

# Impact of An Adventure Sports Course on Physical, Mental, Social, and Emotional Well-Being Among College-Going Girls

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## ABSTRACT

*Adventure sports have gained popularity as a means of promoting overall well-being. This study examines the impact of an Adventure Sports Course on the physical, mental, social, and emotional well-being of college-going girls. A sample of 41 participants engaged in activities such as trekking, rock climbing, river crossing, rappelling, and rope balancing. A researcher-designed questionnaire was administered post-course to assess various well-being parameters. The findings indicate that adventure sports significantly enhance physical fitness, boost confidence, reduce stress, improve teamwork, and foster emotional resilience. These results emphasize the importance of integrating adventure sports into college curricula for holistic student development.*

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**Keywords :** Adventure Sports, Physical Well-being, Mental Well-being, Social Well-being and Emotional resilience, College Students.

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## Introduction

Adventure sports, often associated with high-intensity physical activities performed in natural or challenging environments, have gained popularity due to their numerous benefits on an individual's overall well-being. These sports, which include activities such as rock climbing, trekking, Rappelling, river crossing, river rafting, and skiing etc, not only promote physical fitness but also enhance mental resilience, social interaction, and emotional stability. Research has increasingly highlighted the significance of adventure sports in fostering holistic development, making them an essential component of recreational and fitness programs.

Several studies have emphasized the positive effects of adventure sports on different aspects of well-being. According to Ewert & Sibthorp (2014), participation in adventure activities contributes to improved physical health by enhancing endurance, strength, flexibility and coordination. Additionally, such activities have been found to boost mental resilience and self-confidence, as suggested by Martin & Leberman (2005). Socially, adventure sports facilitate teamwork, trust-building, and interpersonal skills (Priest & Gass, 2018). Moreover, the emotional benefits, including stress reduction and heightened self-esteem, have been well-documented in studies such as that by Brown (2009).

Further studies suggest that engaging in adventure sports reduces symptoms of anxiety and depression by increasing endorphin levels and providing a sense of accomplishment (Jones & Sheffield, 2018). Moreover, exposure to natural environments during adventure activities has been linked to improved cognitive function and emotional regulation (Kaplan & Kaplan, 1989). These findings support the growing integration of adventure sports in therapeutic and educational settings to enhance psychological well-being.

### **Adventure Sports and their Impact on College-Going Girls**

The role of adventure sports in promoting well-being is particularly significant for college-going girls, as they often face unique physical, psychological, and social challenges. The transition from adolescence to adulthood involves navigating academic pressure, social expectations, and self-identity development, all of which can contribute to stress and anxiety (American College Health Association, 2019). Adventure sports provide an effective outlet to mitigate these challenges by fostering resilience, confidence, and overall well-being.

Engaging in adventure sports has been shown to improve body image perception and self-esteem among young women (Richman & Shaffer, 2000). Participation in physically demanding activities such as hiking and climbing can help college-going girls break societal stereotypes regarding female physical capabilities and encourage greater self-efficacy (Schulz, 2016). Moreover, studies indicate that group-based adventure sports promote social inclusion and peer support, which are crucial for young women navigating collegiate environments (Humberstone, 2010).

From a mental health perspective, adventure sports serve as a coping mechanism for anxiety and emotional stress, particularly for college students balancing academic and personal life (Rosenbaum et al., 2019). The combination of physical exertion, exposure to nature, and teamwork contributes to improved mood, emotional regulation, and cognitive functioning (Pretty et al., 2005). These benefits underscore

the importance of integrating adventure sports into university wellness programs to support female students' holistic development.

Adventure sports have emerged as a compelling means to enhance multiple aspects of health especially among college going girls. Unlike structured sports, adventure activities involve risk, endurance, and teamwork, which can contribute to physical fitness, mental resilience, social bonding, and emotional strength. As the researcher is working in St. Mira's College of Girls and to study the growing interest in adventure sports and their multidimensional benefits, this research paper aims to explore their impact on four key aspects: physical, mental, social, and emotional well-being. The study presents a detailed analysis based on survey data and statistical interpretations to provide valuable insights into how adventure sports contribute to overall human development.

