

Extracurricular activities and Academic performance of Secondary students

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Abstract

Present study examined the Impact of Extracurricular activities on Students Academic Performance. To obtain this purpose, 100 Secondary students selected from Nagpur District who participated in extracurricular activities and 100 Secondary students selected from Nagpur District who did not participated in extracurricular activities. The result indicates that Extracurricular activities do not plays important role in academic performance. The students who do not participate in extracurricular activities have same academic performance as the students participate in extracurricular activities. There is no significant difference found regarding Academic Performance of Students who participated in extracurricular activities and students who do not participate extracurricular activities.

Keywords: Extracurricular Activities, Academic Performance, Academic Achievements.

Extracurricular activities includes sports, drawing, music, dancing, drama etc..activities. Students who participated in extracurricular activities have positive effects on his mental health. Geraghty (2010) notes that it “enhances the student experience, aids academic performance, helps students to develop certain skills...improves their self-confidence” and also contributes to “student engagement, peer interaction, leadership, faculty interaction and student retention.” Gamp’s (1990) study on academic achievement found that participation in student activities had a positive effect on grades – even when taking into account background variables. This position is strengthened by the fact that other researchers such as Huang & Carlton (2003) have found, and continue to find, such a relationship. Bartko and Eccles (2002) confirmed this result with their study of high school teenagers. Marsh (1992) tests the participation-identification model outlined by Finn (1989) against the zero-

sum model. Finn (1989) argues that a simple trade-off exists between extracurricular participation and positive academic outcomes. He found that total extracurricular participation does have the potential to increase students’ commitment to school, although the effects were small. The study showed a positive effect on a series of psychological outcomes and other benefits such as “taking advanced courses, time spent on homework, the postsecondary aspirations, GPA...being on the academic track, college attendance.”(p. 557) These results suggest that there is reason to believe that commitment to school leads to academic success. Massoni (2011), the positive effects commonly include positive behavior, better grades, school completion, positive aspects to become successful adults, and a social aspect. These positive benefits therefore attract the interest of educators and policy makers who search for ways to enrich student’s academic, social, and emotional enrichment development