

SIGNIFICANCE OF CO- CURRICULAR ACTIVITIES AMONG THE STUDENTS OF A MEDICAL UNIVERSITY

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Abstract

Background and objectives: To study that how many students are inclined towards extra or cocurricular activities. Also to study what impact does it have on student's mental health, physical health, social development and academic performance. **Material and Method:** A questionnaire was distributed among Students of Sharda University as a google form. There were statistic variation among responses observed among students of different academic backgrounds and students and even among those who stayed in hostel and day scholars. Results were analysed statistically. **Results and Interpretation:** Result will be discussed in the study in detail. However, majority believed and agreed that such activities are being useful in ways such as personality development, learning new skills like teamwork, time management, leadership skills, sense of commitment, intellectual, social and communication skills etc. But some students are not able to manage their schedule and neglect co-curricular activities. **Conclusion:** Co-curricular activities is crucial for the overall development of students. These days' schools and educational institutions like Sharda University are promoting and encouraging their students to be involved in such activities.

INTRODUCTION

In today's world, one dimensional growth or focus is losing relevance. The fast-paced life style and real world challenges requires every individual to acquire multiple skill sets to equip themselves to meet future challenges. To quote Bernie Trilling and Charles Fadel as they have written in their book 21st Century Skills: Learning for Life in Our Times, "the world has changed so fundamentally in the last few decades that the roles of learning and education in day-to-day living have also changed forever".

The theory of five mental skills as outlined in the book Five Minds for The Future talks about five different types of mindsets or skills. First is the Disciplinary Mind which refers to the expertise in various subjects. Next it talks about the Ethical Mind which means being mindful of one's duties and responsibilities in the society. Then is the ability to integrate concepts from different disciplines to solve a problem or the Synthesizing Mind, Fourth is the Respectful Mind which helps in understanding that every individual is different. Lastly, is the creative skills to solve a problem or the Creative Mind.

There is no doubt that everyone must aspire and build core competencies or specialize to become expert in their fields. However, it is equally important to pay emphasis on co-

curricular activities to enable all-inclusive growth. The book or classroom based education needs to be supplemented with right balance of co-curricular activities.

Many surveys have concluded that individuals who regularly participates in co-curricular activities are more inclined to attend regular classes and pass out with better grades than students who do not participate in such activities. Therefore, Co-curricular activities should be an integral part of the school curriculum and not just an optional add-on. The most popular co-curricular activities among high school students in the US are sports (53%), followed by music (25%), clubs (18%), and theater (8%)

Accomplishments in co-curricular and performance in academic are generally taken into account to determine students' placement chances¹. This research was undertaken to analyse student's responses given by them regarding their involvement and inclination toward co-curricular and extracurricular activities as well as paid employment which leads to employability. It has been seen that co-curricular and extracurricular activities have resulted in increase employability². With due considerations to various significant factors affecting EQ either directly or indirectly, this study is aimed to predict EQ of college students aged between 19 to 213. It endeavors to arrive at an innovative and new method of imparting education as well as an outcome-based teaching-learning process. This study uses statistical result analysis using the T-test to describe new method using latest technology in the field of education⁴. Interest and motivation of the students towards carriers in research-oriented fields or career awareness in research-oriented sectors as well as sense of community belonging, socialization levels and their psychological effects were analysed⁵.

A well-rounded approach to education extends beyond textbooks and academic performance. Co-curricular activities have arisen as an essential component of a student's journey, supporting holistic development and nurturing abilities outside of the classroom. These activities, which range from sports and arts to clubs and organizations, allow students to explore their interests, develop necessary skills, and foster a lively school culture Co-curricular activities include a wide range of activities that supplement the academic curriculum. They provide kids with an opportunity to pursue their interests, develop their personalities, and learn vital life skills. These activities foster creativity, critical thinking, teamwork, leadership, time management, and communication skills, all of which are necessary for success in today's increasingly competitive global environment.

Students can explore their unique talents and interests by participating in co-curricular activities. Sports activities foster physical health, discipline, teamwork, and resilience, whereas cultural and artistic pursuits foster self-expression, creativity, and appreciation for many forms of art. Debates, quizzes, and public speaking competitions boost confidence, communication skills, and critical thinking. Furthermore, organizations and societies focusing on science, technology, literature, or social issues provide a forum for intellectual exchange.

