



Extra-Curricular Activities Lead to Healthy Social Skills among Students in Malaysia

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ABSTRACT

This paper discusses the benefit of extra-curricular activities in social skills among students in Malaysia. Student's participation in extra-curricular activities can increase the social skills in terms of self-confidence, building relationship with the others, collaboration, etc. On the other hand, it can develop positive relationship outside the classroom environment and act as a catalyst for social skills. What's more, through additional curricular exercises, the creation of phenomenal human capital from the physical, passionate, otherworldly and scholarly perspective can be produced.

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1.0 Introduction

In Malaysia, each essential and auxiliary school understudies are required to partake in additional curricular exercises either working in affiliations and clubs, formally dressed bodies unit, and also sports and games. Ministry of Education Malaysia likewise prompted understudies to take an interest in games, for example, the motto "1 Murid 1 Sukan". This trademark intends to pull in understudies required in games in school and take part in games either at the school, region and national levels. What's more, to create coatings of games comprehensively and particularly in Asia. Educational modules is a gathering action in which the exercises arranged augmentation of the way toward instructing and learning in classrooms that give a chance to include, merge and rehearse the information, aptitudes and qualities learned in the classroom.

The primary objective of the execution of the educational modules in training is to help the acknowledgment of the National Education Philosophy of religion and imparting the trust to god, adjusting the otherworldly, physical, scholarly and passionate, fortify correspondence and association among understudies; assemble and upgrade the interests and gifts; manufacture and enhance teach; making a sound school culture; enhance building and collaboration; and making the character of the school (Abd Rahim, 2004; Tam Yeow Kwai, 2010).

The significance of co-curricular exercises in instruction has been accentuated since time immemorial by researchers. At the season of the Renaissance, Vittoria da Feltre (1378-1446), an awesome instructor and prestigious compassionate specialists from Italy have communicated that training would be inadequate if commonsense exercises, for example, games and amusements don't fit into the school educational programs (Crowder, 2010). This view was reverberated and connected in training throughout the years, just contrast is the degree to which he genuinely sought after cutting edge examine schools. Presently, the educational modules has turned into a need in instruction (Abd Rahim, 2004)

The review by Holland and Andre in Yusnizam (2008) found that interest in co-curricular encourage general advancement of the individual understudy. It additionally encourages the accomplishment of objectives and non-scholastic academic. Educational modules try to deliver beneficial outcomes, for example, shaping the capacity to control his own life, high instructive goals and decrease the dropout issue. In such manner, the Ministry of Education so genuine exertion in the execution of the educational modules in schools to make an era of Malaysians who are learned, have a spirit and advance individual, enthusiastic goodwill and ready to confront the difficulties of group and incorporated (Esa and Mustafa, 2010).

2.0 Social Skills

Social abilities help the identity advancement which is not just the duty of guardians and educators as direction additionally the obligation of the understudies themselves to will to acknowledge advices and feedback which in the meantime implanted inside themselves. The participation of students in any co-curricular activities gives students the opportunity to develop their talents and interests beyond the formal classroom environment. Various sources and examples have been presented to prove that co-curricular importance is the most appropriate and realistic tool for developing a holistic student and thinking beyond the thinking box (Esa et. al, 2015). Among the principle social abilities are:

2.1 Building Relationship

Proficiency in building relationship implies abilities to make interpersonal organization or developing and keeping up the wide casual system, building helpful relationship and developing individual kinship through shared regard and resilience (Norah et.al, 2006). Unfortunate indications are brought about by the shortcoming in building positive connections in social condition, for example, associations with guardians, instructors and companions. The picking of associates additionally give a profound effect towards self-awareness. Relationship building abilities are likewise critical

with the goal that they are more certain and have a feeling of regard. Generally speaking, human capital advancement is from training that opens understudies to modern needs. Human capital is really a benefit that requirements infusion is from the purpose of profound esteems, intelligent people and advancing social capital over every person.

