

A Study on the relationship between the involvement in extracurricular activities and academic performance among college students

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Abstract

Extracurricular activities always make a way for students to understand the worth of taking up responsibility, showing wholehearted dedication, building up of leadership attitude, developing physical and mental strength, to establishing a healthy competition, and to churn out association in the place where they are placed. Extra-Curricular activities can bring about a sense of belongingness towards the college which in turn can bring positive influence in the academic performance (Claudette Christison ,2013). Extracurricular activities proves to be indispensable for students but they should have a proper aim, purpose, practical interaction and also it should be entertaining so that it will keep the students excited and also engaged. Student Engagement is actually an element in extracurricular activities (Taylor & Francis 2008). Some of the student's engagement strategies are motivating the students, giving feedbacks, giving platforms for all the students to perform and also conducting several programs which may increase their excitement towards the extra-curricular activities. Some notable extracurricular activities designed for the undergraduate students are Dance, Drama, Elocutions, Sports, Clubs, Folk arts, Publications, Quiz, Council and other events done by the college. The current study intends to investigate the association between academic performance and the involvement in structured extracurricular activities among undergraduate students. Data collection was done among the undergraduate students using the self-prepared questionnaire and random sampling method was used. Chi square test and the percentage analysis was implemented to check the relationship between the two variables. Recommendations are made based on the findings of the study so that it will benefit the academic performance which in turn brings Academic success for both the students and the institution.

Keywords: *students, Engagement, extra-curricular, Academic, Undergraduate*

Introduction:

Extracurricular Activities plays a vital role in student's life. Any activity which leads to enhancing the skills and build a strong mind in students is called as extracurricular activity (VikramAhuja, 2021). Extra-curricular activities can also be defined as the activities which are actually external to the core curriculum. However, there is no particular definition which is approved worldwide as it is ambiguous in nature (Nemelka, B., Bartkus, K. R., Gardner, P., Nemelka, M., 2012). Extra classroom Activities are mostly voluntary which is carried out by the students on their own interest (Shulruf, 2019). It may be included in the formal curriculum which can influence their educational goals in order to provide them a quality association with the extracurricular activities considering the gain (Han A, Kwan K,2018). Student's life is already a very busy one. But added to that extracurricular activity is also provided to them to benefit their personal and professional life (Bill Law horn, 2009).Some of the extracurricular activities are sports, music, dance, debate, clubs, essay competition and athletics. The benefits of extracurricular activities include developing of interpersonal skills, leadership skills, teamwork, increase in academic performance etc. Studies also shows that Participation in extracurricular activity also promotes a decrease in the usage of alcohol, illegal drugs and related problems (Wilson, Nikki L, 2009). The structured extra-curricular activity (SEA) is a strategy to build resiliency in colleges which helps the students to tackle the adverse situations and protects them from depression and anxiety (Gilman, 2004). Practical learning opportunities enable students to spend time in their own interests which thrusts them to give their best in every other aspect and can make them a potential individual (Hansen and Larsen, 2007). In 2016, Yiu Kong Chan provided a study proving the association of academic outcome, extracurricular activities, and learning approach positively (Chan.Y, 2016). Students with high participation in extracurricular activities tend to get interested in deep approach in learning and thinking. Academic performance is when a student reaches a milestone in his educational goals which is measured by grades or percentage. It is the measurement of the progression done by the students in the academic works which reinforces skills that are helpful in prospective situations (Tadese, M., Yeshaneh, A. & Mulu, 2022). A Study that is done in the year 2009 shows a positive association of academical performance and extracurricular activities (Bill Law horn, 2009). Extracurricular activity helps in developing many skills which are very much important in creating interest in students to perform academically. It also brings a sense of belongingness towards the college which in turn decreases the absenteeism in students and also kindles the interest in them to pull off the academical activities. A study also shows that this college belongingness brings in stress relief and satisfaction in life among the college students (Civitci.A, 2015). High Academic performance can increase the chance of high employment, high remuneration, better living standards, and economic development of individuals and the society, high self-esteem etc. Social status of an individual commensurate with the social status of the society (Mesfin Tadese, Alex Yeshaneh & Getaneh Baye Mulu,2022). And hence it helps in the overall blossoming of the Country.

Most of the previous studies focused on showing the impact of extracurricular activities while this study intends to identify whether the involvement in extracurricular activity has a positive influence in Academic performance.

Methods:

Research design and study setting:

The present study is a prevalence study done among the SRM University students, which is located in Kattankulathur (institution based). SRMIST is a best University in India which offers all kinds of UG, PG and Ph D programs with more than 52,000 full time students and 3200 faculty across all the campuses. This Institution has been ranked 'A++' by NAAC in 2018. A study in 1983 shows that the participation of students in extracurricular activities is higher in smaller institutions when compared to bigger institutions (Alyce Holland and Thomas Andre, 1983). This became a limitation to the study.

