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Impact of Co-curricular Activities on Elementary School Students' Overall Performance

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Abstract: *Development is the fundamental right of every child or Individual. A child's personality is mostly determined by their intellectual and physical growth. Co-curricular activities have become a fundamental part of school life. It also improves and maintains physical ability and skills. The present study aimed to investigate the impact of co-curricular activities on elementary school students' overall performance. The current study aimed to investigate the impact of co-curricular activities on elementary school students' overall performance. The current study is qualitative research, and qualitative data analysis was employed. The population of the study was the teachers of the public elementary schools of Rawalpindi. The data was gathered from the teachers of public schools in grade 8th. A self-developed structured interview was used to collect data from the teachers. A total of 25 teachers were selected from different schools. Hence, the ultimate results of the study indicate that co-curricular activities can contribute to enhancing the overall performance of the students in the class.*

Key Words: Physical health, Wellness, Cognitive Development, Activities, Elementary, Performance, Co-Curricular

Introduction

The primary purpose of education is the overall development of the child. A child's social, moral, intellectual, emotional, and physical growth is all important. We cannot meet all of these requirements by reading books. We must provide them with other activities that enhance their mental and physical growth. These activities can be the source that aids a child's physiological, cognitive, social, emotional, academic and moral growth. A person's general health and well-being are referred to as their general fitness. Being physically fit is described as having the capacity to do tasks effectively. There are two different kinds of activities. Formal and non-formal activities. Sports, dramas, debates etc., are examples of traditional activities. Listening to music, watching

television, fashion and art etc., are non-formal activities. Learners' interpersonal, academic, bodily, and psychological well-being and health are influenced by both informal and formal practices. These activities have a significant impact on the lives of school students. These are also essential in the development of a child's personality.

The involvement in school-based activities was explored to see whether it gave possibilities for kids to participate actively in exercise. According to research, so more longer you stay in recreational activities, it improves overall academic success and working behaviours get, whereas the longer you stay in formal learning like athletics, discussion, sports, games, and theatre, the higher your scores get. (Marsh & Kleitman, 2002). Participation in physical

activities provides oxygen and nutrients to the body and helps the health system more effectively. When heart and lung health improve, they have more energy to compete for daily responsibilities ([Martin, 2004](#)). Learners benefit from co-curricular activities because they allow them to utilize their skills and experience, acquire new strengths and capabilities, and increase their economic and managerial skills.

Therefore, these positive benefits attract the interest of educators and decision-makers, who seek ways to enrich students' academic, social, health and emotional development. All these activities can positively impact the academic performance of participating students. The impact of co-curricular activities on students is comprehensive, even outside the classroom. With a quick change in society and competitors in the school curriculum, students have become weakened emotionally and physically. They also face many social problems. As a result, educators and decision-makers looking for strategies to boost children's academic, social, physical, and mental development are motivated and looking forward to the positive effects of co-curricular activities. All of these activities have the potential to improve the student's academic knowledge.

Today, students' quality of life and social welfare are growing concerns in Pakistan. Co-curricular activities are essential in students' lives because they keep them healthy and active. Learners can achieve amazing things when they manage their physical and emotional well-being. For the most part, schools have been considered a place where motor skills can be encouraged and assisted. Typically, schools offer programs that promote leisure sporting events, physical fitness, and general physical health. The purpose of this research on the impact of co-curricular activities on student well-being is to explain the significance of activities, sports participation, physical fitness, well-being, and academic benefits for students in class eight. According to [Pesce et al. 2013](#), getting individuals to participate in activities is the central purpose of several institutes that promote healthy lifestyles. Co-curricular activities help students understand academic objectives and aims. Learners can communicate their ideas more readily in real life due to their active participation in debating and extemporaneous speaking. Dialogue also contributes to the formation of concepts and the establishment

of beliefs. Because of games in general, they develop cognitively and emotionally robust and healthy. Games encourage students to perform well regardless of whether they win or lose a competition.

