

# Outdoor Tourism in Pandemic: Community Health and Welfare Solutions

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## **Outdoor Tourism in Pandemic: Community Health and Welfare Solutions**

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### **Abstract**

Outdoor tourism is becoming a trend and is increasingly in demand during the pandemic. This tourism is considered the safest and most comfortable choice after two years of the community being limited in all their activities. This article aims to observe what forms of outdoor tourism are and how these tours are a solution to maintaining health and supporting community welfare. Through a qualitative approach with a case study method, it can be found forms and ways in which outdoor tourism in Sentul, Bogor can provide solutions for the health and well-being of the community. The interview method with the Sentul Community Local Guide manager was also carried out to extract data on all outdoor tourism activities in Sentul. The result of this research is a shift in the tendency of public interest in tourism from the form of mass tourism to tourism that is private or small groups. Outdoor tourism that uses the concept of Community Based Development (CBT) is a solution to maintaining health and improving community welfare during a pandemic. Outdoor tour packages with various choices, ranging from nature-based tours to sports, therapy, and adventures, are offered to enhance physical and mental health after the pandemic. Local communities' involvement can increase the economy's level while creating sustainable tourism. Smart Tourism is a solution going forward to integrate all outdoor tourism facilities into One Stop Sentul Tourism.

**Keywords:** community, outdoor, pandemic, Sentul, tourism

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### **INTRODUCTION**

The Covid-19 pandemic has brought many changes to almost all human life and activities. Outdoor space is the safest choice to avoid being infected with the Covid-19 virus, including for travel. Outdoor tourism is becoming a trending choice and is crowded with visitors. Many tourist destinations have been transformed or developed to become outdoor tourism, not even a few new destinations that carry the concept of outdoor tourism with various types and themes.

The Sentul area is one of the outdoor tourist destinations and has become a tourism sector that has not slumped during the pandemic. Uje (2021), a tour guide member of the Local Guide Sentul Community (LGSC), said that nature allows people to enjoy the fresh air and treat themselves to the saturation of the city. Anwarudin (2021), one of the managers of the Sentul Community Local Guide on CNN Indonesia, said that in a week there are at least 4-5 reservations with a large number of participants. Around 5,000 people have set foot in Sentul through the services of natural tourism

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operators who are members of the guiding community in Sentul. In addition to being oriented to nature tourism, other tourism potentials are continuously developed in order to provide more varied services.

Outdoor tourism is predicted to still be a tourist holiday trend in the future (Manurung, 2021), in the midst of society continuing to adapt to the pandemic, which has yet to subside. In addition to changing tourist behavior or habits, the pandemic has also made tourism trends change. According to Nayo (2021), tourist attractions and outdoor inns are currently a vacation choice.

Sentul, Bogor is a potential area for the development of outdoor tourism. Its location which is not far from the National Capital, Jakarta, with its natural wealth that is still wide and well preserved and the existence of local communities as tourism supporters, has its tourist attraction. It is fascinating to study further. Therefore, this study aims to examine how outdoor tourism in Sentul can be a solution in providing benefits and solutions for the health and welfare of the community while maintaining the preservation of the natural environment and culture of its people.

## LITERATURE REVIEW

Trends Outdoor Tourism during the Pandemic

The global response to the COVID-19 pandemic has significantly changed human mobility patterns. Many studies worldwide have explored how social distancing measures affect recreational space use and how Spatio-temporal changes in human activity can be. (Venter et al., 2020) stated that global outdoor recreational activities increased by 291% during the lockdown period. The most common activities are walking, running, hiking, and biking on trails with greenery and taller tree canopy cover. Outdoor space is a solution as a resilience infrastructure in times of crisis.

The pandemic has brought about a significant decline in participation rates and distance traveled in recreational activities. This decline was more important in urban and rural areas (Rice et al., 2020). This shows that rural areas with more expansive open spaces are a safe choice of freedom during the pandemic. The tourism trend is also more limited to areas close to being done alone or with family (Fagerholm et al. 2020). Micro-adventures are then widely chosen as a solution during the pandemic. This method can save economically, time, energy, and effort that must be spent. Micro adventure positively impacts the environment, well-being, and relationships with local people (Mackenzie and Goodnow 2020). This provides an alternative that distant recreation is not the only thing that can offer an extraordinary experience.