Apart from individual development, co-curricular activities help to promote a lively and inclusive school community. Students from various backgrounds and with diverse interests come together to build bonds that extend beyond the confines of classrooms. Students gain social skills, empathy, and cultural awareness through participating in group activities. Co-curricular activities build a sense of belonging, inspire healthy competition, and promote cooperation among students.

Co-curricular activities have also been shown to improve academic achievement. Participation in these activities, according to research, helps children enhance their cognitive capacities, focus, and time management skills. It allows them to take a break from their academic routine, revitalizing their minds and improving their entire learning experience. Furthermore, kids who actively participate in co-curricular activities frequently display higher levels of motivation.

Finally, there is no two ways that co-curricular activities are essential for complete educational since they foster holistic development and shape well-rounded persons. These activities contribute to students' overall growth and achievement by giving chances for self-discovery, skill development, and community building.

Schools should continue to prioritise and invest in extracurricular activities, recognizing their enormous significance in developing tomorrow's leaders, innovators, and well-rounded individuals. In today's era of competition big firms and job providers looks for a range of skill's personal qualities and experience, to separate the best from the rest. Moreover, these qualities helps them to be productive in workplace. By introducing child to such co-curricular activities at a young age, we help them to grow certain qualities which are going to be very helpful for them in their future life, like to be disciplined, they tend to grow their opinion in this matter.

These activities help children to express themselves in a much better way and also channelize their energy in the right direction. Co-curricular actives also help children' to find their interests, every individual is different in some way or the other some finds their way through books some through their peer pressure and some may be even through co-curricular activities. It is generally seen that children engaged in co-curricular activities find it much easier to stay focused and motivated for hours in anything they do, co-curricular skills enhances mental functioning and help the mind to stay healthy and refreshed therefore it has come out clearly is many researches that students who regularly participate in co-curricular activities outperform in academic than compared to those that to not participate in any such activities and not only academically co-curricular activities also refreshes mind and helps in being healthy as a whole.

Extracurricular activities help students to know about themselves such as their weaknesses and strengths.

Aim

To get a brief idea of:-

- How students manage their spare time
- How many students are inclined towards/participate in co-curricular
- The impact of co-curricular activities in the life of a student

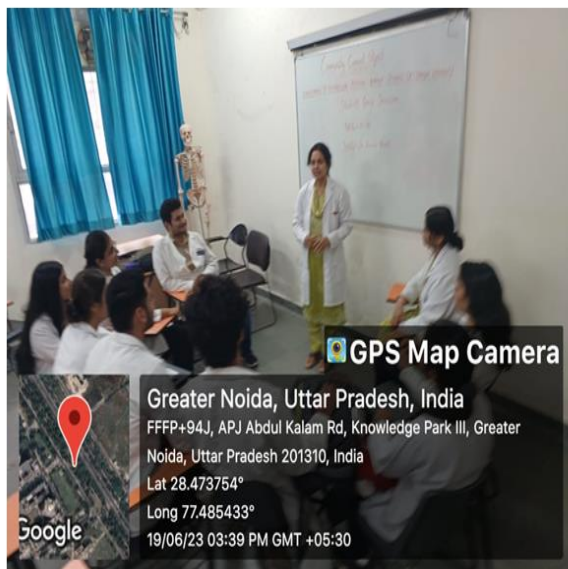
Objectives

- How many hours do students devote for co-curricular activities per week.
- What variety of co-curricular activities are they interested in/ participating in.
- What motivates students to participate in such activities
- What impact does it have on student's mental health, physical health, social development and academics.

MATERIALS & METHODS

<https://forms.gle/R6cMi9Awubuku6s16>

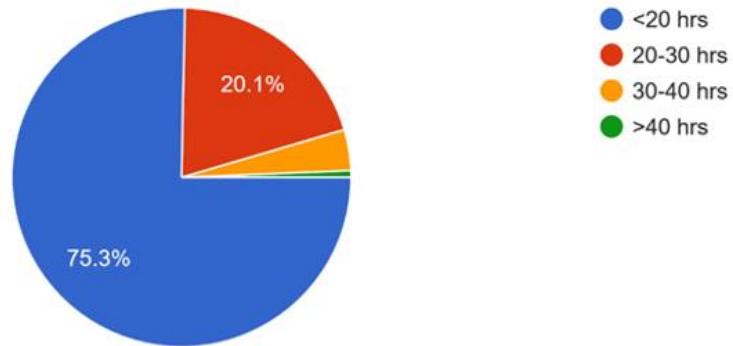
(A Google form)



