



# The Relationship between Co-Curriculum Activities and Secondary School Students Academic Performance in Malaysia

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### ABSTRACT

Co-curricular activities are defined as those activities that improve and develop the student academic performance. In Malaysia co-curricular plays an important role which students are evaluated in both academic examination and co-curriculum participation. Therefore, this aims to identify the relationship between school co-curricular activities and student academic performance among secondary school students. 300 students will be used as a sample size of this study. The statistical analysis is expected to be positive for secondary school student's involvement in co-curricular activities and academic performance. Hence, school management or parents could collaborate and put effort to increase student's interest on co-curricular activities.

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### Introduction

Co-Curriculum is a compulsory group activity which conducted outside of class room. Co-curricular activities can take place in both regular class time and after school and it is provide students with the opportunity to integrate skills acquired with actual experience [1]. Additionally, [2] found that, co-curricular activities are any activities that assist in the academic curriculum through activities focusing on sports, hobbies, community services and entrepreneur businesses. These activities have a major contribution on the academic performance of students.

There is some evidence shows a positive result on co-curriculum and student performance. For example, co-curricular activities and academic performance have positive relationships among high school students and undergraduates in universities were widely reported [3] [4]. In addition, [5] found co-curricular activities improve social and emotional skills of students such as teamwork, co-operation and be open-minded. Moreover, [6] stated that, a healthy, fit physical body and mind will also help to increase students' concentration and energy level in class for better learning experience.

Although there are some studies have been conducted on co-curriculum activities and student performance, there is still lack of focus on these co-curricular activities specifically in Malaysia. Co-curriculum activities are not taken seriously although the ministry has put stress on the matter that every student has to take part in co curriculum activities for the betterment of the students. In Malaysia, the participation of secondary school student in co-curriculum activities is essential and important as a part of Malaysian education system. Students are evaluated in both academic examination and co-curriculum participation in Sijil Pelajaran Malaysia (SPM) to enter pre-university studies. There for, the purpose of this study is to identify the relationship between co-curricular activities and student performance among secondary school students in Malaysia.

### Literature Review

Co-curricular activities are defined as those activities that improve and develop the regular curriculum during normal school days. Students also realize the importance of developing overall competences, by joining co-curricular activities and working collaboratively with their student peers on academic work in order to gain hands-on experience [7]. [8] Stated that, co-curricular is an extracurricular, extra-class, non-class, school-life, and student activities. Co-curricular provides students with the opportunity to integrate skills acquired with actual experience [1]. Previous studies reveal that students' involvement in co-curricular activities improves their academic performance. For example, [9] repeated records of high school students across the United States have shown that those students who become highly involved in extracurricular activities tend to be model students and seldom get involved in delinquency and crime. According to Education Week, Washington [10], new data from the U.S.A shows that participating in curriculum activities link to better performance in school.

Although schools are concerned both academic and social aspects, somehow more attention has been given to their academic performance. This has been reflected in several researches in the past few years, which found that co-curricular activities played an important role in students' academic success. For example, [11] examined the relationship between extracurricular activities and academic achievement for girls with different ethnic backgrounds in eighth and tenth grade. The study found that the extracurricular activities such as, academic organized activities were positively and significantly related to achievement. Furthermore, [12] found a positive relationship between academic and co-curricular activities. They suggested that, to maximize cognitive and affective growth, students should be involved in both academic and co-curricular activities as much as possible. [13] Examining the effect of

interscholastic sports participation on academic achievement of middle level school students found that, students who involved in co-curricular activities perform better compare who are not involve.

Although, several researches found a positive correlation between co-curricular and student academic performance, some research reported that no such correlation between co-curricular and student academic performance. [14] in his study on the effect of extracurricular activities in the educational process: Influence on academic outcomes suggested that, participation in extracurricular activities does not improve grades or educational expectations at the same time getting better grades may lead to students participating in more extracurricular activities. Furthermore, [15] noted that the strong positive results reported so far might have been caused by the flawed use of cross-sectional research designs and inadequate selection control methods. In addition, [16] found that there is no correlation between co-curricular activities and student academic performance.

Therefore, this aims to identify the relationship between school co-curricular activities and student academic performance. Although several studies have been done before, there is still lack of studies focus in co-curricular activities and secondary school student academic performance particularly in Malaysia.

#### Research Methodology

Primary data is used in this research to collect data from the respondent. The survey data obtain through self-administered questionnaire by researcher and enumerator. The questionnaire is consist of four sections which include Section A; respondents information, Section B; co-curricular subject information, Section C; students involvements in co-curricular activities and Section D is about students achievements in academic. The secondary school students are the sample unit of this study. These students are participated in co-curricular activities. The study area of this is Sekolah Menengah Taman Seraya in the district of Ampang, Kuala Lumpur. The total sample size of this study is 300 respondents. Sample size is confined to lower secondary school students that are form 1 form 2 and form 3. Lower secondary student is emphasizing in this study because they are new, early stage of secondary school period and easy to influence towards betterment of co-curricular activities. Therefore, the total number of sample is divided into three groups of students according to forms to measure the students' performance in curricular activities which influence academic performance.

#### Conclusion

The purpose of this paper is to identify the relationship between co-curricular activities and secondary school students in Malaysia. The statistical analysis is expected to validate the indication for secondary school student's involvement in co-curricular activities and academic performance. Furthermore, previous research has shown that student's participation in co-curricular activity unquestionably improve student performance in academic. In this challenging world, students should begin to practice with leadership in order to ensure their career competitiveness in future. Government's determination to encourage co-curricular activities among secondary school students such as National Service Programme (NS) is capable to create responsible students for our country. Henceforth, either school management or parents could collaborate and put effort to increase student's interest on co-curricular activities through the Parents Teachers'

Association (PTA) because secondary school is the place where moulding begins.

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