Most studies show that the pandemic has changed human recreation spaces. Outdoor tourism is the most preferred choice. Spatial research has shown that the most frequently visited recreational areas are near forests, semi-natural and residential areas, and relatively close to the respondent's residence (Fagerholm et al. 2020). This change is a form of human adaptation from pandemic conditions to maintain health and well-being during the COVID-19 pandemic. The growing awareness of nature with its myriad of benefits to human health has sparked dialogue among land managers about their role in maximizing health benefits, increasing access to protected areas, and finding ways to consider an equitable distribution of health benefits to all members of society (Lemieux et al. 2012); (Romagosa, Eagles, and Lemieux 2015).

### Benefits of Outdoor Tourism for Physical and Mental Health

Outdoor recreational activities have been proven to benefit human life, especially if done regularly. On the other hand, it has tremendous challenges and requires special skills and knowledge to do it safely (Reis, 2012) (Thompson-2012). Many individuals have started and faithfully engaged in outdoor recreation to change circumstances and lifestyles, even from a future tourism perspective (Neuvonen, Riala, Nummelin, Sievänen, & Tuulentie, 2018).

Outdoor recreation includes several activities, starting with the lowest level, such as bird watching or leisurely walks. Walking as a primary outdoor recreation activity, especially if done regularly, has been proven to have many health benefits for children, villages, the elderly, or women. The benefits are managing weight, controlling blood pressure, lowering the risk of heart attack, increasing 'good' cholesterol, lowering the risk of stroke, reducing the risk of breast cancer and type 2 diabetes, avoiding the need for gallstone surgery, protecting against hip fractures, preventing colon cancer, constipation, osteoporosis, and impotence (Godbey, 2009; Junaidi, 2011; Wahyuningsih, 2015; Lungit, 2020). Outdoor tourism with more significant movement also provides higher physical health benefits and more significant risks.

Outdoor tourism is beneficial not only for physical health but also for mental health. Various studies have proven the importance of the outdoors for mental health (Lackey et al., 2019; Soga et al., 2020; Frumkin et al., 2017; Wolsko, Lindberg, and Reese, 2019; Frumkin et al., 2017). Connectedness to nature plays a positive role in mediating the relationship between exposure to nature and mental health benefits (Mayer et al. 2009) and provides cognitive benefits, such as greater attention, concentration, and impulse control, as well as improved working memory. In a literature review conducted by Winter et al. (2020), nature-based outdoor tourism provides positive experiences and health. A variety of positive emotions, including admiration, happiness, joy, and satisfaction to increased self-esteem, contributed significantly to stress reduction due to outdoor tourism. Ballew and Omoto (2018) add that exposure to nature contributes to social and mental well-being, although it involves only relatively mundane experiences.

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### Community-Based Tourism (CBT)

The success of tourism development is determined by the participation of the community in determining or agreeing on the development process. In principle, a collective tourism activity cannot be separated from the involvement of the community as a whole in planning, implementing, and developing as well as controlling or monitoring (Kurniawan and Rohendi 2021). Participatory development that focuses on the interests of the community has an essential role in increasing tourism in an area, based on the problems and needs faced by the community by taking into account the aspirations of the neighborhood (Kurniawan and Rohendi 2021). Every society, through meeting forums, has the same opportunity to convey ideas or thinking that reflects the interests and needs of all parties. The planning process takes place sustainably and proactively.

Tourism development can be carried out through general stimulus, MSME stimulus, arrangement of accommodation, transportation, access packages, tax stimulus, technical guidance, strengthening tourism diversification, and tourism demand and supply side (Pambudi et al. 2020). The post-pandemic tourism and trade recovery strategy can be carried out by mapping the potential for safe tourism (Pandemic-safe tourism) and empowering community-leading MSMEs as carried out by (Putri, Azhar, and Geusanrumaksa 2021) in Cimenyan Village, which produces

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output in the form of a Digital Tourism Map. Pandemic friendly, which can be the socialization of healthy, safe, and comfortable tourism alternatives, and the leading MSME information media in Cimenyan Village that can support existing tourism activities.

## 25 RESEARCH METHOD

This study uses a qualitative descriptive method, revealing events, circumstances, phenomena, variables, and circumstances in tourism of interest during the pandemic. This research interprets and describes data related to the current situation, attitudes, and views in a society. The data collected is divided into two, namely primary and secondary.

