



Enhancing Adolescent Girls' Well-Being in the Arctic-Finding What Motivates Spending Time in Nature.

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Abstract: According to previous studies, the natural environment positively influences well-being, including that of adolescent girls. However, knowledge is lacking on what motivates adolescent girls to spend time in nature. A secondary analysis of qualitative data was conducted employing three preexisting sets of interview data that had formed the basis of previously published research reports. A novel perspective on what motivates adolescent girls in the Arctic to spend time in nature was uncovered—a finding that previous articles have not reported. The aim was to describe what motivates adolescent girls in the Arctic to spend time in nature. The participants were adolescent girls aged 13 to 16 living in the province of Finnish Lapland. The girls wrote about well-being (n = 117) and were interviewed (n = 19) about the meaning of seasonal changes, nature and animals' influence on well-being. Also, five focus group interviews (n = 17) were held. The materials were analyzed by inductive content analysis. After the secondary analysis, three generic categories were found: (1) wanting to have pleasant emotions, (2) the possibility of participating in activities and (3) a desire to feel better. The main category of "need to experience positive sensations" was formed. Based on these results, through personalized guidance and advice, it is possible to strengthen adolescent girls' willingness to spend time in nature.

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