

Cognitive functioning of Adolescent: varying the exposure of different artistic extracurricular activities

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Abstract

Cognitive functioning is a constellation of abilities that leads to knowledge, or awareness of the world. Cognitive development is developmental processes which depend, to a great extent, on exposure to positive environmental factors and stimulation. In this study, researcher attempted to find out the possible impact of artistic extracurricular activities on specific cognitive abilities. The final sample of the study comprised of 48 children of 13 to 15 years of age, studying in 7th or 8th grade, and having level of intelligence between 75th to 90th percentile (as measured by Raven's Standard Progressive Matrices). Among them, 24 were engaged in any one artistic extracurricular activity (8 in Vocal Music, 8 in Drawing and 8 in Drama) for at least two years and maximum 3 years. The participants were administered five subtests (Similarities, Comprehension, Letter-number Sequencing, Symbol Search and Digit Span) of WISC-IV. Data was analysed using nonparametric statistics. Results indicate positive impact of artistic extracurricular activities on three cognitive abilities: Verbal abstract reasoning (Similarities), Social judgement (Comprehension), and Processing Speed (Symbol search). Specifically, Drama was associated with better comprehension while drawing was associated with better symbol search performance.

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