Primary data was obtained by observing physical conditions and activities at the research site and conducting interviews with informants from the Local Guide Sentul Community (LGSC) to get information about various types and outdoor tourism activities in the Sentul area. Secondary data was obtained through literature studies and web and social media searches that provide different information on Sentul outdoor tourism. The data analysis is descriptive in that the test is based on primary and secondary data that has been collected and then described, and conclusions are drawn.

## FINDINGS AND DISCUSSION

### The Rise of Various Outdoor Tourism Sentul During the Pandemic

Sentul Outdoor Tourism is a Bogor's Sentul area tour, with objects located in open spaces. Sentul is the name of a village in Babakan Madang District, Bogor Regency. However, because in Sentul Village there is a racing circuit that has been known for a long time, coupled with the existence of Sentul City with various facilities, all areas around Sentul Village are called the Sentul area, including the natural tourist areas which are located in other villages such as in Desa Karang Tengah, etc.

The pandemic has brought changes to movement patterns and types of tourism for the people of Indonesia and the world. Based on the literature review and the results of interviews, there was a shift in the activity space, including travel affairs, from indoor to outdoor. In the pre-pandemic period, tourist destinations were divided into indoor and outdoor areas. However, after the pandemic, especially in the highest cases, tourism needs to be mainly shifted to outdoor spaces. Robi (2021) states that the demand for outdoor tourism is increasing by up to 90 percent. In the pre-pandemic period, most visitors who came were foreign tourists, such as from Europe, Arabia, and Asia, but now almost all of them are local tourists. This is due to restrictions on the mobility of activities, both for residents who want to go abroad and those from abroad. Data Center and Information Systems of the Ministry of Tourism and Creative Economy of the Republic of Indonesia that during 2020 foreign tourist visits (tourists) only amounted to 4,052,923 visits or decreased by 74.84% compared to 2019 to 16,108,600 visits (Hadi and Yulianto 2021).

The need for traveling in open spaces during the pandemic has pushed Bogor's Sentul area to offer many outdoor tourism options. Tourist attractions that prioritize views in open spaces are increasing in number. Based on interviews with tourism managers (Robi, 2021) and website searches (Rahmi, 2019; Nanda, 2022), there are four types of outdoor tourism in Sentul. Each contains different activities with many choices of places (Table 1).



Table 1. Various Types, Activities, and Names of Sentul Outdoor Tourist Places

No.	Type of Tourism	Activity	Places
1.	Nature Adventure-based Tourism	Trekking, Caving, Rafting, Canyoning, Camping, Panjat Tebing, Offroad, Team Building, Gathering	Curug Bidadari, Curug Leuwi He, Curug Kencana Sentul, Curug Hordeng, Hutan Pinus dan Pemandian Air Panas Gunung Pancar, Curug Putri Kencana
2.	Staycation and Culinary Tourism	Eating and drinking together, hanging out with friends or family, taking pictures, selfie	Sawah segar, Taman Fathan, Gunung Ciung, Goa Garunggang, Mandapa Kirana Resort, Villa Aman Resort, Kampung Koneng, Hutan Hujan Sentul Villa Aman, Endensor Hills, Kedai De Honje, Kafe Pelangi, Kampung Koneng, Popolo Café, Anthology Coffee and Tea, Mojok Coffee Sentul, Cemara Terrace Cafe & Resto, Melting Pot Sentul, Omah Omar, Tads Delight, Griya Pendopo Ciherang Sentul
3.	Game based Tourism	Outbond, paintball, trekking, gathering, adult high ropes, perang Panah, kids high ropes, camping, flying fork, riding, swimming	Jungle Land Adventure Theme Park, Fantasia Sentul, Taman Budaya. Sentul Paradise Park
4.	Education based Tourism	Milking cows and caring for animals, gardening, enjoying a collection of statues and various bamboo trees, simulating physics	Science Garden Sentul, Taman Patung dan Bambu Eco Art Park Sentul, Garuda Farm, Sentul Fresh Farm, Kampung Agrowisata

Figure 1 represents four types of outdoor tourism in Sentul. Trekking tourism includes adventure tourism which offers various choices of trekking paths for potential tourists, ranging from walking along gardens, rice fields, forests, and rivers to waterfalls or waterfalls as a point of interest for the trip. Tours in the form of staycations and culinary tours are also tours that do not lose a lot of visitors. Various resorts supported by restaurants and cafes are mushrooming in the Sentul area. Some only offer culinary tours while enjoying the natural scenery. Game tours, such as at the Cultural Park, provide various types of games, ranging from outbound to trampoline.



