

## VareseNews

### The more Scouting children do, the less anxious they will be as adults

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Living outdoor experiences, learning from their relationships with their peers, challenging their abilities to gain more and more independence are the **key principles of the scouting world that help the overall well-being of the child, as well as the adult he or she will become.**

This was shown in a **study carried out by three researchers from the University of Edinburgh** on a sample of almost 10,000 British adults, all born in 1958. Among these, at least one in four took part in Scouts (or similar groups) during their youth, showing a level of mental well-being higher than the average of other people of the same age.

The research, entitled “**Be(ing) prepared: Guide and Scout participation, childhood social position and mental health at age 50-a prospective birth cohort study**“, established in particular that **states of anxiety affect former scouts 18% less** than other adults grown up in the same period.

Researchers supposed that this **is related to the skills that children develop by participating in Scout troops: resilience, strong emotional ties with peers, sense of belonging to a group, continuous and progressive self-education.** Participating in a Scout group is not just a way to spend adventurous weekends immersed in nature with friends, it is a real gym of life.

Learning to count on oneself, to cooperate with others, to find solutions with the desire to learn and do

many outdoor activities, lay the foundations for a better mental well-being. The activities which are done in these groups help to develop the ability to recover from common stress, **arriving at reducing the inequalities in terms of mental health associated with the socio-economic conditions of childhood.**

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