



# OUT BOUND TRAINING MENTORING AT PONDOK PESANTREN AL-USWAH

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*Abstract*—Outbound is an outdoor activity. Outbound can also stimulate enthusiasm for learning. Outbound is a means of increasing knowledge gained from a series of adventurous experiences so that it can stimulate the enthusiasm and creativity of students. Out bound is considered necessary for the development of a systematic and sustainable model for student development. Through the community partnership program which will be implemented at the Pondok Pesantren Al-Uswah, it is aimed at providing knowledge about learning models that can develop the character of students through out bound training as well as making the available out bound facilities a source of income for the Pondok Pesantren. This activity aims to: 1) increase partners' knowledge about out bound training which is useful in building the character of students. 2) provide out bound facilities for partner Pondok Pesantren, 3), train partners to be able to use and create out bound programs independently. 4) make the out training program a new business for partners. Outbound training activities carried out at the Pondok Pesantren Al-Uswah have produced 20 instructors who can carry out outbound activities well in accordance with standard procedures for implementing outbound activities. This activity has also produced outbound equipment which can be used as a means to carry out outbound activities for students and other general public.

*Index Terms*—*Out Bound, Training, Pondok Pesantren*

## I. INTRODUCTION

Outbound is a means of increasing knowledge gained from a series of adventurous experiences so that it can stimulate a person's enthusiasm and creativity. Outbound activities start from a simple experience such as playing. Playing also makes every child feel happy and happy. By playing, children can learn to explore and develop their potential, curiosity and

increase their self-confidence. Therefore, playing is natural for every child. Experience is a teacher in the natural learning process. For example, a child experiences the natural process of playing. This is in order to increase and develop knowledge from each experience. So, it is possible that anyone has the right to play, whether children, teenagers, adults or the elderly. Because learning from experience in play activities is used as a fun learning tool that can be done in open or closed spaces.

Out Bound Training is a training and recreational activity carried out in the open air, which consists of a series of games and challenges. Each game has a specific goal. Outbound training or also known as outbound training is based on the methods: Experiential Learning, Quantum Learning, Process Oriented, Participatory Approach, Observation & Processing (Debrief). The objective objectives of this training include helping to improve intrapersonal and interpersonal character, creativity, cooperation, communication and leadership, as well as creating a happy and motivational atmosphere. In the Natural School Kids Out Bound guidebook, out bound games themselves are divided into three classifications, namely High Impact, Middle Impact and Low Impact games. This division is based on the risk factors for injury suffered from a game. As time goes by, education that is only based on hard skills, namely producing graduates who only have academic achievements, must begin to be addressed. Now learning must also be based on the development of soft skills (social interaction) because this is very important in forming the character of the nation's children so that they are able to compete, be ethical, have morals, have good manners and interact with society. Soft skills education relies on developing a mentality so that students can adapt to the realities of life. A person's success is not determined solely by technical knowledge and skills (hard skills), but also by skills in managing oneself and others (soft skills).

Pondok Pesantren as educational units are part of the national education system, which must receive special attention in order to educate and develop the nation's young generation. The system implemented in Pondok Pesantren education has been able to answer the community's desires for the formation of the character of their children. This is very much in line with the government's program which is concentrating on the formation of national character, which is currently felt to have declined greatly. With this learning model and supported by out bound facilities at the Pondok Pesantren, the learning model and character education that will be forged in each student will be very easy to instill.

One of the Pondok Pesantrens in North Sumatra is the Pondok Pesantren Al-Uswah. Al-Uswah, which means "good example or role model", is the name of an Pondok Pesantren that is well known around the Langkat Hulu area, Langkat Regency. This Pondok Pesantren is located on Jalan Binjai-Kuala Neighborhood IV Bela Rakyat Baru, Bela Rakyat Village, Kuala District, Langkat Regency, North Sumatra, founded on July 15 1998 by Ust. Muhammad Nuh Abdul Muis and Ust. Ahmad Mahfudz. Currently, the number of Pondok Pesantren students at the Madrasah Tsanawiyah level is 170 people, with details of 95 male students and 75 female students, while for the Madrasah Aliyah level there are 125 people with details of 46 male students and 76 female students. And the total number of students there is 295 people, looked after by 38 teachers and staff. Many of the students who study at the Pondok Pesantren Al-Uswah come from the North Sumatra region. As time goes by, in managing the potential of the area which can help the Pesantren Pondok Pesantren's source of income, the Pondok Pesantren still relies on student fees, boss financial assistance, donor donations, palm oil plantation businesses, shops and cooperative stalls managed by the Pondok Pesantren to meet the daily needs of the Pondok Pesantren. for the salaries of teachers and employees as well as the living needs of students. During our observations in December 2023, we saw that there was another potential source of income that could be managed well by the Pondok Pesantren by involving students in its management, namely, developing out bound training activities carried out within the Pondok Pesantren environment. With a land area of 20,249 square meters, and a hilly land contour, a very clear river that flows across the border area of the cottage and shady trees, this certainly makes it very possible to develop out bound training activities at the Pondok Pesantren.