Figure 1. Various Outdoor Tours in Sentul

Source: Personal documents, Unique Travel Places, Taman Budaya.com

The Covid-19 Pandemic period has created the need for outdoor travel experiences and the need to share travel experiences on social media. Self-portraits or photos with friends and family are becoming the latest travel trend, encouraging the emergence of tours offering instagramable

spots (Figure 2). One's happiness now is not only wanting to feel the experience gained but also sharing it with friends on social media. Moreover, social media has become a reliable means of interaction when the pandemic has limited human socialization. (Nurdianisa, Kusumah, and Marhanah, 2018) Show that tourists who share travel experiences through Instagram social media have motivations based on the self-centered dimension, which is the primary motivation of tourists in sharing travel experiences. Its purpose is as a keepsake. On the other hand, the trend of sharing travel experiences also has a role in tourism promotion (Marta and Haviri 2019).

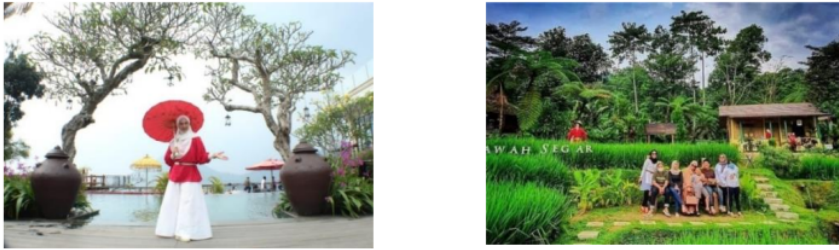


Figure 2. Instagramable Spots for Outdoor Tourism

Source: Personal Documents and Compass Travel

#### Sentul Outdoor Tourism as a Community Health Solution

Traveling outdoors during the pandemic has a low risk of transmitting the Covid-19 virus because it gets a lot of sunlight and good air circulation. Outdoor tourism in Sentul, with its rich flora and fauna, as well as fresh and clean air, with a choice of tours that involve physical movement, such as walking, running, climbing, or simply enjoying natural scenery that refreshes the eyes, has proven to provide a solution for the health of visiting tourists. Godbey (2009), Junaidi (2011), hyuningsih (2015), and Lungit and Safei (2020) have proven that physical activities can strengthen muscles, bones, and joints, relieve arthritis and back pain, and have other positive impacts. Kendali, Ramdan & Hernawan (2019) added that tourism in forest ecosystems could provide healing and positively affect human health, especially blood pressure and blood sugar.

During a Pandemic, the safest activities are carried out by keeping a distance in an open space and using an indoor area with ventilation that provides good air circulation. Sentul outdoor tourism is a solution to meet these needs. Various outdoor tours such as nature adventure tours, culinary tours and staycations, game tours, and educational tours are provided with an open space concept with a program rich in activities. In particular, tourism in the form of trekking, hiking, caving, rafting, canyoning, camping, rock climbing, off-road, and team building is an adventurous tour in the Sentul area, which is full of sports and full of challenges. Therefore, this type of tourism requires special skills and knowledge to do it safely (Reis, Arianne Carvalhedo, Thompson-Carr, and Lovelock 2012).

Adventure tourism in the forest around Sentul, such as Trekking, Caving, Rafting, Canyoning, Camping, Rock Climbing, Offroad, Team Building, and Gathering, became viral during the Pandemic because it provided a different atmosphere as a breaker of saturation due to activity restrictions. The tour also offers challenges that can produce adrenaline hormones that are good for health. The exciting activities provide a unique sensation for the audience. The atmosphere of the forest, with its various elements, such as flora and fauna, rivers, rocks, and others, is a high attraction for tourists. The location close to Jakarta makes adventure tourism in Sentul the only

nearest place that provides such tours. Outdoor tourism, ranging from adventure, games, and education to just culinary or enjoying the scenery, offers physical and mental health. The adrenaline of happiness will be generated after doing this tourist activity. It has been proven in Buckley and Westaway's (2020) research that outdoor tourism provides joy, gratitude, relaxation, clarity and insight, appreciation of nature, challenges and abilities, and friendship and community effects for the perpetrators.