Observation

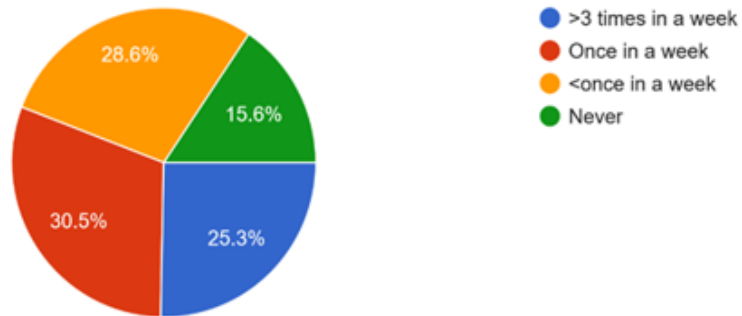
How many hours do you spare per week for extra curricular activities

154 responses



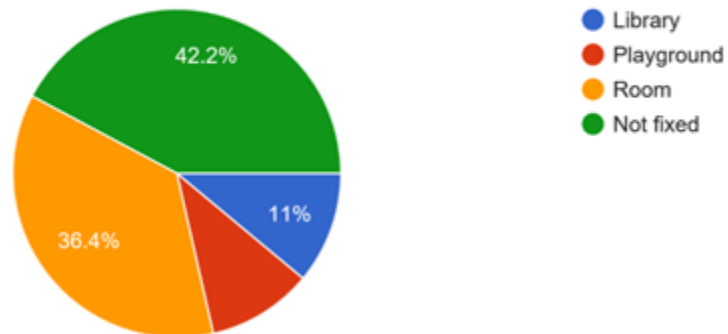
How often do you participate in extra curricular activities

154 responses



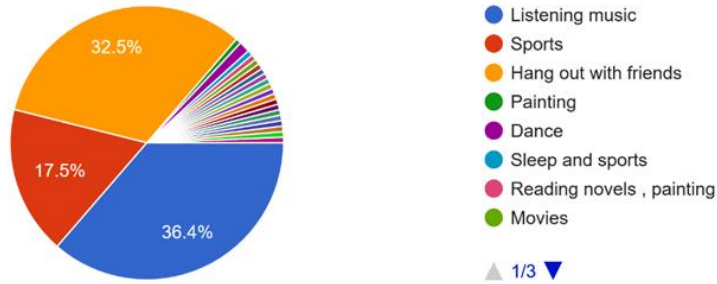
Where do you spend your spare time

154 responses



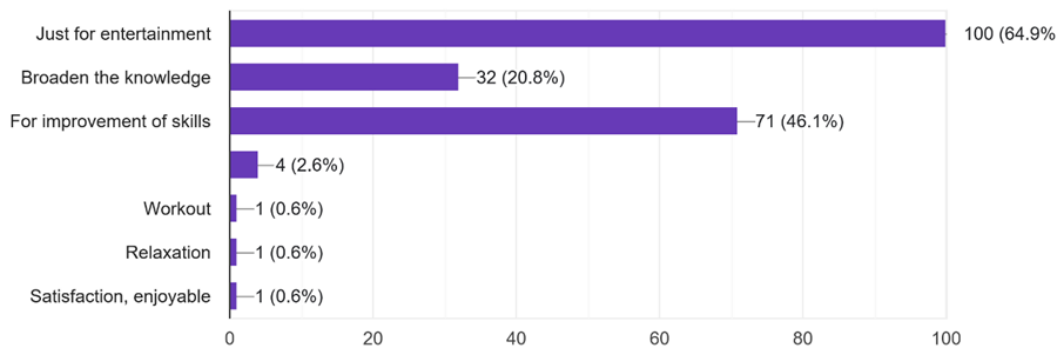
What do you like to do in your free time

154 responses



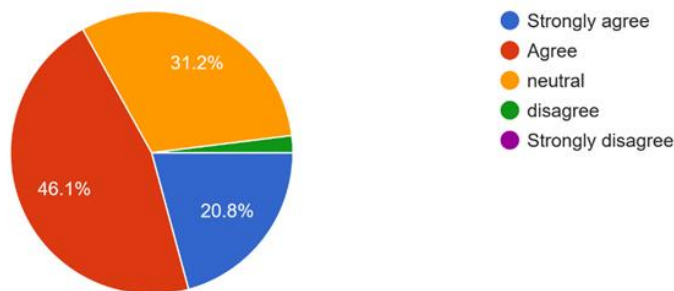
what's your main purpose to attend these activities

