

A QUANTITATIVE AND QUALITATIVE ANALYSIS ON THE EFFECTS OF AN
ADVENTURE COURSE: AN INTERVENTION WITH FEMALE ADOLESCENTS

by

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Abstract

The purpose of this two-part study was to examine the quantitative and qualitative effects of an adventure course. The goal of the first study was to investigate whether the benefits from a one-day adventure course could be prolonged through the use of bi-weekly journaling after the course. Twenty-seven female adolescents participated in the adventure course and approximately half of the group completed journal entries for the following two weeks. All participants completed four measurement times of the Life Effectiveness Questionnaire-I.

The results indicated that the intervention was not successful; the journaling did not serve to enhance the effects from an adventure course. The goal of the second study was to qualitatively examine the thoughts, meanings, and impressions of the participants from the adventure course, within a contextual understanding of the ethnic background of the participants. The results indicated that there were no ethnic differences in the experiences and meanings given to their participation. However through the qualitative data it was shown that two of the main themes from the participants' experiences on the course centered around the notions of friendship and self-confidence. Implications of these two studies are discussed and suggestions for future research are made.