



Extra-curricular Activities Affect Students to Develop Social Skills

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ABSTRACT

This paper aims to examine how the extra-curricular activities affect the social skills of students. Social skills to be implemented here is communication skills and students; self-confidence. Student participation in co-curricular activities helps to promote students' social skills in order to enter any field for the future prospect to produce skilled human capital in terms of academics and character. Mastering social skills is vital as it gives a good impact in generating positive relationships of a particular student. Active student participation in extra-curricular activities outside the classroom environment allows the students to interact with teachers and friends and to some extent act as a catalyst for social skills development of a student. In addition, through extra-curricular activities, the production of excellent human capital from the physical, emotional, spiritual and intellectual aspect can be developed. Involvement in leisure activities also leads to the interaction of students with environment, social and learning inside or outside of the classroom in order to produce excellent human capital development. It will also encourage the development of talent, creativity and students potential to the maximum level. Therefore, the direction of this concept paper seeks to unravel the relationship between extra-curricular activities and their impact on social skills because it could act as a catalyst for the development of students social skills. Therefore, extra-curricular activities should be given the 'right' in Malaysia education system.

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1. Introduction

Co-curricular involvement refers to non-academic experiences sponsored, sanctioned, or supported by the school. Through extra-curricular activities, the students will be educated in the form of spiritual, leadership, teamwork as well as self-confidence. Participation in these activities will provide the essential skills provided in these activities as well as fostering a healthy lifestyle. Extracurricular activities are considered to be very effective for promoting a balance of mental and spiritual development, physical, and social development of students. Curricular activities have been described as allowing the youngsters to mingle around with colleagues and adults in order setting and achieving goals, healthy competition, a lift up from failure or disappointment, and resolving disputes peacefully (Caldwell & Smith, 2005). Extra-curricular activities also can afford to give the students with get along with more peers and adults relationship who have similar interest and talents (Klesse & D'Onofrio, 2000). Students who participate in the curricular activities have the opportunities to success individually, chance to excel individually, make them be part of group and get the real experience about the importance of commitment, hard work, teamwork and responsibility.

1.1 Social Skills

A social skill is any skill facilitating interaction and communication with others. Social rules and relations are created, communicated, and changed in verbal and nonverbal ways. The process of learning these skills is called socialization. For socialization, Interpersonal skills are essential to relate one another.

Interpersonal skills are the interpersonal acts a person uses to interact with others which are related to dominance vs. submission, love vs. hate, affiliation vs. aggression, control vs. autonomy categories (Leary, 1957). Positive interpersonal skills include persuasion, active listening, delegation, and stewardship among others.

1.1.1 Teamwork

According to Klesse & D'Onofrio, (2000), activities provided should be enjoyable, but the most important thing is that most important skills and training should be taught to participant of the activities which need a communication, setting goal, organization it selves, teamwork, decision making, conflict resolution and toleration within group. Efficiency in building relationship means capabilities to create social network or constructing and maintaining the wide informal network, building beneficial relationship as well as constructing personal friendship through mutual respect and tolerance (Noriah, 2006). Unhealthy symptoms are caused by the weakness in building positive relationships in social environment such as relationships with parents, teachers and peers. The choosing of peers also give a deep impact towards personal development. Relationship building skills are also important so that they are more confident and have a sense of respect.

1.1.2 Leadership

Role of the chair's leadership in the school, club or any association at higher institution are the main factor to implement the result successfully. Bassoppo-Moyo (2007) in their research found that the leadership support are very important for program review result in order to get successful

result of the program. Key leader are responsible to give the approval for each of the College-wide change. Many research said that successful implementation of program review result is depend on the role of a leader.

Besides that, the knowledge and strategies of those chairs are very useful for successful implementation program review result of the academic program's leaders and other leaders outside the academic organisations.

1.1.3 Communication

Communication skills are essential for the successful future career of a student. In today's competitive world, communication skills in business are the most sought after quality of an educated person. Reading, writing and listening carefully are the three most important communication skills for students. These skills like most of the communication skills sounds too familiar as a result of which we take them for granted. They can tolerate and convey the emotions according to the message (Feldman, F & Matjasko, L, 2005). The honest communication as well as mutual understanding when dealing with difficult issues will make them ready in sharing information completely. Those who have these skills encourage open communication, which states the norms explicitly, International Conference on Education and Regional Development 2016, Indonesia 776 expectations and as well as politely reprove other individual's improper action. This individual is also willing to accept any good or bad news calmly.

2. Co-Curriculum and Its Influence towards Social Skills

Co-curriculum comprises some important aspects that provide opportunities for students to train themselves in strengthening the interaction between students as well as building students communication skills. It was agreed by which stated that the actual function of the co-curriculum is to enhance and strengthen interaction and communication among students. Extra-curricular learning environment outside of the classroom play an important role in influencing a person's behavior and also one of the important elements in the formation of students social skills (Denault & Dèry, 2014).

