

# Examining the Role of Extracurricular Activities in Pupil Development

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**Abstract:** A study that dwells as to whether the involvement on extracurricular activities gives advantageous effects onto pupils or not on the basis of the pupils' personal assessment deems necessary. Hence, this study determined the perception on the role of extracurricular activities in pupil development of 30 grade school pupils in Teodoro M. Kalaw Memorial School. Specifically, this study sought answers to the following questions: How do the respondents assess the role of extracurricular activities in their development in school? What is the implication of the findings of this study to the pupils' total development? It utilized a descriptive method of research that made use of a questionnaire.

Results showed that the respondents perceived their involvement in extracurricular activities as advantageous. They can balance their academic life and other activities smoothly. Extracurricular activities also help students raise self-esteem, develop school spirit and connect with the people in the community in a positive manner creating a good situation for all.

Based on the conclusions drawn from the study, the researchers suggested the following recommendations. Teachers should do proper research work to decide what kind of activity would help in wholesome development of students and make them responsible citizens. Pupils must be involved in activities in natural way on the basis of their own interests and preferences. Teachers should also understand the limitations of student and there should always be an option to choose. Continuous motivation may also be done by appreciating the efforts or praising the outcome of the pupils.

**Keywords:** Extracurricular Activities, Pupil Development.

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## Introduction

Extracurricular activities are activities performed by students that fall outside the realm of the normal curriculum of school. It plays a very vital role in students' lives. These activities are extension of their life-long learning. It allows students to develop skills such as sportsmanship, leadership, self-confidence, self-discipline and the ability to handle competitive situations. These activities also offer an opportunity to interact and communicate

in ways that allow the previously mentioned skills to blossom. Getting involved in extracurricular activities is a great way to meet new people, enjoy time, and ensure you strike a healthy balance between studying and social life.

The school, people around them, environment and most especially the family are the different factors that will really help them enhance their potentials in whatever chosen activities they are into. Parents need to be prudent that they do not force their children into participating in activities just for their own purpose. They need to identify where their children's interests and abilities lie and allow them to perform. They should not forbid their children from participating in any activities. Instead, they should encourage them to become involve in extracurricular activities. Parents need to give their children some freedom in determining which activities to participate in, but still need to monitor how their children spend their time. Parents have a large role in the academic development of their children, and one way of fostering strong academic performance is by encouraging their young children to become involved in some of the activities which promote academic performance. This could influence their activity choices later on in life and may set the foundation for a life of success and progress.

Extracurricular activities serve a large purpose in the academic, social, physical, and cognitive development of children, and every child should have the opportunity to participate in at least one activity that suits his or her personality and interests. These activities, however, should be directed toward improving their development and should involve some mental and physical ability.

Extracurricular activities are vital because even though they are not a part of the core curriculum, they play a very crucial role in giving the pupils the ability to mold their lives to become well-rounded people. Being involved in extracurricular activities allows the student to learn about the skills and talents they already have and can teach them new ones such as time management, organization, and prioritizing skills. It also allows the students to realize what they are good at or enjoy doing (Burgess, 2014). This research is prompted by this idea. The purpose of this study was to determine the role of extracurricular activities in pupil development. As teachers, the researchers are concerned and interested on how extracurricular activities can help these pupils meet new people with whom they share interests and improve their social skills as a result. It may also serve as an avenue to expand their network, which is beneficial for their social and emotional development, knowing that their social life is as important as their academic life.

### **Objective of the Study**

The main purpose of this study was to determine the role of extracurricular activities in pupil development. Specifically, this study sought answers to the following questions: How do the respondents assess the role of extracurricular activities in their development in school? What is the implication of the findings of this study to the pupils' total development?

### **Methodology**

The main purpose of this study was to determine the role of extracurricular activities in the development of 30 grade school pupils in Teodoro M. Kalaw Memorial School. For this reason, this study made use of the descriptive method of research, a fact-finding method, through the use of researcher-made questionnaire. Using the questionnaire, the researcher determined the assessment of the respondents towards the role of extracurricular activities in their development with the following interpretation:

Scale	Mean Ranges	Verbal Interpretation
4	3.51 – 4.00	Often/Highly Advantageous
3	2.51 – 3.50	Sometimes/Advantageous
2	1.51 – 2.50	Seldom/Somewhat Advantageous
1	1.00 – 1.50	Never/Not Advantageous

## Results and Discussion

This presents the data gathered together with the corresponding analysis and interpretation. The data are presented in tabular form organized in a sequential manner, following the order of the specific problems posed at the beginning of the study.

