

Importance of Extra-Curricular Activities in University Curricula in Contemporary Education Scenario

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Abstract

In the present article scholar tries to present the importance of extracurricular activities in University curricula in contemporary education scenario. Extra-curricular means getting an exposure to things and activities that reside outside of students' academic curriculum. University/Colleges are the place that lays the foundation of student's future and their career. It is a place where he is not only gains the academic knowledge but also gain the overall personality development. Through extracurricular activities, students are able to accumulate a whole host of skills and abilities like: Leadership, teamwork, confidence, and self-reliance are the big character focuses. Critical thinking is developed on the playing field as athletes need to quickly solve the problems created by their opponents. Time management, a skill necessary in adulthood, is also brought into play as children learn to balance their time between schoolwork, sports, and family life.

KEYWORDS : Extra Curricular activities, Time management, Critical thinking and Leadership.

Introduction

In this competitive world, many colleges and universities have a broad educational mission: to develop the "student as a whole." Since the curriculum is quite centralized and does not provide the students with social, emotional and cognitive abilities in teaching-learning process, enrichment and development of artistic and athletic activities can be a response to our agile time. In this prospective involvement of student's towards extracurricular is a key tool for their personal development. Majority of college and university students, involvement in extracurricular activities plays an integral role in the collegiate experience. Students become involved in extracurricular activities not only for entertainment, social, and enjoyment purposes, but most important, to gain and improve skills. A wide and diversified range of extracurricular activities exists on university campuses, meeting a variety of student interests. The word 'creativity' or 'creative arts' could become more meaningful and relevant, especially when we think of the specific context of the needs of children. Participation in extra-curricular activities helps students to socialize, learn some skills, find friends and communicate in a fine, healthy way. The physical activity is a main system that includes other minor systems. Through the different eras physical activity has always been part of individual and social life of human beings. It plays a great role in family connections and social activities. Physical activities through entertainment, leisure, and multipurpose ceremonies bring happiness and satisfaction for all family members. Another precious achievement of physical activity is to provide people with social and mental health. There is no doubt that creating a vivid, healthy society depends on people's physical and

mental health and it demands the endeavors of healthy, efficient and wise people. (Fathi, 2009)

Many researchers have shown that sport is a precious way to maintain physical health and has a close relationship with mental health and especially prevents mental disorders. Some researchers are as follows:

Azarbani (2004) in his research “Studying the impact of Sports and Physical education peoples’s character self esteem and self consideration”, observed the impact of physical activity on mental characteristics and features. Also two prominent athletic figures in Canada have conducted a research about generalization of sport in their own country and the required planning in regard to free times. They observed that through the last two decades many Canadians have become aware of sport effects on health, and the number of people who exercise regularly from 1985 to 2002 has increased by 25%. This advancement is the outcome of endeavors by many sportspersons and governmental figures. Strategies of the sport authority included 5 parts. The first part is to recognize an enthusiastic, efficient group to generalize and propagate sport. The second part is to recognize and provide the needs and facilities required by the issue, because without the required information it is impossible to make a plan. It is necessary to recognize the organizations that can help and participate in this plan. Choosing right people to lead this project is also important. Another important issue is the way different organizations and institutes should cooperate with each other in order to develop sports (Barati Brojny, 2003).

Elkind, (1989) believes that if parents do not let their children play it may cause them anxiety, emotional and mental breakdowns and other disorders. Parents should not use play to create competition, but they should focus on enjoying the play and having fun. Also Kraus, (1990) believes that play provides children with enough time to learn and improve the skills they need in future. And then Ahmadi, (2001) in a research about the role of physical education and play in emotional and social improvement of children concludes that physical activities and play truly improves children’s emotions and social characteristics. Children, who participate in physical education classes, improve their own social characteristics, while those who do not participate in these classes show no sign of improvement in this regard (Narrated by Zudras, 1992).

Extra-curricular means getting an exposure to things and activities that reside outside of your academic curriculum. College is a place that lays the foundation to your future and your career. It is a place where you not just gain the academic knowledge but also where your overall personality development takes place. And it’s the extra-curricular activities that are responsible for grooming your overall personality.