Based on the results of interviews with ustad. H.Agus Salim Sunarto, S.Pdi, every weekend approximately 30 families visit the Pondok Pesantren to visit their children who are studying at the Pondok Pesantren. Of course, visitors who come can become consumers in the out bound activities provided at the Pondok Pesantren. Based on the data we obtained, in the Kuala sub-district area, there are 25 elementary schools and 6 secondary schools, which can be used as marketing targets for out-bound Pondok Pesantren activities. With the potential location and human resources and the large number of visitors to the boarding school every weekend as well as the schools around the Pondok Pesantren Al-Uswah. The development of out bound activities centered at the Pondok Pesantren Al-Uswah can be an alternative source of income for Pondok Pesantrens to help with the boarding school's finances, and can provide

additional knowledge and skills to Pondok Pesantren students to be able to develop entrepreneurial activities for out bound training activities.

1. With the potential location and human resources and the large number of visitors to the boarding school every weekend as well as the schools around the Pondok Pesantren Al-Uswah. The development of out bound activities centered at the Pondok Pesantren Al-Uswah can be an alternative source of income for Pondok Pesantrens to help with the boarding school's finances, and can provide additional knowledge and skills to Pondok Pesantren students to be able to develop entrepreneurial activities for out bound training activities. However, the problems that arise are:
2. Lack of knowledge of the Pondok Pesantren Al-Uswah management in utilizing the land and human resources available at the Pondok Pesantren to be able to utilize the available land to become a learning object for students in order to develop character education through out bound training activities.
3. There are no out bound facilities available at Pondok Pesantrens that can be used to help the learning process for Pondok Pesantren students.
4. There is still a lack of business motivation for developing out bound training businesses, this can be seen from the large amount of abandoned land, which can be used as a place for out bound games.

It is agreed that the solutions offered to partners in implementing this service activity will answer the main problems faced by partners in carrying out their activities so that later out bound activities in Pondok Pesantrens can be carried out well. Broadly speaking, there are 3 fundamental problems that exist among Pondok Pesantren partners, namely in utilizing the potential of the land and resources of the boarding school in managing out bound training activities, namely:

1. Form an organizational structure for the out bound management of the Pondok Pesantren Al-Uswah, as a management body for out bound activities held by the Pondok Pesantren. This body functions as the person responsible for every out bound activity held at the Pondok Pesantren Al-Uswah. In relation to the formation of the structure and assistance to the outbound management, Mrs. Aprinawati SE, MM and Mr. Usman Nasution are tasked with preparing the outbound management structure, and assisting the manager in carrying out organizational management and assisting in financial management, he is a lecturer The Faculty of Economics in the field of

management has the ability to guide and accompany organizations in carrying out organizational work and train managers in managing finances. Training and assistance for Pondok Pesantren managers, both teachers and staff, in managing out bound activities for students and the wider community. The forms of training provided include: a. Training and assistance in installing out bound equipment on each out bound game ride, b. Training to become an out bound instructor, c. Training and assistance in operating equipment and safety procedures in out bound activities, d. Training and mentoring for out bound activity program preparers.

2. Providing assistance with out bound equipment in the form of Cernmatel ropes, carrabiner screws, Figure of eight, helmets, curalon ropes, webbing ropes, bows, arrows and archery targets. This equipment will be used to create high impact out bound games, in the form of reffeling, two line bridge and archery games.
3. Providing training and assistance in preparing out bound activity programs, to be marketed to the surrounding community, both from schools around the boarding school, as well as students' families who visit the Pondok Pesantren. The output of the solution provided is in the form of an out bound activity package brochure which will become material for marketing.

## **II. METHOD**

Based on the problems that were raised in the introduction, we from the administration team will carry out several approach methods offered for the realization of this program. The main activity in solving problems in this activity is to provide assistance and training with the following steps: 1) Preparation Stage; 2) Stage of Formation of Out Bound Management Structure in Pondok Pesantrens; 3) Training Stage; 4) Mentoring Stage; 5). Evaluation stage. At the preparation stage, the service team will hold coordination meetings between teams, to distribute work tasks for each member. Create a work planning table (Time schedule), which can make it easier for the team to evaluate the progress of the court activities that have been carried out, and also as a control over the team's work, so that all activities can be carried out according to the plan. The preparation stages for procuring out bound facilities for the Pondok Pesantren Al-Uswah include an inventory of the equipment to be used, which is adjusted to existing needs. The formation of an out bound management structure for the Pondok Pesantren Al-Uswah is very important at the implementation stage of this activity. The aim of establishing

this management structure is to ensure that in the future this out bound activity can continue so that it can provide benefits for the Pondok Pesantren both in terms of learning for students, and a new source of income for the boarding school by having out bound facilities at the Pondok Pesantren. The formation of this structure involves madrasas at both Tsanawiyah and Aliyah levels. After the out bound management structure is formed, an up grading is then carried out for the managers to provide an overview of the duties and responsibilities of each field in the out bound management structure that has been formed. Followed by a management work meeting to determine activities in managing the out bound rides at the cottage. The task of the service team is to provide training and continue to provide assistance for managers to be able to carry out the out bound activity program carried out by the management. Training on safety procedures in operating out bound equipment. This training is provided to provide direct knowledge and experience regarding procedures for installing out bound equipment and safety standards in operating the equipment. One of the out bound activities that will be provided to partners is high impact games which have high risks such as two lines bridge, reffeling and archery, so good and correct safety standards are needed in the operation of the equipment when used.