### 1. Role of Extracurricular Activities in Pupil Development

Table 1 presents the respondents' assessment on the role of extracurricular activities in their development. It reveals the computed mean for each statement with its corresponding interpretation.

**Table 1. Role of Extracurricular Activities in Pupil Development**

Statements	Mean	Standard Deviation	Interpretation
<b>As a grade school pupil engaged in extracurricular activities, I ...</b>			
1. manage my time wisely to accommodate my hobbies and other class activities.	3.27	0.94	Sometimes
2. plan out my day to include study time and make use of my free time intelligently	3.37	0.72	Sometimes
3. learn new skills that are useful in my school life and day to day activities	3.13	1.01	Sometimes
4. relate better with my peers of varied personalities	3.47	0.78	Sometimes
5. balance academic life and other activities smoothly	3.53	0.63	Often
6. gain new friends and build strong relationship with them	3.43	0.86	Sometimes
7. improve my academic performance by harmonizing my passion for sports and be inspired in studying	3.30	0.79	Sometimes
8. create opportunities by showing my best in the activities I am into	3.20	0.92	Sometimes
9. create opportunities by showing my best in the activities I am into	3.07	1.08	Sometimes
10. explore interests and create broader perspectives	3.33	0.88	Sometimes
<b>Composite Mean</b>	<b>3.31</b>	<b>0.86</b>	<b>Advantageous</b>

It can be observed in Table 1 that only one of ten items has a mean rating of 3.53 interpreted as Highly Advantageous and nine items have a mean ranging from 2.51-3.50. The highest mean of 3.53 was obtained by the item *balance academic life and other activities smoothly* which somehow depicts that when it is balanced with academic learning, extracurricular activities may help students raise self-esteem, develop school spirit and connect with the people in the community in a positive manner creating a good situation for all. It was followed by the item *relate better with my peers of varied personalities* with the mean of 3.47 which described that pupils feel the sense of belonging to the school and have higher self-esteem by participating in structured activities and it leads to a happier, healthier and a more cohesive school.

The table also revealed that the item which garnered the least rank was *create opportunities by showing my best in the activities I am into* with a mean of 3.07 interpreted as Sometimes. This may be attributed to the students' individual personal motivation for pursuing their goals.

It is important for adolescents to participate in extracurricular activities. Student who participate in these activities improve their academic scores and social life. Extracurricular activities can also help reduce many peer pressure related problems. "They enrich the lives of the students, their families and our communities. These activities create well rounded children who learn what their interests and talents are because they have been exposed to such opportunities" (Blog Admin, 2018).

## 2. Implication of the Findings to Pupils' Total Development

Education plays a vital role in the making of a man. To meet this objective, there is a need of striking a balance between curriculum, books and extracurricular activities. Extracurricular activities essentially take place outside a typical pen and pencil classroom experience. It gives the pupils an opportunity to develop particular skills and exhibit their non-academic abilities. The aesthetic development like character building, spiritual and moral values, physical growth, creativity and many more are backed up by extracurricular activities only.

While the school's first responsibility to its students may be academic, the job doesn't end there. *Their* mind should be nurtured very carefully as they are the flag bearers of the nation's future. Thus, it is very important to involve students in different extracurricular activities, in different sports, physical activities and so on. It will help them to avoid all kind of distractions of modern day and will make them capable of connecting with society, work in a team and will enhance their creativity.

## Conclusion and Recommendation

This study revealed that the respondents considered extracurricular activities advantageous in their total development. The activities can benefit them greatly in their personal lives and well-being and can help raise their self-esteem and self-awareness.

Based on the conclusion drawn, the researchers suggested the following recommendations: *Teachers should do proper research work to decide what kind of activity would help in wholesome development of students and make them responsible citizens. Pupils must be involved in activities in natural way on the basis of their own interests and preferences. Teachers should also understand the limitations of student and there should always be an option to choose. Continuous motivation may also be done by appreciating the efforts or praising the outcome of the pupils.*

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