

Impact of Extracurricular Activities on Students in Private School of Lucknow District

Singh Annu¹, Mishra Sunita²

(Student¹ & Professor² Department of Human Development and Family Studies, School for Home Sciences, Babasaheb Bhimrao Ambedkar University, Lucknow-226025, Uttar Pradesh, India)

ABSTRACT: *The present study was conducted at Lucknow District in Uttar Pradesh. The purpose of this study is to document how being involved in extra-curricular activities can influence development in academics, social skills, and high school completion. 60 students of age group between 13 to 15 years comprised the sample of the study. Self made questionnaire for school students were administered. Data was analyzed in term of percentage and t-test analysis. The statistical analysis revealed that all the 6 types of extracurricular activities, viz. Yoga, Horse riding, Sport activities, Dance, Music and Indoor and outdoor activities together showed significant role in impact of extracurricular activities on students in Private School. Students who participate in extracurricular activities generally benefit from the many opportunities afforded them. Benefits of participating in extracurricular activities included having better grades, having higher standardized test scores and higher educational attainment, attending school more regularly, and having higher a higher self concept. Those who participate in out-of-school activities often have higher grade point averages, a decrease in absenteeism, and an increased connectedness to the school.*

Keywords- *Extracurricular activities, Private school's students, Structured Extracurricular Activities,*

I. INTRODUCTION

Adolescence is a period of time characterized by significant growth and change. Opportunities, as well as vulnerabilities, become evident during this time. Adolescents have a significant amount of free time available to them and research demonstrates that they are increasingly capable of self-directed actions in their search for identity (Erickson, 1968; Gootman, Sameroff, & Eccles, 2002; Larson, 2000). Participation in extracurricular activities is a popular free time choice for young people (Larson & Varma, 1999). According to data from the National Center for Education Statistics (2002), 75% of 14-year olds participate in extracurricular activities. What's more, leisure activities, of all types, consume half of an adolescent's waking hours (Larson & Varma, 1999).

Extracurricular activities are activities that students participate in that do not fall into the realm of normal curriculum of schools. They are found in all levels of our schools. There are many forms of extracurricular activities such as sports, clubs, governance, student newspaper, music, art, and drama.

According to Eccles (2003), children and adolescents in the United States spend more than half of their waking hours in leisure activities. Along with interest in how leisure time is being spent, researchers are wondering why there are high levels of disinterest, underachievement, disengagement, and increased amount of time teens spend unsupervised by adults. Participation in activities has been linked to social and academic success, yet over-participation may be too stressful for young adults as it may consume too much of their free time. There are pros and cons to both sides of the activity participation discussion.

There are different opinions of what is considered an extra-curricular activity. A few examples of activities outside the school day may include pro-social activities such as dances, team sports, and performing arts, while in-school involvement activities may include intramurals, and academic clubs. Different levels of activity involvement and participation may positively impact future success for those who participate. Research also indicated that both the type of extracurricular programs and level of participation may impact the individuals' development (Eccles, 2003). When stating some of the benefits of participating in extracurricular activities, some believe that this leads to positive youth development. What exactly is positive youth development? Morrissey (2005) describes positive youth development as encompassing five constructs: (1) competence in academic, social, and vocational areas; (2) confidence; (3) connection to family, community, and peers; (4) character; and (5) caring and compassion (cited in Roth, 2000). These are also known as the *Five Cs* of positive attributes for youth. By engaging in extracurricular activities, students may be required to maintain good grades in order to meet eligibility to participate in sports or cheerleading. Eligibility may motivate students to do their best academically in order to participate in the activity. Competing in a speech contest, may help a student gain confidence, and being involved in a youth group or scouting organization may help the student develop character and connect with the community. Finally, community service or volunteering might help a student project a caring and compassion attitude toward others. It is important to understand exactly how each activity is impacting a student and what type of positive development is taking place.

The purpose of this study is to document how being involved in extra-curricular activities can influence development in academics, social skills, and high school completion. Over half of a student's time is spent being

involved in some sort of structured activity. It is important for teachers, counselors, and parents to know the overall impact of participating and being involved in out-of-school activities.