154 responses



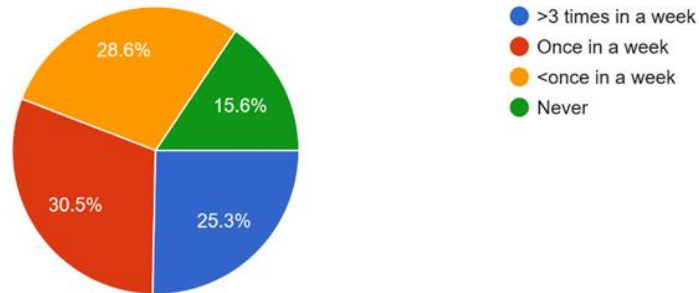
do extra curricular activities help you academically

154 responses



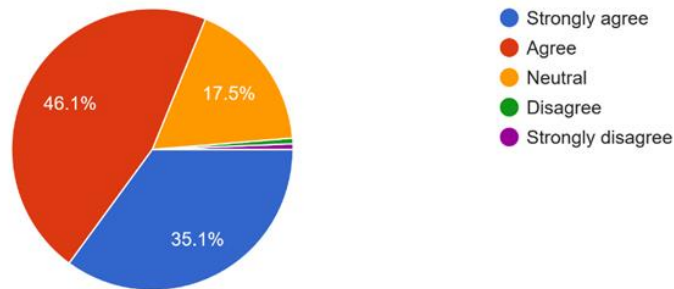
How often do you participate in extra curricular activities

154 responses



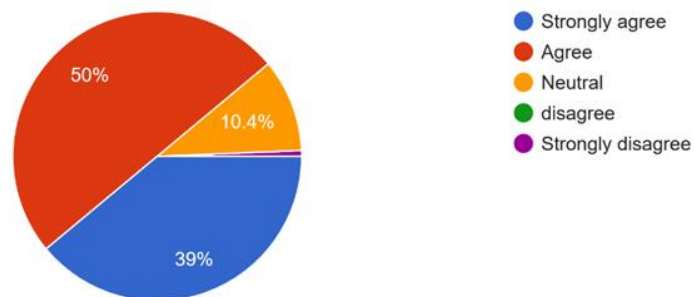
do you think that extra curricular activity improve your Intelectual skills

154 responses



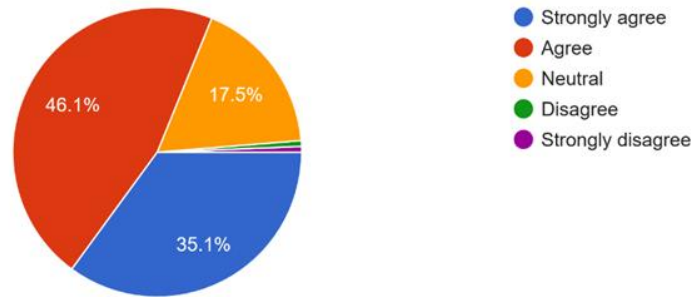
does participating in extra curricular activities boost your self confidence

154 responses



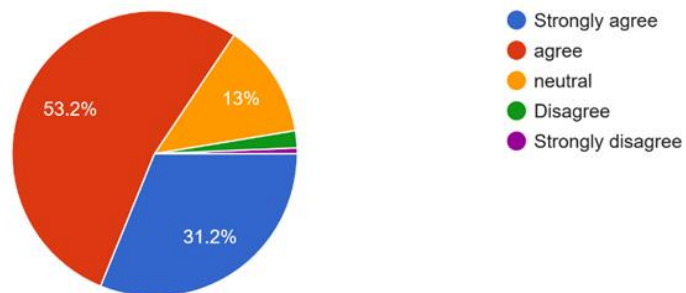
do you think that extra curricular activity improve your Intellectual skills

