

# The Relationship between Adolescents' Participation in Extracurricular Activities and Their Academic Outcomes

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**Abstract:** *The term 'extracurricular activities' refers to any activities that take place outside of the regular School curriculum this study evaluates The Relationship between Adolescents' participation in extracurricular activities and their academic outcomes. The present study was conducted at Lucknow District in Uttar Pradesh in the academic year 2012-2013. The samples were selected through Purposive random sampling. Two schools were selected from among Government, and two schools from Private schools. 120 Student of Age group between 13 to 16 years comprised the sample of the study. Self made questionnaire were distributed among the School students to get information. The data obtained was analyzed by the use of SPSS Software (20 version) package and application of the percentage and the statistical methods of T- test for Independent groups, and the following result were achieved. Academic outcomes show significant difference between students of Government and Private school in positive feeling and Outlet for competitiveness at the 0.05 level.*

**Keywords:** Adolescents, Participation, Extracurricular activities, Academic outcomes, Government and Private School.

## 1. Introduction

Adolescents who participate in extracurricular activity are very confident about their activities and higher levels of self-esteem. These activities may offer negative consequences if they become more stressful than fun or if they take too much focus off the academic side of school, but the potential drawbacks of not participating are far greater. Adolescent participation in extracurricular activities is associated with numerous positive outcomes, Students and parents alike must consider the pitfalls that come from avoiding extracurricular participation.

Approximately 83% of adolescents ages 12-17 participate in at least one extracurricular activity (Moore, Hatcher, Vandivere, & Brown, 2000). Adolescents often develop their skills and self competencies through participation in extracurricular activities (Eccles & Gootman, 2002; Mahoney & Stattin, 2000). Positive developmental experiences that occurred in extracurricular activities predicted a more positive general self-worth and social and academic self-concept (Bloomfield & Barber, 2011). This participation has been associated with increased school engagement, self-concept, and academic achievement (Fredricks & Eccles, 2006) and less opportunities for time to be spent in unsupervised risky activities (Eccles & Barber, 1999; Mahoney & Stattin, 2000).

It could also be considered that the participation in extracurricular activities takes time away from students that could be used to fulfil academic requirements. This could be seen as a limitation to participation in extracurricular activities. In "The Extracurricular Advantage" Reeves (2008) highlights the idea that participation in extracurricular activities does not create academic

disadvantage, and that these activities can be seen to improve academic performance of students.

## 2. Objectives of this Study

To know about participation in extracurricular activities and their affects on adolescents' academic outcomes.

## 3. Methods and Materials

### Sample

The Lucknow district comprises of six zones. Out of them fifth zone was selected purposively by the investigator. All the students of government school (N=60) of the Bijnaur and Cantt. Areas were contacted, and the students of Private School (N=60) was taken by the areas of South city and LDA, sector A.

### Tools

For conducting the research a self made questionnaire was administered on the extracurricular activities sample subjects of school going children (13-16 years).

## 4. Result and Discussion

**Table 1:** Frequency and percentage distribution of adolescent's participation in extracurricular activities.

S. No.	Extracurricular activities	Government school (N=60)		Private school (N=60)	
		F	%	F	%
1	Craft activities	35	58.3	44	73.3
2	Dance	41	68.3	51	85
3	Sports activities	56	93.3	46	76.7
4	Physical education	51	85	55	91.7

Table 1 present data regarding the percentage distribution of adolescent's participation in extracurricular activities of government and private School. Table 1 reveals that majority of the higher participation in Private School students (91.7 %) in the physical education rather than Government school students (85%). it make to clear that the students of private school's is the more interested in physical activities and they are more active. In this table showed that the Private school's students more participated in extracurricular activities like-Dance (85%), sports activities (76.7%) and craft activities (73.3%) than the Government school's students.

**Table 2:** Mean differences among adolescents of Government School and Private School in academic outcomes.

S. No.	Affective Outcomes	Government school (N=60)		Private school(N=60)		t-value	p-value
		Mean	SD	Mean	SD		
1	Improve Mood	8.33	1.036	8.62	0.922	0.069	NS
2	More positive feeling	9.03	0.863	9.07	0.607	4.581	S
3	Learn to handle failure	6.73	0.954	7.5	0.651	2.73	NS
4	Outlet for competitiveness	7.42	1.51	8.57	1.28	4.322	S

Significant at 0.05 levels.

NS- non-significant

Table 2 present data regarding 't' values for mean scores of affective outcomes of government and private schools student's. Results incorporated in Table 2 reveal significant differences in mean scores of more positive feeling ( $t=4.581$ ,  $p<0.05$ ) level and Outlet for competitiveness ( $t=4.322$ ,  $p<0.05$ ) of students who participated in Government and Private school. Students of Private schools were found to have higher more positive feeling and Outlet for competitiveness as compared to the Government schools student's.

The possible reason for the present results could be that as compared to government school than private school's students are more active in all works, speaking very well and keep deeply knowledge about extracurricular activities and realized their positive effects.

## 5. Conclusion

It can be concluded from the present study that the students of Private schools are more participated in extracurricular activities than students of Government school. In this study also showed that the academic outcome of students is significant in more positive feeling and Outlet for competitiveness. 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, craft, dance, physical education.

Recent studies have shown that adolescents who participate in extracurricular activities have greater opportunities to build their leadership skills also through positive, active, and

constant support from adults in a mentoring culture (Van Linden & Fertman, 1998).

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