2.1 Sport

Sport can be considered as an activity involving physical exertion and skill that is governed by a set of rules or customs and often undertaken competitively by some individuals or groups. Individuals or families who know the importance of it will encourage the student to join sports schools and to interact with reliable sports coaches because it has been shown that participating such activities develops mental and individual structure, strengthens willpower, simplifies teamwork, ensures cooperation, improves self-confidence and self-control, and contributes to learning (Zekan et al., 2012). According to Sari, Soyer and Gülle (2014), sports may develop interpersonal skills in those challenging situations as well as improving athletes' ability to evaluate contingencies. Sports can build one's character, leadership skills, and promote life-long learning, and these skills can be used to manage in hard times. Moreover, sports can also promote leadership styles that deal with changes in management strategy by understanding team members' strengths and weaknesses, thus preparing them to handle future changes (Sugarman, 2000). Participating in organized sports activities can result in developmental benefits and developmental liabilities to the student. Increased fitness, academic success, self-esteem and competency, and increased recognition by peers are a few examples of the benefits that have been stated by some researchers.

Other research has shown that participation in sports provides an opportunity for enhancement of self-esteem, self-efficacy, competence, academic achievement, and good health.

2.2 Associations & clubs

All associations and club are those that fall outside the realm of the normal curriculum of school or university education, performed by students. Such activities are generally voluntary (as opposed to mandatory), social, philanthropic, and often involve others of the same age. Students often organize and direct these activities under faculty sponsorship, although student-led initiatives, such as independent newspapers, are common (Slater & Tiggemann, 2015). According to a 1993 article by Alexander Astin, almost any type of student involvement in college positively affects student learning and development. Extracurricular activities provide a setting to become involved and to interact with other students, thus leading to increased learning and enhanced development (Hoffman, 2006). Specifically, a student's peer group is the most important source of influence on a student's academic and personal development. By identifying with a peer group, that group may influence a student's affective and cognitive development as well as his or her behavior.

As the development of the well-rounded individual is a principal goal of extracurricular activities on college and university campuses, the numerous experiences these activities afford positively impact students' emotional, intellectual, social, and inter-personal development. By working together with other individuals, students learn to negotiate, communicate, manage conflict, and lead others. Taking part in these out-of-the-classroom activities helps students to understand the importance of critical thinking skills, time management, and academic and intellectual competence. Involvement in activities helps students mature socially by providing a setting for student interaction, relationship formation, and discussion. Working outside of the classroom with diverse groups of individuals allows for students to gain more self-confidence, autonomy, and appreciation for others' differences and similarities.

3. Challenges and Obstacles

One of the biggest challenges many students have is managing time commitments and finding a balance between schools, extracurricular activities and maintaining positive relationships. Before the demands of student's responsibilities and school work start taken place, students feel as though they can manage the responsibility of their school work and extra-curricular activities all at the same time. However, there are some activities that require more time, commitment and responsibility; meanwhile there are other activities that are less time consuming and demanding. It thus becomes difficult for students who are overly committed to various activities to remain engaged to their academic studies, complete their assignments within a reasonable amount of time and feel stress free. If a student is having trouble remaining on track with their courses or if takes a student a bit longer to complete their daily homework assignments, then alternative might be to participate in activities that are less demanding and that meet once or twice a week (Mancha & Ahmad, 2016).

When deciding to participate in extra-curricular activities students need to be realistic on the number of activities and commitments they plan on pursuing. Prior to participating in extra-curricular activities, students should get a feel of their classes, course work and the demands each responsibility will have.

Students should never schedule or over commitment themselves to multiple activities during the semester (Musa, 2014). There are multiple places on and off campus that will be able to participate in. Don't participate with one campus club or office. Be diverse and versatile.

4. Suggestions

There is strong evidence that extracurricular activities increase self-esteem and positive social behaviors among children and adolescents. Extracurricular activities are also a suggested strategy to increase social support systems, develop social skills and relationships, and enhance neighborhood. There are a variety of these types of activities and programs, however, and some are more effective than others (Bosi et al., 2016).

Creative extracurricular activities such as music, dance, drama, and visual arts can increase participants' self-confidence, self-esteem, and positive behaviors (Bungay, 2013). After-school activities appear to improve school belonging, motivation, and academic achievement among immigrant high school students (Komalasari, 2014). Elementary school students appear to have greater social engagement benefits when they are highly engaged in after school programming than when they are less engaged.

Extracurricular activities with academic components can modestly improve grades, test scores, and academic proficiency along with social benefits (Durlak, 2010). Some studies indicate that participation in extracurricular activities may decrease problem behaviors such as alcohol use, risky sexual activity, and delinquency, while others suggest no effect on such behaviors (Taheri, 2015).

Students' attendance at extracurricular activities may be enhanced by supportive environments, age-appropriate structures, positive relationships between participants and staff, and diverse activities that foster child development and engage participants. These characteristics can also improve student outcomes.

5. Summary

Overall, students that have good social skills are those that are actively involved in school activities. Extracurricular activities are capable to form personal character of a student. Among the expected individual development through extracurricular activities are cultivating leadership qualities, building and shaping a healthy personality and ultimately form a disciplined generation. Extra-curricular activities are also capable of forming a positive personality and develop a sense of responsibility. Involvement in societies, clubs and other activities will develop social skills, mingle and friendly relation as well as able to create public relations that can be utilized in the future society.

Participation in extracurricular activities is also an exercise in preparation for the world of employment, therefore, participation in these activities affect the amount of income received by the employee. A lot of conducted research are more focused on education and thus skills training should also be given the highlight as it affect the employment as well as the income that will be obtained in the future.

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