154 responses



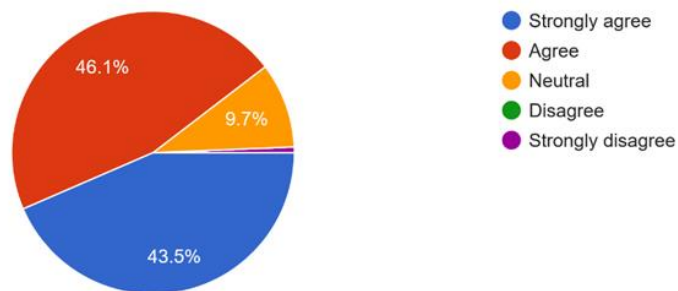
Do you agree that extra curricular activities enhances your communication skills

154 responses



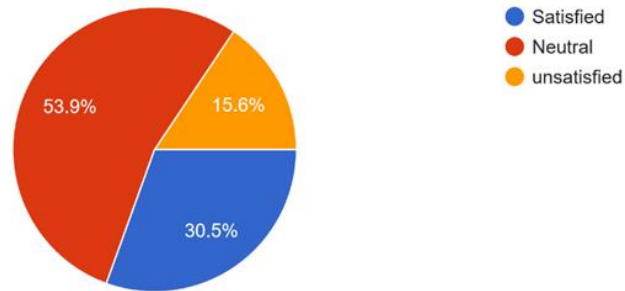
do you think extra curricular activities help to improve your mental health

154 responses



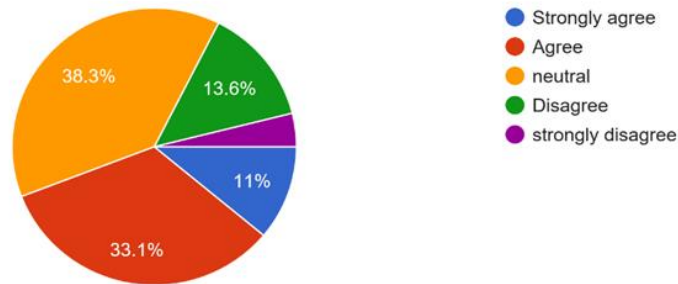
how do you assess your extra co curricular activities in your day to day life

154 responses



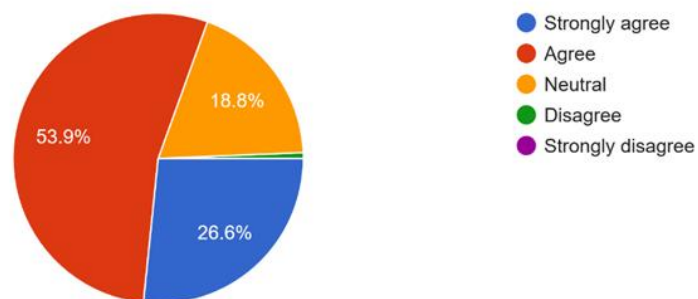
do you think that sharda university is a hub for co-curricular activities

154 responses



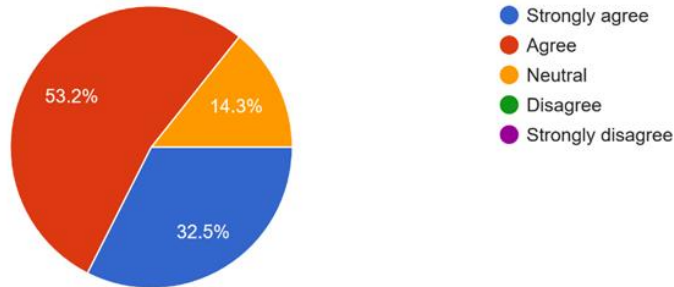
do you feel extra curricular activities inoculate leadership qualities

154 responses



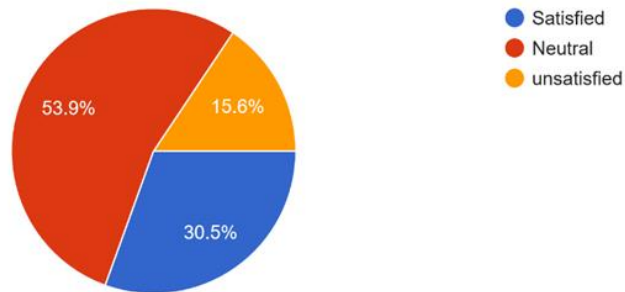
does extra curricular activities help you feel positive in general

