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## THE EFFECT OF ADVENTURE BASED COUNSELING (ABC) OF SELF-EFFICACY TRAINERS IN THE HEALTHY LIFESTYLE PROGRAM AT PROGRAM IN THE NATIONAL SERVICE

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### Abstract

*Objective.* This study aims to determine the impact of Adventure Based Counseling (ABC) on the level of self-efficacy in obese trainees before and after on Healthy Lifestyle Program.

*Methods.* The study sample consisted of research on the 2471 trainees Healthy Lifestyle Program. The instrument uses the self-efficacy questionnaire consisted of four main factors of cognitive, affective, motivational, and selected.

*Results.* The analysis showed there was a significant difference in Self-Efficacy before and after the Healthy Lifestyle Program ( $p=0.00$ , M-before=31.4 and M-after=38.8) indicated by increasing Self-Efficacy in the program.

*Conclusions.* There is a difference between Self-Efficacy before and after treatment adventure based counseling training. This proves that the training ABC a positive impact on increasing self-efficacy participants in NS.

*Keyword:* self-efficacy, adventure based counseling.

### Introduction

Obesity is increasing year by year. This caused fewer tendencies to focus on health, resulting in less controlled diet and do sports to be less. Health Organization (WHO) in 2003 noted that approximately one billion people of the world suffer from overweight and at least 300 million are clinically obese suffer. According to the study that between the years 1976-1980 to 1999-2000 there was an increase in the prevalence of overweight from 46 % to 64.5 % (Malnick and Kobler, 2006). This is very disturbing and not infrequently leads to death.

Lifestyle improvement at a particular batch causes eating patterns changed. Improvements will reduce the level of economic levels of physical activity and dietary changes also result in more and more people turn to suffer overweight and obesity (Almatsier, 2006). Similarly, according to the WHO (2015) predicts 2.3 billion adults will suffer from overweight and 700 million are obese. Given that Malaysia is also ranked sixth Among Asian Countries with high adult obesity rate, according to the World Health Organization (WHO).

Self-regulation skills are very important in the treatment of weight loss in addition to cognitive restructuring skills and stimulus control is Self-Efficacy. Competence cans vary from one situation to another (Frank, 2011). Self-Efficacy is a belief in one's self in the effectiveness in performing certain tasks that are consistent with social cognitive theory. Based on studies that increase self-efficacy would lead one to control and nutrition and increase physical activity (Annesi, 2011).

Phenomenon occurs among teenagers in Malaysia are also experiencing the same thing, that the increase in obesity. One of the programs for this weight revealing the Healthy Lifestyle Program has been launched in adolescents following National Service (PLKN) throughout Malaysia. Healthy Lifestyle Program is conducted by researchers from Universiti Pendidikan Sultan Idris (UPSI), which aims to reduce youth obesity issues in Malaysia and promote a culture of healthy living to help the country overcome the problems associated with obesity.

This healthy lifestyle program pioneered by researchers at UPSI work Cutting over the NS (which became a sponsor in this research) to give full support to the implementation of this program. Because this will affect the life growing inside of a better life in adolescents, in the form of a healthy lifestyle for the intern obese in NS or in everyday life. Healthy Lifestyle Program is purported activities Calisthenics Exercise Stretching and flexibility are implemented by modules that have been made for and set. Apart from the physical activity, the intern program Healthy Lifestyles given module Adventure Based Counseling (ABC). ABC module is a module with the organization Therapy relaxation made in such a way in a simulation activity that characterized the game, challenge, and fun in an effort to bring greater self-image.

This study aimed to determine the level of self-efficacy in obese trainees before and after the module Adventure Based Counseling on Healthy Lifestyles Program. This study is to find an answer to the question of identifying the different levels of self-efficacy before and after the program Adventure Based

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Counseling in the Healthy Lifestyle Program at Camp National Service

**Method**

This study represents a survey. Samples weighed using Omron Body Fat Analyses. The samples have been weighed in the regulation of body fat determined that the sample was obese. The study population consisted of NS trainee camps across Malaysia 2012/2013. Samples of 2471 stated obese.

Then the sample treatment with Adventured program based Counseling (ABC) in the form of simulation activity in the increased confidence, motivation, affective and skills in selecting social conditions encountered in the effort to adapt.

The questionnaire used is a self-efficacy questionnaire. Self-efficacy Questionnaire used based on four factors that affect Self-Efficacy of Cognitive, Affective, Motivational, and Selective. The questionnaire is divided into research samples before and after implementing the Healthy Lifestyle Program.

**Results**

In an effort to achieve its objectives in the Healthy Lifestyle Program, the trainees are in the obese

category must have an optimal level of self-efficacy. Based on the above, a survey of self-efficacy among obese NS (PLKN) trainees participating Malaysian Healthy Lifestyle Program was implemented at the beginning of this program, which at the time of the pilot study in which the implementation of the Healthy Lifestyle Program be implemented Counseling Based Adventure (ABC) Camp Geo Kosmo and Pelangi Hills.