## Material and Method

This study was an analytical method of descriptive research. The study was conducted on total 41 undergraduates' college going girls from St. Mira's College for Girls, Pune who participated in an Adventure Sports Activities conducted at "Kamet Adventure" camp site, Dahuli, Maval. Participants were from diverse academic streams and had varied levels of prior exposure to adventure sports. The Adventure activities included trekking, rock climbing, rappelling, river crossing, balancing on rope, camping and bonfire. The average age of the students was 19.5 years old which were purposively selected. The information was collected by using teacher made questionnaire for the study. The questionnaire consists of 20 questions which was designed to measure four parameters of well-being: physical, mental, social, and emotional well-being. A 5-point Likert scale was used to collect the responses (Strongly Disagree, Disagree, Neutral, Agree and Strongly Agree) The Frequency analysis was used to analysis the various well-being parameters.

## Result

The questionnaire consist of four different parameters of well-being : physical, mental, social, and emotional well-being five questions were asked in each parameters.

**Table 1. :** Frequency of respondent of the parameter Physical Well-being in percentage (N=41)

Sr. No	Questions	Strongly Agree %	Agree %	Neutral %	Dis-agree %	Strongly Disagree %
1	After participating in adventure activities, I feel physically stronger and more active.	48.8	46.3	2.4	2.4	0
2	My stamina and endurance have improved after engaging in adventure activities.	24.4	73.2	2.4	0	0
3	I have become more conscious of my physical fitness and well-being.	29.3	63.4	4.9	2.4	0
4	Adventure activities have improved my body coordination and flexibility.	22.0	65.9	7.3	2.4	2.4
5	I feel less physically fatigued in my daily activities after participating in adventure sports.	9.8	58.5	24.4	7.3	0

A Table No. 1 shows that a majority (95.1%) of respondents (48.8% strongly agree, 46.3% agree) reported feeling physically stronger and more active after engaging in adventure sports. This aligns with prior studies emphasizing the role of adventure activities in muscle strengthening and cardiovascular endurance. The 97.6% agreed that their stamina improved, and 90.2% became more conscious of their physical fitness and well-being. This suggests that adventure sports serve as an effective fitness intervention, promoting active lifestyle awareness. The 87.9% of participants reported improvements in coordination and flexibility, supporting research that highlights motor skill enhancement through adventure activities. While 68.3% agreed, a notable 24.4% remained neutral, indicating that fatigue reduction may vary based on the intensity and nature of activities. This shows that all the 41 participants highlight a significant impact of adventure activities on physical fitness, stamina, body coordination, and fatigue management.

**Table 2 :** Frequency of respondents of the parameter Mental Well-being in percentage (N=41)

Sr. No	Questions	Strongly Agree %	Agree %	Neutral %	Disagree %	Strongly Disagree %
1	Adventure activities have helped me become more mentally resilient.	14.6	61.0	17.1	4.9	2.4
2	I feel more confident in handling challenges after participating in adventure activities.	31.7	56.1	9.8	2.4	0
3	My ability to focus and concentrate has improved.	26.8	48.8	22.0	2.4	0
4	Adventure activities have helped me develop a positive mindset.	34.1	56.1	7.3	2.4	0
5	I feel mentally refreshed and motivated after engaging in outdoor activities.	43.9	43.9	7.3	4.9	0

A Table No. 2 shows that the 75.6% of respondents (14.6% strongly agree, 61.0% agree) felt mentally stronger, and 87.8% reported increased confidence in handling challenges. This supports research linking adventure activities to stress management and self-efficacy development. The 75.6% of respondents reported improved concentration, supporting theories that adventure sports enhance cognitive flexibility and problem-solving skills. The 90.2% respondents agreed that adventure sports foster a positive mindset, and 87.8% reported feeling refreshed and motivated. These findings align with studies on nature-based activities reducing mental fatigue and increasing optimism. This shows that Adventure sports can be an effective psychological intervention for improving mental resilience, stress management, and cognitive focus.