#### Community-based Development (CBT) as a Solution for the Prosperity of Local Communities

The Corona Virus (COVID-19) pandemic has significantly impacted various sectors, one of which is tourism. Activity restrictions due to COVID-19 worldwide have had a negative impact on people's livelihoods as well as the world economy. Sentul outdoor tourism, which has become a new interest in traveling, is a solution for the welfare of the local community. The opening of various outdoor tours, ranging from restaurants and cafes that require waiters to trekking tours, rafting, and the like, involves tour guides from the surrounding youths. Most of them are victims of layoffs due to the pandemic. The existence of programs provided for outdoor tourism in Sentul also contributes enormously to the welfare of the local community during the pandemic.

The youth and local business actors in the villages around the Sentul area are empowered as tourism supporters. One of the adventure tourism that requires the most manpower is trekking tourism (interview with Robi from LGSC, 2021). In principle, Meru trekking tourism is a form of adventure tourism practiced in more challenging terrain and climates, requires special equipment and clothing, requires food supplies, and has a risk of danger because the landscape is usually in the wilderness (Różycki and Dryglas 2014). Therefore, the tour requires quite a several guides. The ratio of tourists to guides is 1:10 (Robi, 2021).

A local community guide Sentul Community (LGSC), oversees 30 operators as organizers of trekking tours with various trekking packages. LGSC is an essential part of the development of Sentul trekking tourism and has an impact on increasing the regional economy. The association, which is under the Indonesian Travel Guides Association (HPI), consists of tourism service providers and oversees outdoor tourism operators in the Sentul area who interact directly with each other under the management of the community. LGSC has the concern and awareness to play a joint role in developing tourism in the Sentul area. The LGSC Association acts as a direct actor to increase readiness and understanding in addressing tourism potential or attraction locations so that they continue to develop and can empower the community to build and care for Sentul through community-based tourism (Figure 3).

The vision of LGSC is to play a role in improving the local community's economy and providing a sense of security and comfort for service providers in the area. Its mission consists of 1) Raising the potential for nature tourism in the Sentul area, 2) Creating job opportunities for the local community; 3) Creating qualified guides; 4) Providing professional service to tourists; 5) Developing and promoting community businesses through tourism activities; 6) Maintain customs, culture, and values of local wisdom as the main package in tourism activities; 7) Maintaining environmental sustainability by implementing Sapta Pesona in people's lives; 8) Making tourism as a tool to increase agricultural output and small and medium enterprises; 9) Provide education about tourism and other matters related to tourism sustainability to the community; 10) Increasing community participation in development through tourism activities. The purpose of development



carried out by the Sentul Community Local Guide is to optimize the potential while maintaining the wealth of existing resources in Desa Karang Tengah to achieve mutual prosperity.



Figure 3. Various Sentul Community Local Guide Activities  
Source: Sentul Community Local Guide Documentation

The local guide Sentul Community (LGSC) oversees several operators who have joined, including the Sentul Trekking Zone, Pesona Trekking Sentul, CAMPA, Wasilah Trekking Sentul, Sentul Trekking Guide (GTS), Sentul Trekking Tour, and Sentultravel. id, TrekkingSentu.com, and many more yet other operators. These operators offer various trekking tour packages with varied paths, types, and services. Expert guides guide the tourists under the operator's management.