The Objective of the Study

To evaluate the impact of co-curricular activities on elementary school students overall performances.

Research Question

What is the impact of Co-curricular on the performance of school students at the elementary level?

Review of Literature

The goal of education is to develop a more necessary change in a child's behaviour and personality. Co-curricular programs are also a source of curriculum enrichment and vitalization, mainly through fostering hobbies, interests, and other interests. These practices are no longer considered frills but an essential educational curriculum element. The growth of physical activity has been one of the primary objectives of physical education ([Brain, 1980](#)).

Physical fitness and strengthening activities have the distinct capacity to allow pupils to develop good living practices. Children who participate in quality physical activity have better physical and mental control than children who do not participate in physical activity. Lack of proper motor skills in adolescence harms several aspects, such as social, emotional, and cognitive development. Students' physical, emotional, and social well-being must be improved by participation in physical activities ([Armour & Yelling, 2004](#); Bailey, 2000; Dishman, Motl, Saunders, 2005; Sculptor, 1998). The recreational programs on campus have an impact on a variety of health and wellness outcomes. Participating in leisure activities and programs fosters enthusiasm for maintaining a healthy and active lifestyle. When it comes to whether or not to continue their education, campus recreation facilities and programs have a more substantial impact on students and the value of learning centre activities and programs to the standard of living at their institution. Before starting school, pupils highly value

sports and fitness activities. Various co-curricular activities help students develop multiple skills and abilities ([Hossan et al., 2021](#)).

Physical training helps students' physiological as well as psychological well-being. Students can develop a sport-loving culture, relieve anxiety, and find strong habits by participating in a variety of physical and mental activities ([Chia, 2009](#)). The presence of community recreation centres such as gyms, playgrounds, parks, and stadiums has been shown to have a positive impact on physical activity habits ([Baker, 2008](#)). This demonstrates that the provision of recreational amenities can entice people to become more physically active. This would also assist the school in creating a healthier community of learners who excel not just intellectually but also physically.

The recreational programs on campus have an impact on a variety of health and wellness outcomes. Participating in leisure activities and programs fosters enthusiasm for maintaining a healthy and active lifestyle. When it comes to whether or not to continue their education, campus recreation facilities and programs have a more substantial impact on students and the value of learning centre activities and programs to the standard of living at their institution. Before starting school, pupils highly value sports and fitness activities. Various co-curricular activities help students develop multiple skills and abilities.

Academics and Ethical Importance

Every activity in school has a significant impact on pupils' development. Co-curricular involvement is an essential element of a classroom that makes learners students improve their educational processes. Co-Curricular exercises are required activities where every student must participate. Co-curricular activities are planned and meant to complement the academic curriculum so students learn more than just their courses. Sports and fitness activities help pupils develop their intellectual abilities, communication skills, psychological development, ethical values, and interpersonal attractions. Cultural festivals, gymnastics, research lab projects, Academic library tasks, fine arts, activities in the classroom, and relaxation, are all included.

Students have learned more efficiently and

effectively from combining cross sports and fitness activities with coursework. Students taking their passions have superior academic performance. To succeed academically, a learner must learn to integrate co-curricular activities with academic studies. Students also learn how to manage their time effectively and develop a greater interest in education. Co-curricular activities are crucial in improving a child's educational achievement. Exercises are essential because, although not part of the primary syllabus, they are critical in empowering young boys and girls to design their own lives. School activities must be carefully planned to provide an appropriate balance of student achievement and opportunities for overall growth. The value of extra-curricular activities cannot be overstated. Recreation and gaming activities also assist kids in improving their mental state by relieving and reducing anxiety. Students are anxious during listening and communication that incorporates their interaction in the classroom or digitally, precisely when they last for an extended period. On the other hand, recreational activities are not limited to games and sports; they also involve interacting with classmates and groups for at least two hours each and every day. According to a study conducted at the University of Minnesota, socializing is one of the sports activities that favour lowering academic stress.