Study by Bandura (1997), confidence in the ability of individuals belonging to affect how individuals react in certain situations and conditions. Factors of Cognitive self-efficacy (ability to make a positive and realistic attitudes to the potential of in order to perform the duties, restrictions, or social desire), Affective (ability in the management of mental, emotion and mood), motivation (determination and ability level of the in order to achieve the purpose or goal) and Selective (ability to choose the social conditions confronting and coping with the situation).

Based on the normality test samples (Table 1) using the analysis sample KS test (Kolmogorov Smirnov) found  $p = 0.00$  and  $Z = 6283$ . Normality test samples show normal.

Table 1: Normality Test Samples

	Z	p
Self-Efficacy	6.283	0.00

The study of the level of self-efficacy trainees obese category are shown in Table 2. There is a difference in self-efficacy are very significant pre-( $M = 31.42$ ,  $SD = 7.26$ ) and after ( $M = 38.83$ ,  $SD = 7.12$ ) Healthy Lifestyles Program ( $p = 0.00$ ). In self-efficacy factors of Cognitive, there were significant differences before ( $M = 7.22$ ,  $SD = 1.80$ ) and after ( $M = 9.38$ ,  $SD$

$= 2.18$ ). There are significant differences in Motivation before ( $M = 7.84$ ,  $SD = 2.03$ ) and after ( $M = 9.85$ ,  $SD = 2.03$ ). There are significant differences Affective before ( $M = 8.1$ ,  $SD = 2.07$ ) and after ( $M = 9.99$ ,  $SD = 1.91$ ). There are significant differences Selective before ( $M = 8.24$ ,  $SD = 2.29$ ) and after ( $M = 9.55$ ,  $SD = 1.72$ ) in Table 2 below:

Table 2: Paired Samples T-Test

Variabel	Before (n=2471)		After (n=2471)		t(df)	pvalue
	M	SD	M	SD		
Self-Efficacy	31.42	7.26	38.83	7.12	-41.74(2471)	0.00***
Cognitive	7.22	1.80	9.38	2.18	-41.26(2471)	0.00***
Motivation	7.84	2.03	9.85	2.03	-37.98(2471)	0.00***
Affective	8.10	2.07	9.99	1.91	-39.21(2471)	0.00***
Selective	8.24	2.29	9.55	1.72	-30.18(2471)	0.00***

\* $p < 0.05$ ; \*\* $p < 0.001$ ; \*\*\* $p < 0.0001$

Based on the analysis above, it shows that there is significant self-efficacy before and after Program Adventure Based Counseling Program Healthy Lifestyles ( $p = 0.00$ ) with increasing degree of 7.41. Rising before and after on Cognitive aspects of 2.16. Increase before and after the 2:01 aspect of Motivation. Increase before and after the affective aspect of 1.89.

As well as increased before and after Selective aspects 01:31.

**Discussion**

Result showed based on an analysis, there is difference between Self-Efficacy trainees before and



after the follow the program Adventure Based Counseling (ABC) at the Healthy Lifestyle Program. It is demonstrated that there is a positive impression over the ABC program.

According to Schultz (1994), Self-Efficacy is individual feelings towards adequacy, efficiency, and our ability to cope with life. While Bandura (1997) said that the Self-Efficacy is the individual's ability to self-confidence will affect the way individuals react to certain situations and conditions. Self-efficacy is the belief, perception, power to affect a person's behavior, beliefs that may be able to overcome the situation and produce positive results will affect the way individuals react to certain situations and conditions.

Baron and Byrne (2000) suggested that self-efficacy is an individual assessment of the ability or competence to perform a task, achieve a goal, and produce something. Further Lahey (2004) said that the Self-efficacy is the perception that the individual is able to do things that are important to achieving the objective. This includes the feeling of knowing what to do and also emotionally able to do so.

So it can be concluded that self-efficacy is the feeling, belief, perception, confidence in the ability to cope with a given situation which will affect the way individuals cope with the situation.

Furthermore, the influence of Self-Efficacy (Bandura (1997) is the process of cognitive, motivational, affective and selection processes. These factors will greatly influence the increase of self-efficacy of an individual that involves the willingness and efficient in fulfilling a duty or face problems. Self-Efficacy is also not directly related to the efficiency factor of the individual, but only involves self-assessment about what to do, without relating to efficiency owned.

Measuring the level of obesity and obesity are based on Body Mass Index or Body Mass Index (BMI) to calculate the weight in kilograms (kg) and divided into high in meters squared (m<sup>2</sup>). In addition, obesity can also be measured by the percentage of body fat percentage figures contained in the human body. The calculation is the amount of body fat weight per total weight multiplied by 100. Body fat percentage can be measured by using Omron Body Fat Analyzer. Obesity is the accumulation of abnormal or excessive fat can interfere with health (WHO, 2011). Myers (2004) also stated that a person is said to be obese when there increase or expansion of their body fat cells.

In the study of obesity, that physical exercise is a key factor in weight loss for the long term. But exercise behavior also influenced by the achievement of goals. Achievement of this target will mean the creation of short-term and long-term. Thus, self-efficacy with clear goals, and means the individual will feel that they are competent, confident on the ability to organize and implement actions for the purpose set forth, and sought to assess the extent and strength of all the action and context (Bandura, 1997).

