

[DOI: 10.20472/IAC.2019.049.018](https://doi.org/10.20472/IAC.2019.049.018)

YAŞAR SELMAN GÜLTEKİN

Düzce University, Turkey

PINAR GÜLTEKİN

Düzce University, Turkey

**MEASURING THE EFFECTS OF OUTDOOR RECREATION
ACTIVITIES IN FOREST AREAS ON CHILDREN AND FAMILY
RELATIONS: A CASE STUDY OF DUZCE**

Abstract:

In this study, forests in Düzce countryside, camping, picnic, hiking, orientring and so on. A questionnaire was applied to measure the contribution of the families participating in the activities to the physical and psychological development of their children, good parenting. Within the scope of the study, interviews were conducted with 82 families who participated in these activities and the survey results were analyzed in SPSS 22.0 Program. Frequency and percentage, average and one-way analysis of variance were applied. Children of families who spend time with their children in the nature, experience and participate in activities are defined as healthier, more socially, more successful and happier in their classes than children of non-participating families.

Keywords:

Family support, good parenting, forest, outdoor recreation