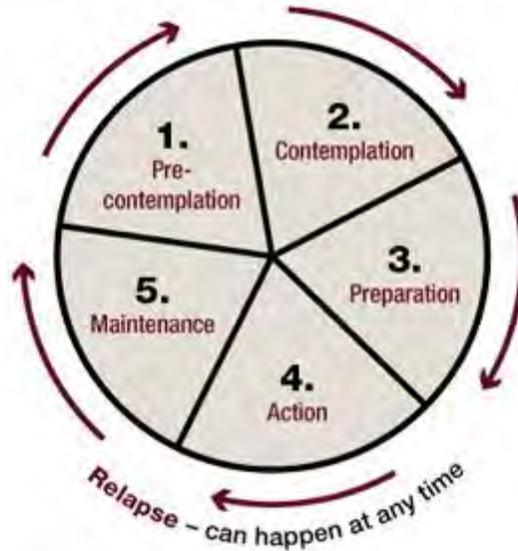
# Intersection Risk and Resilience

- Development of this adaptive system through structured and challenging activities and experiences often offered through AE that serves as the underlying basis
- Is resilience a trait, outcome, or process?
- Are some people born “resilient?”
- Do different cultures have different interpretations of resilience?
- While not the same, resilience is linked to terms such as “hardiness” and “mental toughness”
- Resilient people draw heavily on favorable dispositional attitudes and behaviors such as internal locus of control, pro-social behavior, and willingness to face stress and uncertainty; factors that constitute a number of components inherent in many camping programs.

# Why Do They Do It?

## Stages of Change

Adapted from Prochaska, L.O. & DiClemente, C



# **Stressors**

**(Adapted from Kessler, 1997)**

- **Situations that lower self-esteem**
- **Thwarting of an important goal**
- **Insoluble dilemma**
- **Physical disease that activates stressors of deterioration or death**
- **Overwhelming magnitude**
- **Several stressors occurring at same time**
- **Pessimistic attribution style**

# So, Where Has All This Research Led Us Relative to Understanding Resilience?

“What began as a quest to understand the extraordinary has revealed the power of the ordinary. Resilience does not come from rare and special qualities, but from the everyday magic of ordinary, normative human resources in the minds, brains, and bodies of children, in their families and relationships, and in their communities.”

Ann Masten

# When Using Activities Involving Risk, Consider the Following Issues

- Provide for a sense of “hardiness,” namely, a sense of control, commitment, and challenge
- Commitment can lead to developing “grit” or perseverance to complete a project despite challenges and length of time
- Dealing with challenges can develop coping and problem-solving skills

# Factors That May Contribute to This Growth in Resilience From Camping

- Personal Responsibility
- Rite of Passage
- New Experiences
- Communitas
- Feeling Connected
- Developing a Sense of Self and Maturity
- Camp is a Rehearsal for Resilience for Future Events