

THE ROLE OF EXTRACURRICULAR ACTIVITIES IN AN EDUCATIONAL PROCESS

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Abstract: this article will take into consideration the role and importance of extracurricular activities in methodical points of view giving reliable types and examples of such extra works.

Key words: extracurricular, co-curricular,

The learners who are actively involved in extracurricular activities can gain a lot of benefits including higher grades and test scores, higher educational achievements, higher self-confidence as well. While out-of-class activities upgrade leadership and teamwork abilities among students, these activities also degrade the use of drugs, alcohol and behavioral and disciplinary problems related to students' life.

Nevertheless, over-scheduling in extra activities might decrease the benefits of involvement in extracurricular activities. Students can become tired and lazy hence they become less interested in participation. Thus over-scheduling requires students to rest much more to fully recover from tiredness.

Obviously, all the extracurricular activities are not free of cost. Financial barriers may restrict some learners from engaging to these activities which demand pay-to-play fee such as private lessons or training fee to go in for some sports.

Students should try to keep a balance between extracurricular activities and their academic performances to help themselves increase their confidence level and self-concept. Responsible citizens ought to cooperate with concerned authorities to help reduce financial barriers in extracurricular activities providing that leadership opportunities and a better future within students' career.

Each person should keep himself busy in various activities to avoid idleness. These activities might be healthy, social activities, or even extracurricular activities. Otherwise people may be addicted to bad habits like drugs, smoking, stealing and so forth. So the question of how the young generation spends its leisure time is important to determine the prosperity of society.

In addition to the benefits of participation in these activities, students should also know about its other effects, how students should maintain a balance between extracurricular and his

academic activities, how participating in different activities can have different effects in their further experience.

A great deal of researches have been done to investigate the effects of involvement in extracurricular activities. It is eventually confirmed that students who develop additional skills outside the classroom are preferred over the students who just focus on their studies, because participating in extracurricular activities improves self-confidence, gives upgradation to communication skills as well as develops other characteristics including team work and leadership in the individuals. However, some people claim that due to these activities, students remain getting interrupted to their studies, confuse their focus, as a result, their academic performance faces to a decrease.

Students should bring together themselves with such beneficial and efficient activities. As Eccles suggested that learners who participate in intentional, school-based extracurricular activities perform better at academic training at school. This happens on the ground that it lightens the followings:

1. Human interaction skills.
2. More passionate association to learners' school.

In the following, a few extracurricular activities benefits are given:

1. Time management is the key to success.

Time management has always been the main problem in the lives of many people. However, there are a few people who manage time like a pro. As a fact, they take time management as a key to success. Various successful people have opted for extracurricular activities, which benefited them in learning time management. With extracurricular activities in the schedule of the high school, they not only enhance the inborn talent but also learn the "how's" and "when's" which refers to prioritizing things.

In addition, time management requires the capability of opting to work important things first with efficiency. Thus, extracurricular activities are the best practices that enable high school learners to manage time effectively.

2. Self-exploration with the diversity of talents.

Piano lessons, violin lessons, singing, western-style dancing, classical dancing, skating, ice skating, skateboarding, cheerleading, sports activities are some of the extracurricular activities that high school learners opt for. If you are an observant person, you must have noticed that these talents have great diversity. The amount of variety provides options that are more diverse. This gives the perfect platform to the high school learners to understand and explore themselves. High school is the learning ground before entering college. Self-discoveries can prepare them to face the challenges in their lives.

3. Enhances the ability to fulfill commitments.

The ability to hold on to a commitment is as important as making a commitment in the first place. Today's corporate sectors require candidates who are committed to their career and promise an outstanding development for the company within the company. Thus, it is important for today's generation to develop the ability to fulfill its commitments.

Extracurricular activity is the best method to develop this ability in high school learners. The students dedicate their time and manage to complete both the school work as well as the activity work. This helps them on the longer run.

4. Personal growth and development.

Have you ever noticed those children who adorably take care of their friends? How do you think they started thinking about someone else? They developed that attitude gradually with time. However, you can accelerate the learning of this attitude by enrolling your child in extracurricular activities.

In extracurricular activities, they get a chance to be involved in the group with their peers. Moreover, they learn sharing and caring, all at once.

5. Improves the confidence and esteem of the students.

Recent studies show that teenagers face a lack of confidence when they feel that they are good at nothing. Not all students can equally score great in academic work. Similarly, it is important to make them feel like they are capable of doing something. Academic grades are not the end of the world. They need to realize that they are talented. This is only possible when you enroll them in an extracurricular activity of their choice. This will not only boost the self-confidence but also build their esteem.

Furthermore, working on something of their choice gives them the opportunity to master their talent. So, the purpose of extracurricular activities is to bring out the hidden unique talent of the child.

6. Social comfort and relationships.

Bullying has always been one of the major problems in high school years. Regardless of various initiatives, authorities have barely been able to eradicate it from the system. However, the question is how you will prepare your child against these? Well, extracurricular activities have a solution for this. Enrollment in extracurricular activities means that the children will have a certain group that shares similar talent as them. As a result, children will find someone to confide in and talk.

Additionally, the group together can be each other support against the bullying. Extracurricular activities also play an important role in improving the social behavior of

children. They learn appropriate and inappropriate behaviors, which helps them to act according to the social norm. Indirectly it builds the personality of the children.

7. Best way to keep them under supervision.

This is the best way to keep the children under supervision while the working parents are not at home. At several houses, children get back home to an empty place or spend a weekend alone. This practice is not healthy, as it gradually affects the emotional and physical state of the child.

Extracurricular activities keep the children busy while the parents are busy in their offices. Hence, you kill two birds with one stone that is your children stay under supervision while you are not around. secondly, they do something productive in their free time. This not only helps them learn to organize but also teaches them team spirit, improves leadership skills and so forth.

Extracurricular activities examples

Here are a few examples of extracurricular activities which are differentiated into several separate sections:

■ **Sports and physical activities:**

- playing sports in a well-planned competition;
- fun sports (football, hockey, tennis, running, badminton, etc.);
- outdoor activities (rock climbing, downhill skiing),
- informal practices (volleyball, basketball);
- physical fitness training (aerobics, swimming);
- taking lessons (swimming, snowboarding, judo)

■ **Cultural activities:**

- writing and working on a play;
- managing and exhibiting artworks;
- creating and producing a mental work;
- directing a short film;
- taking part in writing, painting, ceramics and jewelry-making workshops;
- choir singing

■ **Community activities:**

- supporting and engaging to humanitarian causes;
- participation in volunteering works;
- visiting retirement and orphanage homes;
- being a part of the educational institutions radio station or the student council.

The fact that most students realize the importance of participation in extracurricular activities is an alarming factor. There is a need to spread awareness about the positive effect of participation in healthy activities and how to keep a perfect balance between such activities and academic studies.

It is quite considerable that with the help of involvement in extracurricular activity, pupils and students have lots of necessary benefits in terms of individual, personal and social as well.

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