One of the villages, which is a village in the Sentul area and is a trekking tourism location, is Desa Karang Tengah. Berdasarkan Data Desa Karang Tengah (2020), out of 4,025 families in Desa Karang Tengah, there are around 826 families registered as poor people with uncertain income. In this village, 21.21%<sup>19</sup> of the residents of Desa Karang Tengah have not worked or are not working, most of which are a result of the impact of the pandemic (Interview with the Sentul Community Local Guide management) and consist of young people of productive age. Most of the youth who have not worked and have been affected by layoffs due to the pandemic has been trained by LGSC to become trekking tour guides. Various pieces of training and directions were given to the youth. Outdoor Sentul Tourism as a Provider of Jobs for Village Youth

One Study<sup>27</sup> Sentul Tourism Application: Integrated Solutions for Supporting Sentul Outdoor Tourism  
Arousal levels and<sup>2</sup> tourist experiences were positively influenced by physical and psychological stimuli, with arousal level as a moderator between environmental stimuli and tourist experiences. As a result, destinations should provide tourists with the best possible ecological motivations by expanding intelligent facilities and services and keeping them up to date (Wang et al. 2020). Even though Sentul's outdoor tourism is becoming a tourist trend, it is possible to find a saturation point, so efforts and ways are needed to survive and compete. The development of

outdoor tourism must facilitate a variety of knowledge and information that all stakeholders can access through an intelligent tourism system. Collaboration between the government, tourism entrepreneurs, community entrepreneurs (SMEs), and consumers must be created to achieve success in market valuation (Jovicic 2017). Technology-enabled tourism experiences increasingly assist travelers in co-creating value at every level of their journey (Buhalis 2019).

Operators who are already members of the Local Guide Sentul Community (LGSC), which so far have only relied on websites and social media (Figure 4), must be connected and integrated with other tourism supporters, such as the MSME community, tourism support managers such as resorts, restaurants, cafes in a digital information integration system. Therefore, an application that can facilitate tourist activities must be provided. An application that LGSC has planned under the name One Stop Sentul Tourism must be implemented to provide integrated outdoor tourism services (Figure 5).



Figure 4. Guide Operators and Tour Packages offered through Websites and Social Media

The OSST application is an integrated information system that provides information on various tourism objects. It supports such trekking tour packages, routes, natural objects, villages, culinary, handicrafts, homestay, hotels, and transportation for places of worship to the tourist community (Figure 5). The application also provides reservation and registration services as a tourism support business partner who wants to promote products or services to support Sentul's outdoor tourism. This application continues to allow development while exploring various tourist objects and attractions and their supporters.

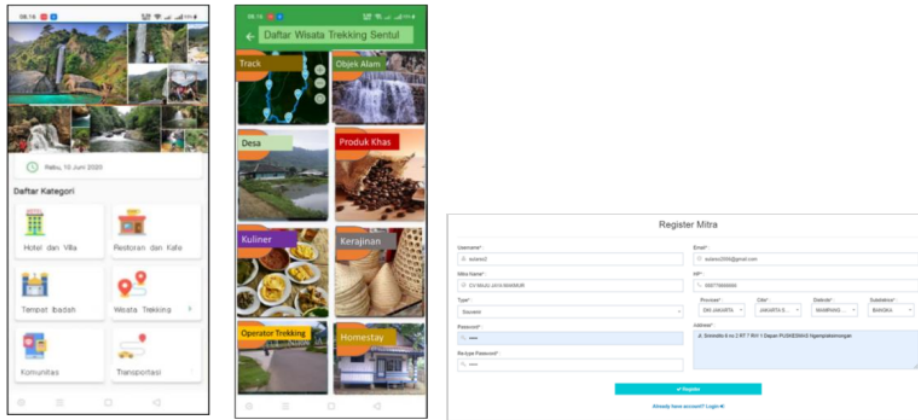


Figure 5. One Stop Sentul Tourism (OSST) Application Fiture

## CONCLUSION

This study responds to the trend of outdoor tourism in the Sentul area among the public during the pandemic. The result is an increase in public interest in outdoor tourism. This is shown by the increasing number of offers of Sentul tourism programs and community experiences that are shared on the website and social media. Sentul outdoor tourism is a solution in reducing health problems, both physically and mentally, for visiting tourists and economic welfare for local communities, due to the impact of the pandemic. In developing outdoor tourism in Sentul, a system is needed that connects and integrates all tourism actors and tour operators through an Android-based tourism application in the form of the One Stop Sentul Tourism Application.

## LIMITATIONS & FURTHER RESEARCH

This research is limited to outdoor tourism in the Sentul area, Bogor, West Java, seeing an increasing trend during the pandemic. This study only qualitatively describes the conditions that occur in Sentul outdoor tourism as a solution for the health and economic welfare of the community. In further research, it is necessary to study the best outdoor tourism development model to realize sustainable tourism.

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