**Table 3 :** Frequency of respondents of the parameter Social Well-being in percentage (N=41)

Sr. No	Questions	Strongly Agree %	Agree %	Neutral %	Disagree %	Strongly Disagree %
1	I have developed better teamwork and communication skills through adventure activities.	24.4	63.4	9.8	2.4	0
2	Adventure activities have helped me interact and bond with new people.	26.8	65.9	4.9	2.4	0
3	I feel more comfortable and confident in group activities.	26.8	61.0	9.8	2.4	0
4	I have learned to trust others more during adventure sports.	9.8	48.8	17.1	9.8	14.6
5	My ability to work in a team has improved after participating in adventure activities.	17.1	48.8	12.2	4.9	17.1

A Table No. 3 shows that the 87.8% of respondents (24.4% strongly agree, 63.4% agree) improved their teamwork and communication skills, reinforcing adventure sports as a tool for leadership and social engagement. The 92.7% respondents agreed that adventure sports helped them bond with new people, and the 87.8% felt more confident in group activities. These results align with research highlighting the socializing effects of cooperative outdoor activities. The 58.6% agreed they learned to trust others more, but 24.4% disagreed, suggesting variability in trust-building experiences. Trust issues may be influenced by prior social interactions or personality traits. The 65.9% of respondents felt that adventure sports improved their ability to work in teams. However, 17.1% strongly disagreed, indicating that not all individuals may adapt equally to team-based challenges. This shows that Adventure sports enhance social skills and teamwork, but trust-building may be influenced by personal characteristics and previous experiences.

**Table 4** : Frequency of respondents of the parameter Emotional Well-being in percentage (N=41)

Sr. No	Questions	Strongly Agree %	Agree %	Neutral %	Disagree %	Strongly Disagree %
1	Adventure activities have helped me manage stress and anxiety.	22.0	48.8	22.0	4.9	2.4
2	I feel emotionally balanced after participating in adventure activities.	9.8	68.3	17.1	2.4	2.4
3	I am better at handling fear and uncertainty after engaging in adventure activities.	22.0	61.0	17.1	0	0
4	I feel happier and more satisfied after taking part in adventure activities.	41.5	56.1	2.4	0	0
5	Adventure activities have boosted my self-esteem and self-worth.	22.0	68.3	7.3	2.4	0

A Table No. 4 shows that 70.8% of respondents (22.0% strongly agree, 48.8 % agree) reported that adventure sports help manage stress and anxiety. These findings support studies linking outdoor physical activities with mental relaxation and emotional regulation. The 78.1% respondents agreed that they felt more emotionally balanced, while 83.0% respondents improved in handling fear and uncertainty. These results validate adventure sports as a therapeutic approach for anxiety and fear management. The 97.6% of respondents described feeling happier and more satisfied after participating in adventure sports. This supports psychological studies indicating that physical activity enhances dopamine and serotonin levels, improving overall mood. The 90.3% respondent agreed that adventure sports boosted self-esteem, reinforcing the idea that overcoming physical challenges leads to greater self-confidence. This shows that the Adventure sports effectively enhance emotional well-being, reduce stress, and boost self-confidence.

## Discussion

The findings of this study indicate that adventure activities have a significant positive impact on the physical, mental, social, and emotional well-being of college-going girls. The results align with previous research, such as the study conducted by Eigenschenk et al. (2019), which identified a strong link between mental health and physical activity in natural environments. His study highlighted the psychological benefits of outdoor activities, including reduced tension, anger, and depression, along with increased



engagement and revitalization.

The high agreement rates across most well-being dimensions in this study underscore the transformative effects of adventure sports, particularly in enhancing physical fitness, mental resilience, teamwork, and emotional stability. However, aspects such as trust-building and fatigue reduction showed slightly higher neutral or disagreement responses. This suggests that individual experiences may vary depending on factors such as personality traits, baseline fitness levels, and prior exposure to adventure sports. These findings highlight the importance of structured training and support systems to maximize the benefits of adventure activities for participants with diverse backgrounds and experiences.

## Conclusion

The findings of this study highlight the significant positive impact of adventure sports on the holistic well-being of college-going girls. Physical fitness, mental resilience, teamwork, and emotional stability were all notably enhanced. Given these benefits, it is recommended that educational institutions integrate adventure sports as a part of their physical education curriculum. Future research can expand on these findings by incorporating larger sample sizes and long-term impact assessments.

## Recommendation

1. Colleges should promote adventure sports as a compulsory credit course.
2. Adventure-based experiential learning should be integrated into academic programs.
3. Regular adventure sports workshops should be conducted to enhance student engagement.

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