154 responses



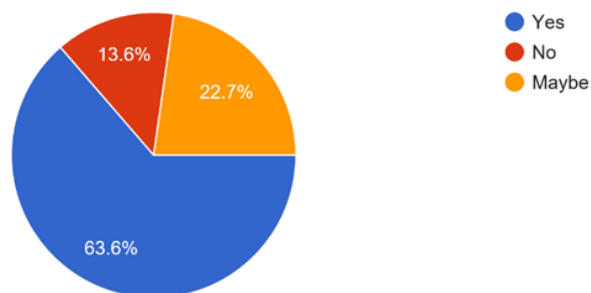
how do you assess your extra co curricular activities in your day to day life

154 responses



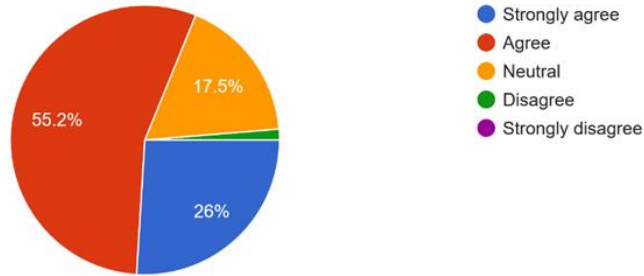
do you have you experienced any behavioural change through any extra curricular activities

154 responses



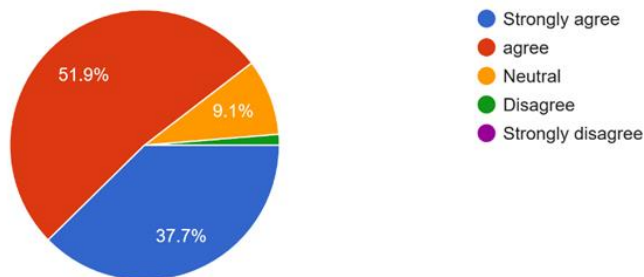
do you agree that extra cocurricular activities add moral values

154 responses



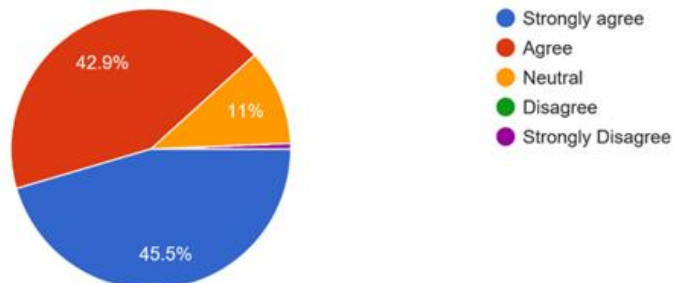
do you agree that co curricular activities play a major role in your personality development

154 responses



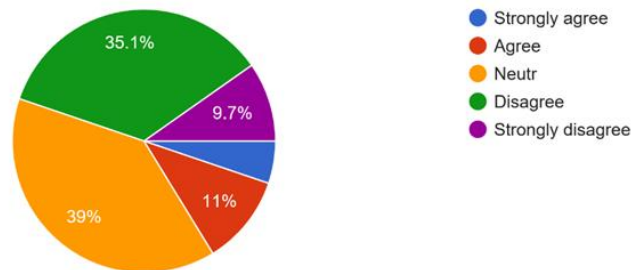
Do you agree that Extra curricular activities improve mental health of a person and helps in preventing problems like anxiety, depression and s... major chunk of the population is facing nowadays

154 responses



Do you think that extra curricular activities take too much of your time and its results are not fruitful

154 responses



Data Description

Primary

According to the responses that we collected:

On being asked about hours they spare per week for extracurricular activities, 75.3% of the people spares less than 20 hrs per week, 20.1% spare 20-30 hrs per week, 3.6% spare 30-40 hrs and 1% spare more than 40 hrs per week.

Additionally, 42.2% not fixed, 36.4% spent their spare time in room, 11% of people spent their spare time in library and 10.4% of people spent their spare time in the playground.

On being questioned about what they like to do in free time; 36.4% listens to music, 32.5% hang out with friends, 17.5% spend in playing sport, and rest of people spend their time in Painting, Dancing, Sleeping, Watching anime, etc. 30.5% once in a week, 28.6% <once in a week, 25.3% >3 times in a week and 15.6% never participate in extracurricular activities. 38% attend these activities just for entertainment, 20.8% to broaden the knowledge, 46.1% for improvement, and rest in workout, relaxation, satisfaction etc.