In 2003, Daley and Leahy published research examining how physical activity might increase one's self-esteem. Excess academic stress can be reduced by participating in extra-curricular physical activities. Students maintain their physical and mental fitness. In addition, their bodies are in terrific form, giving them self-assurance and a superior perception of their attractiveness. Besides this, persons who do not engage in any type of physical activity do not possess these attributes ([Daley and Leahy, 2003](#)). Co-curricular programs in school assist children's brains in polishing their abilities and building their specific skills. Organizing contests can also help them develop a challenging market and strive toward continual ongoing learning. As a result, a growing number of pupils are emphasizing the value of activities from the beginning of the school year so that kids can benefit in the long term.

Research Methodology

The present study is qualitative in nature. Interviews with teachers were conducted. Interview guides allowed the researcher to explore and guide respondents for more comprehensive information while also keeping the conversation on the topic. To collect the data, a structured interview was used to collect the in-depth qualitative data from 25 teachers, 13 male and 12 female teachers. Teachers were assisted by interviews because they have limited time to reply and direct communication with them aids in discovering frequent feedback. After conducting the interview, data were analyzed and interpreted.

Interview Analysis and Interpretation

In total, 40 school teachers were interviewed from several different schools in Rawalpindi. Overall, the gender balance of respondents was fairly equal, with 13 males and 12 females within the sample.

What's your Point Of View About Sports and Fitness Activities Establishing a Favorable Surrounding for the Growth and Learning of Students?

Sports and Fitness activities have established a positive impact on the mental development of the student. 75% of the school teacher find that 50% of the students are eager to participate in sports activities. 15% of the teachers are of the view that Co-curricular activities partially affect the learning of the students. 10% of the teachers has a neutral point of view. Most the school teachers found that students are eager to participate in sports activities. They believe that Co-curricular activities partially affect the learning of the students. Learners are inspired to act morally and support one another when a safe atmosphere and clear standards are modelled and encouraged.

How do Physical Activities help in Developing Behavioural Changes in the Individual?

The teachers believe that Physical activities improve learning, judgment and mental thinking. It also improves physical activeness like cricket, football and volleyball help students in physical fitness and activeness. 80% of the teachers believe that Physical activities improve learning, judgment and cognitive

thinking. It also enhances physical activeness like cricket, football and volleyball, helping students in physical fitness and activeness. 20% of teachers say that behavioural changes get less affected by physical activities. Participation in activities transforms a pupil on a psychological level. Sporting activities help children develop persistence, teamwork, and management skills. In addition to enhancing pupils' physical endurance, games invariably maintain discipline, tenacity, courage, and devotion.

In your Opinion, how can Activities Create a Favorable Environment for Learning in the Classroom?

In order to inculcate cognitive learning in students and to create a favourable environment in classrooms, physical activities have played an important part. According to the school teachers, the learning environment in the classroom is progressively the result of physical activities. Classroom learning and environment are all about activities in the classroom. According to 68% of school teachers, the learning environment in the classroom is progressively the result of physical activities. Other 32% of teachers are of the view that classroom learning and environment are all about activities in the classroom. Student performance is directly correlated with the form of learning atmosphere instructors foster in their classes.

What Impact do Activities have on Student's Assessment?

Assessment is an essential part of the learning period of the student part. Physical activities help students in learning and develop confidence in them rather than running behind the marks. Teacher 79% of mentors say that co-curricular activities make students assess both academic and physical health education better. Students that actively engage in activities realize that passion is a process that takes time, energy, and hard work to develop. Students that actively engage in activities realize that passion is a process that takes time, energy, and hard work to develop. Individuals who have had a lot of training using their abilities to think also understand how both personal contemplation and group discussion may make for better concepts and more original responses to issues.

How do Various Activities help in Keeping Students focused on the Task in the Classroom?

At the school level, 81% of the teachers thought that those students who participate in extra-curricular activities are more focused on their academic learning and are more passionate about becoming high achievers in other physical activities. On the other hand, 19% of the teachers believe that these activities distract students from their main studies and they lose their focus. Through participation in various physical and intellectual activities, students can enhance their abilities. They can improve performance better in the different tasks; by practising, they can build their confidence and keep active and focused in the classroom.