Importance of Extra-Curricular activities for college/university students

a. Exploring Interests, Passion and Create Broader Perspectives

Extra-curricular activities allow students to pursue their goals and interest outside of their academic curriculum. For an example, a student pursuing business administration might also have a passion for sports or debate, can easily join the college/university sports team to follow through his passion for sports. He might also try some other activities like joining a language club for an instance. Having learnt a foreign language might also be a great addition to his resume as it might aid him in

getting a job. A degree in business administration and a good knowledge of a foreign language might set him apart from his peers at the time of job interview. Extra-curricular can help students develop skills that will aid them a lot in their professional life later on.

b. Develops ability to work with others

Extra-curricular activities are usually group activities carried out in co-ordination with people of similar interest like in arts, music or sports. Team sports like football, cricket or somewhat individual events like badminton, swimming etc. Even in sports like badminton or swimming and other such sports you practice with a team, fellow player against whom you compete and try better your own skills. However, extra-curricular are not just about developing your technical skills they are also about developing your communication skills, team-spirit, ability to work with others, public speaking and many other such soft skills. Extra-curricular give you a chance to interact with people and make connections some of which might come in quite handy later on in life.

c. Creates better Time Management

Students who are involved in extra-curricular activities are often seen to have better time management skills than students who are studies. Working out different things in a day helps students to learn the art of prioritizing tasks. For example, students who involved in theatre or dramatics society needs to take out time for practice and while also being busy with their coursework and project submissions. They know that they cannot miss out on either of them and thus has to figure out a way to manage them both efficiently. Those students are more likely to plan a work schedule with work towards following it with sincere dedication. They are less likely to procrastinate or waste their time idling away. Moreover, a few hours of practice might help them to relax and return to their studies with a refreshed mind.

d. Resume and Portfolio builder

Participation in extra-curricular activities comes in quite handy for college/university students when they appear for job or internship interviews. Extra-curricular activities make a great addition to a student's portfolio especially if they do not have a lot of professional experience to showcase and allowing the employer to gauge a better understanding of the candidate's profile.

e. Improved Academic Performance

Extracurricular activities improve students' grades and their outlook on college/university in general. Participating in activities can increase students' brain function, helps to concentrate and manage time better way all of these contribute to higher grades. High endurance sports, will train students to focus and build stamina which gives an advantage when it comes to studying and taking exams. Heaps of studies have been conducted on the relationship between extracurricular activities and academic performance, and they all show that student who participate in them have higher grades, more positive attitudes toward college/university and higher academic aspirations.

f. Brings high Self-esteem

The more you achieve success through activities you're passionate about, the more your self confidence will improve.

g. Social Opportunities

Making friends can be hard but one of the easiest ways to make friends is extracurricular activities. Each extracurricular you engage in provides you with another opportunity to expand your social network, which will also come in handy when you're looking for a job.

h. Interest in a Variety of Activities

When a student participates in a wide variety of activities, it shows that the student is willing to try new things and has a broad range of interests. Extracurricular activities of all kinds can help a student to show off their best qualifications.

i. Fitness Habits

Sport helps students to develop coordination and teaches them how to care for their bodies through proper stretching and the development of fundamental mechanics. Participating in athletics at an early age instills physical fitness habits that carry over into adulthood, helping to avoid health problems.

j. Mental and Emotional Benefits

Athletics not only have great physical benefits, but also help children to improve mentally and emotionally. While the body exercises, the brain releases endorphines. From a biological standpoint alone, students who are physically active are happier and have a constructive outlet through which to relieve stress.

Hence, through extracurricular activities, students are able to accumulate a whole host of skills and abilities. Leadership, teamwork, confidence, and self-reliance are the big character focuses. Critical thinking is developed on the playing field as athletes need to quickly solve problems created by their opponents. Time management, a skill necessary in adulthood, is also brought into play as children learn to balance their time between schoolwork, sports, and family life.

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