Adventure Based Counseling (ABC) is a model - oriented counseling through outdoor games or conducted in a group with the aim of togetherness, trust, help yourself and others, and can motivate themselves and other people's motives. According to Anderson et al (1997), a longitudinal study over two and a half years demonstrated that outdoor adventure programs produce positive changes in social and personal relationships improve patient disabilities. The next course of a study conducted by Bennett et al (1998) stated that 13 men and women with drug dependence in residential program for three days with adventure therapy intervention program, therapeutic camping, and relapse prevention showed a significant negative result on automatic arousal in the experimental group, frequency of negative thought, and alcohol craving. This study shows that there is a positive improvement after joining the ABC program. In addition, research conducted by the Cross (1999), the adolescents demonstrated that following the experience in the outdoor adventure program in the experimental group experienced less alienated than the control group . The results of this study indicate that treatment Cross done on strengthening personal control experimental group teen giving a positive effect on feelings of alienation and control.

In this study, Adventure Based Counseling on Healthy Lifestyles Program is used in the form of a game simulation activity. The game is in the form of a model oriented counseling to adolescents and direct experience obtained while following a series of challenging games and is specifically designed to be implemented in the open. This activity contains a classical game presentation, discussion, trust building, dynamic group, which has low elements and high elements. After that process is divided into three components, namely briefing (introduction of the game), leading (implementations game), and debriefing (reflections game experience).

Based on a review is conducted , the researcher can know definitely an increase in Self-Efficacy were high before and after following the Adventure Based Counseling on Healthy Lifestyles Program . With activities in the form of a simulation game that includes pleasure and value in every game along debrief conducted for a trainee who follows the Adventure Based Counseling program then trainees can improve their self - efficacy. Self-Efficacy is needed in the design of intervention programs for Healthy Lifestyles Program for Obese trainee. This is because individuals who have high self - efficacy namely individuals feel confident that the individual is able to cope with the problem effectively to events and situations they encounter , diligent in completing tasks , adapt to new situations , set goals , strategies faced and ready to accept failure , and able to escort him. While individuals who have low self -efficacy will feel inadequate, easily sad , anxious , shy away from the challenge and the task at hand, it is easy to give up on



the difficult situation, there is no firm commitment and slow to restore a state of failure (Bandura, 1997).

Havighurst (1961) says that the level of individual development is a task which arises at or about a certain period in the life of the individual, success and achievement of which leads to his happiness and to success with later tasks, while failure leads to unhappiness in the individual, disapproval by society and difficulty with later tasks. Trainee, who is a teenager, is still at a developmental stage. If obese as a form of personal problems for adolescents, the adolescent development process will be interrupted. This will impact on the disruption of confidence, feel isolated, and not well-liked among the other teens, the discomfort will distract teenagers who suffer from obesity, especially in dress and activity. Of activity will be very difficult for example in relation to the environment. As a teenager will become more depressed and aloof, not wanting to see or merge with another youth group because it was obese. Therefore need a program that can help teenagers who have this problem.

In the aspect of self-efficacy, cognitive role of trainers is the ability to respond in a positive and realistic than the potential of the business task, obstacle, or social desirability. This indicates that, the action stems from a lot of rethinking to imagine either success or failure. It shows that the trainees think about success when following the Healthy Lifestyles program will add a good life, learning about health and believe positively after joining the program as well as more confident. Furthermore, the role of affective aspect is the ability to trainee in the management of mental, feelings and moods which demonstrated that the trainee is able to control the situation themselves and do not think about negative things. The role of motivation is the ability of trainees to the seriousness and duration in order to achieve the purpose or goal. Motivation is very important to us and should help motivate others. Motivation is very useful in improving self-confidence, and looked trainees are able to cope with the existing situation. And the role of selective aspects of the trainee's ability in choosing the social conditions confronting and coping with the situation. Relating these selective trainees volunteered for the program and is confident that the results for the trainees are positive results in achieving success (Bandura, 1997).

Accordingly, the success of Adventure Based Counseling on Healthy Lifestyles Program, one of the programs that help teens (obese trainees) to reduce weight and increase self-efficacy trainees. According to Kirk (2008) states that students who have high self-efficacy prefer to challenge themselves to deal with the difficult tasks and have high internal motivation in the program organized. In other research which Agusman (2012) says, teen self esteem will be faster and easier to adapt to the environment and be able to undergo a diet program as a form of effort to create the desired outcome. Trainees enrolled in this program show enthusiasm and confidence and believe that the

Adventure Based Counseling program at the Healthy Lifestyle Program to enhance self-efficacy and healthy lives.

### Conclusions

The findings of this study demonstrate the implementation of Adventure Based Counseling program at program Healthy Lifestyle in PLKN has a strong impact on increasing self-efficacy trainees obese. The increase of teens showed how to think, motivational, affective and selective in enhancing the reliability of self and success ahead. Hopefully trainee can make sure to go through all the challenges and obstacles during the program and after the program to maintain existing revenue. Adventure Based Counseling Program on Healthy Lifestyles program is to be compiled based on the ability to build self-efficacy are more positive among the trainees in the program so that the effect of impact on living a healthier

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