Sampling Procedure:

The study was conducted among the student community using quantitative method with a systematic approach. The sampling method that was used in this study to identify the samples from the college is simple random sampling. Students were organized on the basis of their academic year. Probability sampling was administered. The respondents were picked using the simple random sampling.

Data collection tool:

The researcher collected the data by using self-prepared, structured questionnaire through Google forms. The samples were given the link to fill in the link of the google forms. The questionnaire contained 40 questions divided into three parts the demographic details, involvement in extracurricular activities and their academic performance. Five-point Likert scale was used. The secondary data was collected through various journals, research paper, articles and reports.

Result

The result of this study aligns with the previous studies findings and proves a positive alliance between the structured non collegiate activity and academical growth. A hypothesis was framed regarding this to know whether there is a positive influence. In the population of 261 respondents more than 40.2% (105) agrees that they prefer extracurricular activity and more than 21.5% (56) strongly agrees to the same. The respondents who don't prefer extracurricular activities is low comparatively. More than 47% of the respondents feels that they are stress relieved when they are actively involved in the extracurricular activities. More than 45.6 % (119) agrees that the structured extracurricular activities bring in a sense of belongingness towards the college which makes them more involved in academics and also with the other activities initiated by the college. 46% of the students are very particular that the extracurricular activities that they are involved make them the best version of themselves and help them to achieve more interpersonally. 46 % of the students agrees that they create a bond with their classmates when they are taking part in the extra curricular activity together. Moreover, the population of the respondents strongly believes that extracurricular activity has created an interest in them to come to college regularly which indirectly helps them to perform better in the academics. 44.8 % of the respondents feels that there is no negative impact of the extracurricular activities on academics. 44 % of the respondents feels that they have achieved something when they contribute to academics as well as extracurricular activities.

Pearson's Chi square test is usually done to check the relationship between two categorical variables and it was carried out to check whether there is a positive influence of extra classroom interest on academic record of the students. This statistical test showed that there is a significant association between the two variables that are taken for analysing the data. Here the involvement in extracurricular activity is taken as the independent variable and academic percentage as the dependent variable.

1. Chi Square Test

| | Value | df | Asymptotic significance |
|--------------------|----------------------|-----|-------------------------|
| Pearson Chi-Square | 532.835 ^a | 260 | .001 |
| Likelihood Ratio | 407.319 | 260 | .001 |
| No of valid cases | 261 | | |

Table 1 clearly shows that the relationship between the two variables is significant

Discussion

The findings have so far showed that there is a positive association between the two variables taken. Also, previous studies shows that this involvement in extracurricular activity has made a tremendous decrease in the usage of drug and alcohol (Wilson ,2009). A study by Neetu Singh Yadav in 2016 shows the same result as that of the current study. Usually more than 85 % of the youths participates actively in the extracurricular activities (Fredricks, 2011) and the current study shows the same. The findings of Stephen and Schaben (2002), Marsh and Kleitman (2002), Mahoney et al. (2003), Fredericks and Eccles (2006) correspond with the findings of the present study. However, study done in 2006 by Mathews shows that extracurricular activities cannot help in the academic efficiency of the students because it may distract them from academic activities. But the studies done recently supports and correspond to the current study. Moreover, Extracurricular activities helps in bringing Academic Achievement (Shulruf, Tumen, & Tolley, 2007), problem solving (Anderson,2012), Character Development (Blomfield, &Barber,2009), Social Development (Graham, 2012), Community Involvement (Barber, 2013) etc. Thus, more extracurricular activities can be brought in to kindle the interest of the students which in turn help them in their academic success and in their personal lives also. These activities can be made compulsorily to the non-participants also so that they can also develop a slow interest in them to be participative and get benefitted.

Problems and Suggestions:

Some of the suggestions are discussed by the researcher regarding this study. The sample size of the present study is 261 which is very much sufficient for the current study but this research can be extended to lot of other institutions for a bigger population so that the exact accurate

answer can be achieved. This an institution based cross sectional study limited to SRM university alone.

Recommendations:

To increase the interest of students in both the aspects of extracurricular activities and academic performance parents can encourage them to participate in the college events and when they fail, they can be little more supportive and motivate them to perform better. Academicians should also help them by creating more opportunities for the students to participate. The activities which are designed for the students should be more fun and strengthening. Moreover, the extracurricular activities should not be voluntary and should be made to reflect in the educational target in order to make the students involved and it may create social interest (Gilman,2001). Monitoring the involvement of students by appointing a group of mentors and giving proper guidance can help to a greater extent. Thus, with the proven result, this study helps to know the importance of extracurricular activities, the way they motivate the students and how they help them in active engaging and also methods to bring a holistic change in the student community. So, colleges and universities should come forward with more innovative extracurricular activities which can strengthen the students in all the aspects of life.

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