

NEED OF EXTRACURRICULAR ACTIVITIES FOR PERSONALITY DEVELOPMENT

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Introduction :

Extracurricular activities are defined as those activities which are not the components of the academic curriculum but an integral part of the educational environment. Extracurricular activities help in the development of intellectual , emotional and moral development. The main motto of extracurricular activities is personality development . These are the activities which promote students to take up their study in a healthy manner. In earlier days extracurricular activities were the only source of entertainment. Unfortunately , extracurricular activities for students are increasingly relegated to the back seat Nowadays , due to highly sedentary lifestyles. The phenomenon is dangerous since a sedentary lifestyle can have a severe and adverse impact on physical and mental health.

Most of the time the children were judged on the basis of their academic performance. However many student have shown that children who excelled in academic studies but did not have any other skills usually did not lead happy successful lives when they grow up. There are lot of skill which a person need to have in order to be an important and useful part of the society and be able to lead happy life . New research suggest that activities like sports, cookery, martial arts ,crafts , fitness exercise debate etc. when included in curriculum will unlock the imaginative power of the children's brain. For this reason, modern education places a lot of importance on other activities and skills besides academic performance.

Review of Literature :

Success of any organization based on high intellects. **Darling** stated that the participation in Extracurricular activities and adolescent have a positive relationship. **Wilson** said that actively participant students in extracurricular activities generally get advantages likewise superior test scores, educational attainment , leadership skills, better team work etc.

Fung and Wong analyzed that involvement in the extracurricular activities having a constructive relation with acceptance by classmates academic performance etc.

Objectives :

The main objectives of the study are -

- 1) To study the need of extracurricular activities.
- 2) To find out the importance of extracurricular activities in personality development.

Need of extracurricular activities :

Extracurricular activities for students are very important . This is because most students are now leading sedentary lifestyles. Several factors are contribution towards lack of interest in extracurricular activities for students and resultant inactive lifestyles

Reasons for sedentary Lifestyle of student :

The phenomenon of inactive lifestyles is not limited to urban centers only ; students in rural areas are equally prone some of the main factors for lack of interest in extracurricular activities and resultant sedentary lifestyles can be blamed on advances in technology.

- Widespread use as smart phones among students for gaming and entertainment caused by increasing disposable income among working parents.
- Easy access to computers and high speed internet also for gaming entertainment and social media networking.
- Overemphasis upon studies by parents to ensure their children score high marks.
- Rat race for getting admissions to professional courses forcing students to prepare for entrance exams in spare time.
- The 'mall culture' that encourage students to spend more time at malls and food courts in fruitless pursuits.
- Availability of round the clock TV Channels .
- Inability of working couples to effectively monitor how children utilize free time.

Extracurricular Activities for student :

For the holistic development of students, extracurricular activities event got much encouragement since ancient times. Nowadays, Schools and colleges have been given much more importance to extracurricular activities, so that the hidden potential of students could be harnessed . These activities help to develop creativity and artistic talents among students. Great educational thinker such as Rousseau's, Spencer and Dewey had advocated the importance of extracurricular activities among students so as to develop social relationship intellectual intelligence . Extracurricular activities comprise sports, singing, music, debate, dance , drama, social services etc. School can play a pivotal Role in extracurricular activities.

Extras curricular activities :

1. Sports, Singing music, debate dance , drama , field trip, tour etc.
2. National cadet corps (NCC), Girls scouts and Guides , Boy Scouts , National Services scheme (NSS)
3. Some activities for mental power memory game, chess clubs, yoga and meditation.
4. Extracurricular activities for fun & G.K. are : Pen friends, collecting postage, stamps, collecting coins & currency notes, Quiz contests etc.
5. Extracurricular activities for a math's lover: math club, Sudoku, number Games.
6. Extracurricular activities for English: toastmasters, essay writing, storytelling competitions, Debate club, School / College Magazine etc.

The Importance of Extracurricular activities.:

- The classroom teaching learning environment gets strengthened by extracurricular activities.
- The features and traits like extempore expression, speech fluency , co-ordination & communication, adjustment etc get empowered with co curricular activities.
- Extracurricular activities enable the students to express themselves freely, inculcate the values of co-operation, it means of developing skills and competence.
- Co-curricular activities help to prepare you for your future challenge.

Benefits and Advantages of Extracurricular Activities :

- Students get inter mingle with different peer group during these activities which satisfy the needs of socialization , self -assessment self- identification.

- Extracurricular activities require sacrifice and control which ultimately helps in grooming your balanced personality.
- Extracurricular activities provide motivation for learning. Field trips, travelling and tours help to know about other places, people, customs and cultures, they provide opportunities to adjust themselves to other people.
- It helps in the proper channelization of physical health.

Findings :

Due to tremendous impact and benefits of extracurricular activities every one focuses a lot on this area. As children engage in extracurricular activities their confidence levels will increase. They will learn new things, learn to interact well with others, learn to be part of a team, improve physical fitness, acquire new knowledge and insights. All these experiences can have positive impact on their self-esteem and confidence levels.

Conclusion :

The extracurricular activities can become the defining line between your success and failure as a student and in life. Unfortunately, the educational system does not lay much emphasis on innate or inborn skills of students. As a result, extracurricular activities for students help bridge this gap between education and innate skills. Students that participate in more than one extracurricular activity also excel in studies and develop good personalities.

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