On questioned if extracurricular activities help academically; 46.1% Agree, 31.2% are Neutral, 20.8% strongly agree and 1.7% Disagree.

Moreover, 50% agree that extracurricular activities boost self-confidence while 39% strongly agree, 10.4% are Neutral about it and 0.6% Disagree to it. In addition to this, 46.1% Agree, 35.1% strongly agree, 17.5% Neutral & 1.3% Disagree that extracurricular activity improve intellectual skills.

On being asked if extracurricular activities enhances communication skills; 53.2% Agree, 31.2% strongly agree, 13% Neutral while 2.6% disagree and strongly disagree. In addition, on assessing extra co-curricular activities in day to day life; 53.9% are Neutral, 30.5% are Satisfied and 15.6% are Unsatisfied.

Furthermore, on being asked if extracurricular activities help to improve mental health; 43.5% strongly agree, 46.1% Agree, 9.7% are Neutral and 0.7% strongly disagree.

Meanwhile 11% strongly agree, 33.1% Agree, 38.3% Neutral, 13.6% Disagree & 4% Disagree that Sharda University is a hub for co-curricular activities. 26.6% Strongly agree, 53.9% Agree, 18.8% Neutral and 0.7% Disagree that extracurricular activities inoculate leadership qualities.

In addition to this, 32.5% strongly agree, 53.2% Agree & 14.3% are Neutral that these extracurricular activities helps to feel positive in general. 48.1% agree that they feel motivated to participate in extracurricular activities while 15.6% disagree.

On being asked if they experienced any behavioral change through any extracurricular activities, 63.6% Agree, while 13.6% says No and 22.7% says maybe. 26% strongly agree that extracurricular activities add moral values while 55.2% agree, 17.5% are Neutral, and remaining Disagree.

Additionally, 37.7% strongly agree that it plays a role in personality development while 51.9% agree, 9.1% are Neutral and 1.3% Disagree.

5.2% strongly agree that extracurricular activities take too much of your time and its results are not fruitful while 11% Agree, 39% are Neutral, 35.1% Disagree while 9.7% strongly disagree.

Above and over that, 45.5% Strongly agree that extracurricular activities improve mental health of a person and helps in preventing problems like anxiety, depression and stress while 42.9% Agree, 11% are Neutral and 0.6% Strongly disagree to it.

Secondary

The study aimed to understand the opinion of students of their understanding of the role of extra-curricular activities in their development. By conducting the questionnaire, we observed and analyzed the motivation, barriers, contribution and how despite playing an essential role there is less participation and always an argument that extra-curricular activities are not important in a student's life. The major reason probably being the high pressure and the psychological barrier of it probably being a distraction and a very time-consuming activity. The majority believed and agreed to such activities being useful in ways such as personality development, learning new skills like teamwork, time management, leadership skills, sense of commitment, intellectual, social and communication skills etc.

After analyzing the responses, it was implied that majority of the respondents believed that such activities are not just a mere source of entertainment or simply a time break from their busy schedules: your academic performance, mental health and overall development all go hand in hand with it. The majority and also others subconsciously want to expand their knowledge, familiarize themselves with the community and also wanted to build their self-confidence, communication skills, commitment, resilience and integrate all this not only to improve their health but also to become better students and more importantly better human beings. Despite having the will or interest and facilities to participate in such extra-curricular activities the barriers such as lack of motivation,

indecisiveness, lack of knowledge and the biggest ones being psychological and time management prevent students in engaging such activities.

CONCLUSIONS

Co-curricular activities play an important role in the overall development of students. They offer a much-needed break from the academic routine and provide students with the opportunity to explore their interests and talents outside the classroom. These activities promote teamwork, leadership skills, time management, and responsibility among students, and in turn, help them become well-rounded individuals.

Participation in co-curricular activities also helps students improve their social skills and build a strong network of friends and peers. They provide a platform to students to interact with a diverse group of 5 / 5 individuals from various backgrounds and cultures, which promotes inclusivity, understanding, and tolerance. Furthermore, involvement in co-curricular activities can also enhance the future prospects of students. They can help students build their resumes, develop work-related skills, and improve their chances of getting into their desired educational institutions or landing their dream jobs.

In conclusion, participating in co-curricular activities is crucial for the overall development of students, and schools and educational institutions alike should continue promoting and encouraging their students to be involved in such activities.

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