



# Co-Curricular Activities Promote Holistic Student Development

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## ABSTRACT

Today, participation in extra-curricular activities are seen as an important initiative that should be carried out by each institution in order to establish a holistic student so that they are balance in terms of physical, spiritual, intellectual and social in line with the National Education Philosophy of Malaysia. This article writes about co-curricular activities help to promote holistic student development.

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## Introduction

The Malaysian Education Development Plan 2015-2025 (Higher Education) (PPPM-PT) is expected to become one of the Malaysia transformations in order for students compete locally and globally. The outline in The Malaysian Education Plan inspires to develop student that is good in interpersonal skills and soft skills based on 4C Framework which is culture, curriculum, co-curricular and community. This 4C elements are interrelated together to build a student holistic development because it help students to discover themselves like who they are, what they want to do and who they want to become. Therefore, co-curricular activities play a vital role in student's holistic development. This is because through co-curricular activities, students may discover their interests and talents while developing values and competencies that will help to shape and prepare them for a rapidly changing world. Other than that, Malaysia is made up from different races which are Malay, Chinese, Indian and other whereby co-curricular activities promotes to strengthen the relationship among students from diverse backgrounds as they learn, play and grow together. Besides, participation in co-curricular activities helps to foster social integration and deepens student's sense of belonging, sense of responsibility to college, community and lastly nations. Students also can become more responsible toward their job and tasks. There are several choices that can students join in college such as club and societies, physical sports, uniformed groups, visual and arts groups and etc.

### Definition of Co-curricular Activities

The term of co-curricular refers to "activities, programs and learning experiences that complement, in some way, what students are learning in school" [5]. Students are encouraged to be more active in order to polish their potential and latent talents of students and their interest in the activities that they are involved. In addition, according to [2] extra-curricular activities can be defined as an external student activity such as sports, clubs and associations. Common "life-enriching" learning objectives focus on enhancing student's holistic well-

being and their knowledge and skill acquisition in areas such as adaptability, decision making, teamwork, humanitarianism and civic virtue [6].

### Students Involvement Theory

There is some significant research that has been conducted regarding the involvement of students in Co-Curricular activities (CCAs) in correlation to success in college. In particular, student involvement theory links the amount of time and energy a student spends on the collegiate experience to persistence. The more involved college students are in the academic and social aspects of campus life, the more they benefit in terms of learning and personal development because they participate a lot of activities that encourage them to communicate with the community. Whereas, the students who devote much more time and effort to academic pursuits tend to become isolated from their peers, therefore showing a little changes in personalities and behaviors because they lack of interaction and communication that help to develop their inter personal skills and soft skills.

Moreover, co-curricular activities help to shape the students' holistic development whereby all the activities enables students to learn how to solve problems, conduct research, analyze and make proper design and open the minds of students in time management skills when they are actively participate in activities based on projects such as business projects and so on. Beside co-curricular activities can enhance their generic as it include the elements of cognitive, affective and psychomotor in order to build the physical, emotional, spiritual ,intellectual and social. The emphasis on student involvement in extracurricular activities is one of the effective methods in order to promote holistic student's development. In addition, student involvement in co-curricular activities may help to boost up some important elements such as self-discipline, leadership, entrepreneurship, creativity and love of nature. According to [7] supported that skills such as leadership, character and community among students can be trained early through extra-curricular skills. Leadership skills and management skills can also be formed from co-curricular

activities when they are given the opportunity to lead its members and the experience that cannot be obtained when in the classroom

### **Holistic Student Development**

The concept of holistic student development through co-curricular activities (CCAs) can be defined as in order to think holistically means it need a person to focus because it affecting the person mind, body and spirit. Besides, it comprises on three critical elements which is balance, inclusion and connection in order to promote holistic students development [4].

The significance of student's participation in co-curricular activity in developing holistic student's development can be classified into several elements which are the development of intellectual, emotional, spiritual, physical and social. Firstly intellectual, the main objectives of having co-curricular activities is to give impacts on students' academic performance so that they can perform well. Although researchers agree that extracurricular activities do, in fact, influence academic performance, the specific effect that various activities produce is debated because students do not have time to complete their homework. However, study conducted by the National Educational Longitudinal Study, found that "participation in some activities improves achievement, while participation in others diminishes achievement" [3].

Next, co-curricular activities help to reduce student's tension and stress when they joining the out class activities like hiking, swimming and etc. This is because all the activities help them to enhance their knowledge and skills in managing stress, therefore the body can help to decrease stress and depression.

For social elements, there are many advantages that students can grab by taking part in CCAs. For instance, students learn to socialize and interact through the activities that they take part in when they join any CCA. They can make friend, learn to tolerate each other besides respecting their teachers and friends. Moreover, they learn to be leaders and assume responsibilities which accelerate not only attitude but also aptitude that will determine student altitude. Therefore, the importance of CCAs is for shaping the attitudes of our future generation. Other than that, by joining a CCA, the students fill up their time constructively and efficiently.

Besides, they learn to be involved in healthy activities that will build up their self confidence and self-esteem where they can develop their spiritual. If they have the self- confidence in themselves indirectly they will think positive and find a positive way in order to achieve their objective and lastly succeed in their life. Last but not least, co-curricular activities give impact to the physical development of the students. The process of holistic student development, positive attitudes, fun and healthy lifestyle must be well planned by the education

providers and also students' themselves this is because physical movement is good for changing person mood and attitudes besides having a healthy body [4]. Co-curricular activities like games, sports and physical activities ensure physical fitness and proper functioning of the body system. Physical activities are helpful in developing healthy life style and good habits to students.

### **Conclusion**

In conclusion, the involvement of students in co-curricular activities will enhance their holistic developments. This is an opportunity for students of all levels to display their abilities in activities outside the curriculum. In addition, co-curricular give a lot of impact for the development of intellectual, emotional, spiritual, physical and social. Students can build their character by participating the co-curricular activities [1]. Therefore, students should be encouraged to engage in various co-curricular activities such as joining social clubs, religious club, sports club, cultural club in order to develop their total personality for the outside world. Moreover, in today's world there are so many negative paths for students to take. If the institutional education does not provide positive activities like co-curricular activities, there won't be much choice for them. Students involvement in sports and other programs allows students to show effort and teamwork skills. These would be an advantages and extra value to being successful.

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