

The Effect of Climbing Community Activities as a Leisure on University Students' Social Anxiety

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ABSTRACT In this study, the effect of some of the recreational activities of university students participating in extra-curricular time on their levels of social anxiety was examined. In addition, it was examined whether there is an effect of gender difference on the results of participation. The study group consisted of thirty volunteer students. The data were collected by using the Adolescents Social Anxiety Scale. The subjects climbed on artificial wall and the real rock surfaces for two months. As a result of the study, it was observed that the subjects in the climbing community as a free time activity influenced social anxiety levels of students in a statistically significant positive way ($p < 0.05$). Furthermore, it was observed that gender difference had no effect on the effectiveness of education and the outcome of education ($p > 0.05$).