Assistance to out bound managers is absolutely carried out as an effort by the service team to continue to control whether out bound activities continue. As a new outbound manager, of course there will be many things that must continue to be improved, so that the service from outbound activities gets better. This assistance was carried out twice, to ensure that the manager could carry out out bound activities well. Assistance with the installation and maintenance of outbound equipment is carried out to ensure that the instructors in charge of installing and maintaining outbound equipment can actually carry out their duties properly and correctly, because equipment installation and maintenance is closely related to consumer safety and comfort. At this stage, the components evaluated in this activity are how the out bound management of the Pesantren Front cottage can carry out its functions well, and how the instructor has been able to apply the training material properly and correctly. And in this evaluation component, the PKM team also collaborates with LPPM Unimed to be able to monitor the activities we carry out. With monitoring from LPPM Unimed, we hope that we will get a lot of input to improve future activities.

### **III. RESULTS AND DISCUSSION**

Outbound training assistance activities at the Pondok Pesantren Al-Uswah, Bela Rakyat Village, Kuala District, Langkat Regency, North Sumatra Province, have been running in accordance with existing plans, namely in the form of initial observations, training on installing outbound installations, training on operating outbound equipment, and mentoring on upcoming outbound activities. followed by students, as well as the final evaluation of the activity. After submitting a proposal for PKM activities at the Pondok Pesantren Al-Uswah, it was approved by LPPM Unimed for implementation, the service team held an initial meeting with the boarding school management. The meeting was held on Monday 6 May 2024 at the office of the Principal of the Aliyah School and the team was received by Ustadz Sunarman, S.Ag, Principal of the Pondok Pesantren Al-Uswah. During the meeting, it was agreed that the timing of the activities would be implemented so as not to disrupt the process of teaching and learning activities in the boarding school which was preparing for the final school exams. The meeting also agreed that the activity would involve class X and XI students, as well as accompanying teachers. During the meeting, it was also agreed that the peak outbound mentoring activity would be held on June 12 2024, which would be attended by all 168 class X and XI students.

The outbound installation installation training activity was attended by students and teachers, where in this activity the team trained students and teachers in installing equipment used in outbound activities, in the form of installing equipment for rapeling, bomb boxes, bomb rescue, and archery equipment. This activity is carried out by combining indoor and outdoor activities. Indoor activities themselves explain what equipment is used, how to care for it, and how to install it. For outdoor activities in the form of direct installation of equipment involving all training participants. It is hoped that teachers and students can understand how to install the equipment used in outbound activities. In outbound equipment operation activities, the equipment that has been installed is tested by playing a small game as a form of simulation of the game that will be played. In this activity, all activity participants become participants who play games and game operators. Participants are also equipped with the ability to store and care for the equipment used. This activity was attended by 10 students and 10 teachers who will later become instructors for outbound activities which will be held on June 12 2024 in outbound game support activities for all students in classes X and XI.

In the outbound activity assistance activities, the team that has been prepared to become instructors has prepared all existing equipment in accordance with the training carried out previously. The evaluation results from the service team showed that the installation of

equipment and site preparation had been carried out very well by the outbound cottage team. This activity itself is carried out in the boarding school environment involving students and teachers, as game operators and as activity participants. The team here only ensures that the training material provided has been understood and can be implemented in the field. The game activities presented to participants were rapeling, bomb box and bomb rescue games. The game is played using a post system, so the game can run well and smoothly. This activity was carried out to maximize the training participants as many as 20 people consisting of 10 students and 10 teachers. Teachers and students will later become instructors for outbound activities in the future, so that the outbound equipment provided can be useful for the learning process, and become additional income for the boarding school, as well as being beneficial for all residents of the Pondok Pesantren Al-Uswah.

#### Activity documentation



#### IV. CONCLUSION

PKM Outbound Training Assistance Activities at the Pondok Pesantren Al-Uswah, Bela Rakyat Village, Kuala District, Langkat Regency, North Sumatra Province, have been carried out in accordance



with existing plans. This activity has produced 20 outbound instructors consisting of 10 students and 10 teachers, who already have the ability to carry out outbound activities at the Pondok Pesantren Al-Uswah. This achievement can be seen from the outbound activities which have been carried out very well, involving all class X and XI students. This activity has also produced outbound equipment that can be used by the boarding school to carry out outbound activities for other students and also the general public. So this activity can also have a direct impact on improving the quality of student learning at the Pondok Pesantren Al-Uswah.

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