

THE IMPACT OF PARTICIPATING IN EXTRACURRICULAR ACTIVITIES ON ACADEMIC PERFORMANCE AMONG STML STUDENTS IN UUM

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ABSTRACT

As university students, the extracurricular activity is an essential part of their lives in campus. This study proceeded to examine the impact participating in extracurricular activities on academic performance among STML students in UUM. This study was also conducted to know whether joining the extracurricular activities will influence the students' academic performance. This study was also carried to compare the students' performance along the number of activities participated. The research focused on undergraduate students in UUM-STML. The study used quantitative approach with a survey as the data collection approach. SPSS software was used to analyze the data. The study found that participating students believe that extracurricular activities are positively related to students' performance.

Keywords: *extracurricular activities, academic performance, CGPA*

INTRODUCTION

This study investigates the impact of participation in extracurricular activities on academic performance among STML students in UUM. As students, participations in extracurricular activities are one of the most important part of their life.

Extracurricular activity is a part of everyday life among university students. Extracurricular activities refer as the activities that student participate in outside the regular classroom and more to environment. Extracurricular activities include sports, student clubs, student government, volunteering and so on.

Participations often make students learn and build skills such as teamwork and leadership. They play important roles in the development of students as the human capital to be. The participations are deemed to link with individual's well-being and opportunities for better living in future.

In education, it is often enough that new initiatives or programs are designed to raise students' test scores or help students with their academic performance. It would be better off if there are solutions to that problem as simple as connecting them to university through a club, activity, sport or fine art in order to increase their academic performance (Freeman, 2017). Moreover, from this study, the students can get insights about the impact of participating in the extracurricular activities of their life such as academic, social and emotional.

Problem statement

All of the extracurricular activities can lead students to a positive impact on students' performance. Positive impact not only on academic but also can be on society and leadership skill. So, the impact participated the extracurricular activities have on students is various in their benefits even beyond the classroom. Sometimes, it is might occur negative impact but it is not notable. Different activity in which students participate, both inside and outside the campus it-self, are among the multiple situations or agents that can have an effect on academic performance (Moriana et al., 2006).

Time management is one of the core principles on students. The researcher believes that effectively managing time between work and leisure time are a key element of future success. For students to thrive while studying at college prep boarding schools and post-graduation, it is important that they understand the key role of effective time management. The students should know how to develop a schedule, how to prioritize activities and how to plan for unexpected events and emergencies. The ability to prioritize time will impact to future success (Wasatch Academy, 2016).

According to Eccles (2003), there are different perspectives of what is considered an extra-curricular activity. A few instances of activities outside the school day may include pro-social activities such as dances, team sports, and performing arts, while in-school involvement activities may include intramurals and academic clubs. Different levels of activity involvement and participation may positively impact future success for those who participate in extracurricular activities. Research also indicated that both the type of extracurricular programs and level of participation may impact the individuals' development (Wilson, 2009).

Research objectives

The aim of this study was generally to look into the key determinants of the impact of participating in extracurricular activities on academic performance among STML students in UUM. Specifically, the study aimed to:

1. investigate the impact of participation in extracurricular activities on students' academic performance.
2. compare the student performance along the number of activities participated.
3. compare the student performance along the designated year of study.

LITERATURE REVIEW

Extracurricular activity

Extracurricular activity refers to any organized activity that takes place outside of the regular school curriculum. These are activities defined as something done for pleasure or purpose that usually involves a group. The kind of extracurricular activity include sports, organizations, competition or anything done by students to provide them leisure or to achieve his goals and satisfaction outside regular school curricular (Anna Paula Gallemmit; April Joy Lualhati; Ella Gallemmit; Nenia Myrr Lobiano).

Academic performance

The students' performance academic achievement plays significant role in producing the best quality graduates who will become great leader and manpower for the country thus responsible for the country's economic and social development (Dhagane & Afrah, 2016). There are several ways to determine student academic performance which are cumulative grade point average (CGPA), grade point average (GPA), tests and others. In Malaysia, researchers evaluate the student academic performance based on CGPA. Most of the researches done in other countries used GPA as a measurement of academic performance. They used GPA to assess students' performance for that particular semester. Some other researcher used test results to assess students' performance for the specific subject (Yogendra & Andrew, 2017).

Time management

Time management plays an important role in academic success. A student life is hectic with deadlines assignments and submissions during the semester. Students have to find a healthy balance between academic workload, participating in curricular activities, and giving self-time to relax (Locus Assignments).

Level of extracurricular activity participation

Student's level in extracurricular activities could show how much the students will get affected through the activities. Different levels of student's participation in activities may give a positive impact towards successful in future for those who are participating (Safii, Zulkifli, Juhari, Saffrizain & Ahmad, n.d.).

Theoretical framework

The dependent variable is students' academic performance which is the variable primary interest. The important relationships that are theorized to exist among the variables have been incorporated in this research framework, in which is to be explained by two independent variables, namely time management and level of extracurricular activity participation.

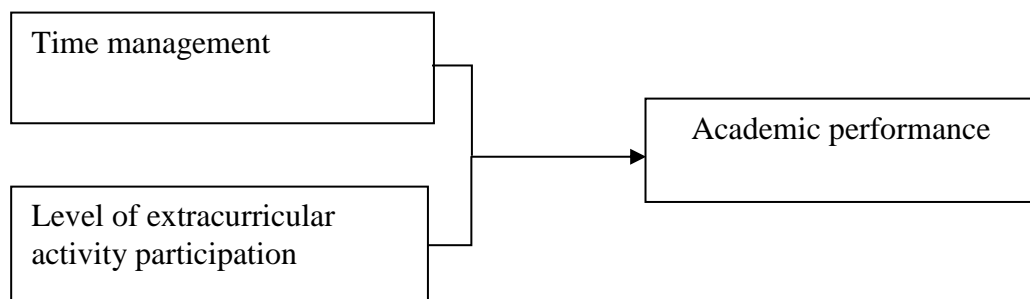


Figure 1
Research framework of academic performance

The following hypotheses are proposed:

H1: Time management has a positive relationship with academic performance.