Determining the long-lasting effects of extracurricular activities may help parents and students understand how participation can impact students' development now and in the future. Armed with this information, families can make wiser choices for creating balance in academics and activities in an adolescent's life. In addition to understanding the effects of being involved in these activities, it is important to know how these activities are influencing educational and career pathways beyond high school. Having this knowledge may allow counselors and other educators to promote participation and to support and encourage student involvement.

II. OBJECTIVE OF THE STUDY

1. Involvement of student in different extracurricular activities and positive effects on their performance.

III. METHODOLOGY

The research was carried out in district Lucknow of Uttar Pradesh during March 2013. Purposive sampling method was used for sample selection. Two private schools of urban area in district Lucknow were selected to represent the population under study. 60 School going students of 13-15 years were selected for the study. Self constructed questionnaire was used for data collection. Tabulation was done with the help of master chart and statistical analysis was done by using SPSS (20 Version) software.

IV. RESULTS AND DISCUSSION

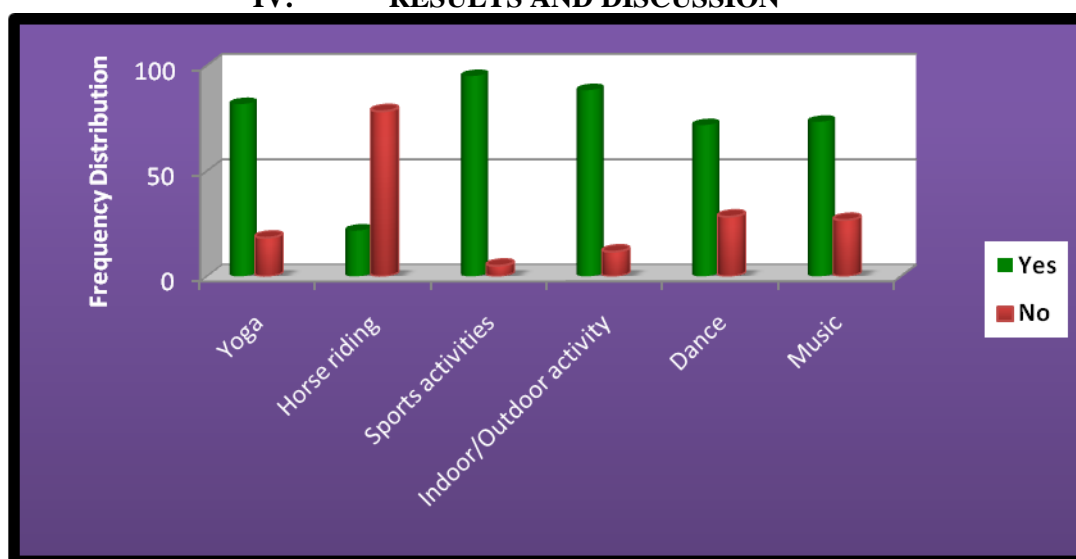


Fig.1: Graphical representation of respondents Involved in different extracurricular activities

From the above graph it was observed that, majority (95%) of respondents were involve in sports activities followed by indoor and outdoor activities (88.3%) while a least number of respondents were interested in music (73.3%) and dance (71.1%) activities. Most (78.3%) of the respondents were not interested in horse riding.

Table 1: Positive effects on their performance

Positive effects of children performance in different extracurricular activities	Private school (N=60)		T-test	P-value
	Mean	SD		
	11.57	.698	10.596	.001

From the above table it is clear that a significant difference was found in the performance of children in extracurricular activities like- Yoga, Horse riding, Sport activities, Indoor/Outdoor activities, Dance and Music.

V. CONCLUSION

From the above result it was concluded that the mostly students involved in different extracurricular activities. Majority (95%) of respondents were involve in sports activities and Most (78.3%) of the respondents were not interested in horse riding. It is clear that a significant difference was found in the performance of children in extracurricular activities like- Yoga, Horse riding, Sport activities, Indoor/Outdoor activities, Dance and Music. Extracurricular activity is a part of student's every day life. They play important roles in student's lives. They have positive effects on student's lives by improving behavior, school performance, school completion, positive aspects to make successful adults, and social aspects. As teachers, we need to be aware of the effects that extracurricular activities have on education.

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