What do You Think how Activities are Essential for the Overall Development of the Student?

The goodness of overall development that includes physical, mental, social and emotional health is the great contribution of recreational activities. 89% of the teachers say that activities help students to develop rational and logical thinking. Therefore they can lead a healthy and prosperous life. 11% of teachers thought that activities partially impact overall development. Involvement in games helps students to develop their issues, rational, cognitive, creative, expressive, and development of interpersonal. It is possible that co-curricular school activities, such as writing, art, games, painting, seminars or workshops, are required. Various other activities, such as joining a school's sports team, debate squad, or editorial staff for the student newspaper, might be optional. Engagement benefits kids' psychological, interpersonal, and general intellectual development. As a result, leisure activities are quite important.

In Which Way do Activities Develop a Healthy Learning and Personal Growth Atmosphere?

Most teachers answered that those physical activities greatly impact the healthy learning and personal growth atmosphere. It also helps in continuous learning, enthusiasm, confidence, problem-solving approach, regular exercise, regular self-evaluation and rationalization. Another 15 % believe that co-curricular activities can improve only physical growth, but personal growth can be improved by other factors. Various activities planned for a student

in the classroom can enhance learning ability and develop a healthy learning and personal growth environment.

Conclusion and Discussion

The interview findings show that sports and fitness activities have established a positive impact on the mental development of the student. The teachers believe that Physical activities improve learning, physical health, judgment and mental thinking. In order to inculcate cognitive learning in students and to create a favourable environment in classrooms, physical activities have to play an important part. School teachers, the learning environment in the classroom is progressively the result of physical activities. Students enjoy various educational non-education activities, and they want to enjoy these types of activities. Findings suggest that every student must participate in physical activities for overall development. Critical results from this study show that physical fitness was associated with academic performance, approving the idea that children who are more physically fit are more likely to perform well and do better in the classroom. A nonparametric chi-square result shows that sports and fitness activity are significantly associated with the student's physical and mental well-being. These activities improve confidence, communication skills, motor skills, physical abilities, management skills, and the student's overall performance in the class.

At school majority of the teachers thought that those students who participate in extra-curricular activities are more focused not only on their academic learning but also they are more passionate about becoming high achievers in other physical activities. On the other hand, few teachers are of the view that these activities distract a student from their main studies and they lose their focus. Primary fitness is a concept that influences students' knowledge and accomplishment, as well as the development of appropriate communication skills and educational abilities. [Morgan and Hansen \(2008\)](#) found that instructors believe in special activity as an essential component of the education system; nevertheless, measures must be in place to ensure that strength and conditioning courses concentrate on learning objectives and are well executed.

According to the interview analysis, most

teachers observe that sports and fitness activities positively impact students' mental development. Learners are inspired to act morally and support one another when a safe atmosphere and precise standards are modelled and encouraged. To keep students engaged and motivated inside their learning objectives, teachers must focus on personal engagement in the classroom through various activities. 80% of the teachers believe that Physical activities improve learning, judgment and mental thinking. In order to inculcate cognitive learning in students and to create a favourable environment in classrooms, physical activities have played an important part. Various activities planned for students at the school can enhance their learning ability and develop a healthy learning and personal growth environment.

Recommendations

It must be appreciated for the students to engage in

group activities emphasizing the social benefits of sports and recreational activities. Trying to provide a proper and enjoyable environment in sports programs for students. School should provide various possibilities for both trainer and learner reflection involving the enjoyable thing in physical education. There was found that the set duration of sports in the sampled schools is not sufficient for the students. School administration must allocate more time for students' co-curricular activities. Through this initiative, students will enjoy school and show more connectedness to the school. There is an essential need to organize workshops and brief school administrators, teachers and students on the effect of participation in competitive sports and the well-being of students. It would help the school to implement more packages which will include the students more and boost them up more interaction in and outside the classroom.

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