

Impact of extracurricular activities

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Abstract

Extracurricular activities are various activities such as sports, arts in which students engage outside of school hours. They provide an opportunity to build a positive character and educate ways to develop discipline, commitment, self-control and a respect for school authorities.

The aim of this study is to explore and evaluate the essential role that involvement in in-school and out-of-school activities plays in students' learning performance.

We hypothesized that students who are involved in extracurricular activities are more likely to have positive learning outcomes. To conduct our study we selected a sample of 150 students, who underwent the completion of a questionnaire that aimed to measure the importance of the activities.

The collected data were analyzed through statistical package SPSS 26. Through statistical analysis Chi-Square coefficient, P-value = 0.00, ie $P < 0.05$. it was concluded that there is a statistically significant relationship between the variables which means that involvement in extracurricular activities positively affects students' learning outcomes. According to the students, extracurricular activities do not interfere with their grades and for them to be excellent in lessons.

Keywords: extracurricular activities, students, academic achievement, self-esteem, social development.

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