

Special Issue

Role of Recreation and Outdoor Activities in Promoting Mental Health and Positive Behaviors in People of All Ages

Message from the Guest Editors

Recreational activities in outdoor environments are of great interest to people of all ages—from children to older adults—across all countries. There is a rather large body of global literature that has contributed to a better understanding of how recreation and outdoor play activities improve mental health, provide a sense of psychological well-being, and encourage positive health-promoting behaviors regardless of an individual's lifespan status. This Special Issue, 'Role of Recreation and Outdoor Activities in Promoting Mental Health and Positive Behaviors in People of all Ages,' invites submissions of papers that broaden our understanding of how mental health, positive behaviors, and well-being can be enhanced through outdoor activities from a variety of perspectives: age (child through older adult); type of engagement (such as passive or active); intent (recreation, therapeutic, or community); outcomes (particularly related to mental, psychological, spiritual, or emotional health); theoretical or empirical research (quantitative, qualitative, or multiple methods).

Guest Editors

Prof. Dr. Alan Ewert

Department of Recreation, Park and Tourism Studies, Indiana University, Bloomington, IN 47405, USA

Dr. Alison Voight

Former Director of Therapeutic Outdoor Programs, Department of Recreation, Park and Tourism Studies, Indiana University, Bloomington, IN 47405, USA

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Behavioral Sciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
behavsci@mdpi.com

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Editor-in-Chief

Prof. Dr. Jerrell Cassady
Department of Educational Psychology, Ball State University, Muncie, IN
47306, USA

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