

OUTBOUND INSTRUCTOR TRAINING TO IMPROVE THE LIVING SKILLS OF THE KAMPUNG EMAS SEYEGAN COMMUNITY

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ABSTRACT

The outbound instructor training program that was developed provided a good breath and was described as important in the formation and improvement of life skills. This training aims to improve life skills by optimizing the management of Outbound Sports facilities in Kampung Emas Seyegan. The PkM program with the theme of outbound instructor training to improve the life skills of the residents of Kampung Emas Seyegan was held on September 17 2023, where the implementation was held in Kampung Emas Seyegan for one day. The implementation of the activity begins by providing material regarding recreational sports, life skills, forms of out bound games and an introduction to out bound tools and facilities and assessment of life skills. The technical implementation of the activity, before the activity takes place, the service team sends an invitation letter addressed to the Seyegan Gold Village sports leader or manager. The total number of participants was 40 people. The results of the activities in the outbound instructor training received very good appreciation from the participants. It was said that because the participants were enthusiastic in participating in the activity, as evidenced by the feedback during the question section. The participants' life skills after taking part in this activity increased by 80% in the good category and 20% in the quite good category.

Kata Kunci: *out bound, life skills, golden village*