H2: Level of extracurricular activity participation has a positive relationship with academic performance.

RESEARCH METHOD

This study was proceeded with the quantitative path on 1324 UUM undergraduate students that are from School of Technology Management and Logistic (STML). The data collection method used is the stratified sampling method which is the process of selecting a representative group from the population. The sampling technique used in this research is non-probability convenience sampling which are the common of all sampling technique. Besides, it is very fast in view of getting better response in a brief time.

School of Technology Management and Logistic (STML) as the population is too large which approximately 1324 students in the school that make it impossible to include all of them, so the researcher choose 100 students from three course such as Operation Management, Technology Management and Logistic Management which is in academic year (Year 3 and Year 4). The sampling was done in two weeks within the month from March to April 2018. The data result has analyzed by SPSS Statistics 25.

DATA ANALYSIS AND DISCUSSION

Table 1

Gender demographic table results

Gender	Frequency	Percentage (%)
Female	69	69
Male	31	31
Total	100	100

As shown in Table 1, within total 100 respondents, there are 69 female students account for 69% while 31 male students account for 31%.

Table 2

Year of study demographic table results

Year of study	Frequency	Percentage (%)
Year 3	51	51
Year 4	49	49
Total	100	100

Table 2 shows the year of study demography, third year account for 51% and fourth year account for 49%.

Table 3
Range of CGPA demographic table results

Range of CGPA	Frequency	Percentage (%)
2.00-2.99	6	6
3.00-3.66	71	71
3.67-4.00	23	23
Total	100	100

Table 3 shows the range of CGPA demography, CGPA 2.00-2.99 account for 6%, 3.00-3.66 account for 71% and 3.67-4.00 account for 23%.

Mean score is the method used for evaluation in this study. Mean scores used in this study reflect to the relationship between independent variable and dependent variable and compare all the variables.

Table 4
Mean score for gender

Gender	Academic Performance	Time Management	Level of Extracurricular Activity Participation
Female	3.8291	3.6319	3.8571
Male	3.7289	3.7226	3.8848
Total	3.7981	3.66	3.8657

As shown in Table 4, for the gender demography of variable academic performance, the result shows 0.1002 difference. It means female and male students both believed the participating in extracurricular activities can impact their academic performance. For the time management variable, the difference between male and female students is 0.0907, still not much, means the time management of participating in extracurricular activities almost the same for both gender's students. However, for the level of extracurricular activity participation variable, the difference is 0.0277 between female and male, which is clearly male students thought more about the level of extracurricular activity participation.

Table 5
Mean score for year of study

Year of Study	Academic Performance	Time Management	Level of Extracurricular Activity Participation
Year 3	3.753	3.6157	3.8599
Year 4	3.845	3.7061	3.8717
Total	3.7981	3.66	3.8657

Table 5 shows the mean scores of academic performance, time management and level of extracurricular activity participation that are students in two academic years which is year three and year four. And clearly shows its relationship with the total mean scores. In the academic performance, the student with the highest mean is the fourth-year student, which is almost similar to the time management variable. As the previous mention, the time management the highest mean also fourth-year student. In the level

of extracurricular activity participation, the difference between third year students and fourth-year students is 0.0118, still not much, means the level of extracurricular activity participation the highest is the fourth-year student. In general, students in the fourth year have the highest expectations for participating in extracurricular activities. Relatively comparable, the expectations for students in the third year students are lower.

Table 6
Mean score for range of CGPA

Range of CGPA	Academic Performance	Time Management	Level of Extracurricular Activity Participation
2.00 - 2.99	4.0347	3.7	4.1667
3.00 - 3.66	3.8138	3.6648	3.8511
3.67 - 4.00	3.6876	3.6348	3.8323
Total	3.7981	3.66	3.8657

The mean score of range of CGPA demography of each variable shows in Table 6. In the variable of academic performance for different CGPA, we can see that the students belong CGPA 2.00-2.99 showed strong agreement, the mean score reach 4.0347. One of reason is most of the students have CGPA 2.00-2.99 more active participating in extracurricular activities. As for the time management and level of extracurricular activity participation variable for different CGPA, they also showed both of them have the CGPA 2.00-2.99 are highest mean score than other CGPA and students have CGPA 2.00-2.99 more active participating in extracurricular activities.

CONCLUSION

Extracurricular activities are half essential part of most students' life. Therefore, I believe these activities have positive impacts on student's life by improving behavior, attendance, confidence, academic performance, school completion rates, preparation for career or future life, and social growth. Educators need to be aware of the impacts that extracurricular activities may have on student's lives and their academic performance.

The key of this research is generally being identified by this study in regard the impact participating in extracurricular activities on academic performance among STML students in UUM. The research is in the perspectives of three variables such as academic performance, time management and level of extracurricular activity participation. By using sampling technique to get students' acceptance data and analyzed it by SPSS software. The findings show the different opinion about participation in extracurricular activities in gender, year of study and range of CGPA. Based on this research, it shows participating students believe that extracurricular activities are positively related to students' performance.

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