2.2 Coordinated effort

Coordinated effort is the effectiveness in working with others to accomplish shared objectives in view of the mission and vision of the association or gathering. (Yahaya et.al, 2005). They should will to work together with each other and need to make a helpful climate in accomplishing a similar objective. When they can acquaint themselves with participation, contingent upon each other to pick up learning consequently, they can be sorted as a synergistic understudy.

2.3 Collaboration

People who have these skills will show collaboration qualities, for example, regard, participation and accommodating and in addition trust other's capacities. They can likewise bring all colleagues to effectively take part in building a gathering personality, camaraderie and exceptionally dedicated. With this aptitude, an individual will dependably get ready in ensuring the gathering notoriety and additionally sharing the got gratefulness together (Noriah et.al, 2006). A phenomenal individual need to execute helpful conduct in each doled out assignment. Aside from that, they additionally need a feeling of certainty for their companions, particularly amid assignments division either identified with the training and in addition co-educational modules exercises.

2.4 Ready to roll out an improvement

Understudies who are proficient to catalyze changes will start an adjustment in an association. The individuals who are effective in creating changes will know the necessity to change, diminishing hindrances and in addition testing the circumstance that could limit the progressions (Abdul Rahman, 2004). With regards to class understudies, they need the quality to roll out an improvement towards a specific thing that need the progressions particularly when there is unfortunate behavior among their companions. They need the valor to call attention to their companion's misstep graciously and set out aggregate the hazard to be censured by different gatherings particularly their companions. They additionally should be overcome in standing up their brain in giving out their method of reasoning for discourse. For this situation, the issues among two gatherings can be illuminated utilizing the part of profound comprehension. The cap acuity to influent others include the utilization of successful strategies to induce. Individual with this capacity is talented in affecting others by means of unobtrusively exhibiting thoughts to draw in the audience members' consideration (Mancha and Ahmad, 2016).

2.5 Correspondence

Understudies who have the correspondence ability will transparently tune in and pass on a message in a persuading way. They can endure and pass on the feelings as indicated by the message. The genuine correspondence and in addition common understanding when managing troublesome issues will make them prepared in sharing data totally (Yahaya et.al, 2005). The individuals who have these abilities energize open correspondence, which expresses the standards unequivocally, desires and in addition cordially upbraid other individual's inappropriate activity.

This individual is likewise eager to acknowledge any great or terrible news smoothly

2.6 Conflict Management

Understudies who are skill to oversee struggle can arrange and resolve debate. The abilities in overseeing struggle empower them to deal with others and additionally overseeing extraordinary circumstance splendidly. What's more, they are likewise ready to recognize potential clashes in an environment, handle contradictions straightforwardly and help in facilitating it (Abu Bakr, 2002). Their demeanors which are support verbal confrontation and open discourse prompts issues change in win-win circumstance. The proficiency in peace making can build up one's identity. They turn into a peacemaker in a contention as well as ready to recognize potential clashes among his partners accordingly of an issue or issue. Along these lines any contention can be kept away from and keep the amicable relationship among understudies (Mancha and Ahmad, 2016).

2.7 Initiative

The pioneer have a part in rousing and guide people and gatherings. A decent pioneer will advance and raise excitement among the individuals to accomplish the mission and vision which are detailed together. A person with a high passionate knowledge will step forward to lead when in need paying little heed to the position and guide other's exhibitions. Consequently, an able pioneer is a pioneer which can coordinate somebody or the entire gathering towards the set objective (Mohd Mahzan and Ahmad, 2015). A decent pioneer likewise has predominant qualities which make them regarded by other association individuals. Any direction and choice by a pioneer will be trailed by the subordinates with no complaint or uncertainty. What's more, a capable pioneer is likewise an informed pioneer which has a high comprehension towards the point, objective, approach and the necessity of its subordinates. A pioneer needs to settle on a choice as per the point and set objective. They likewise should have the capacity to discuss well with different people

3. Conclusions

In general, understudies that have great social abilities are those that are effectively required in school exercises. Extracurricular exercises are proficient to shape individual character of an understudy. Among the normal individual advancement through additional curricular exercises are developing administration qualities, building and molding a solid identity and eventually shape a restrained era. Additional curricular exercises are likewise fit for shaping a constructive identity and build up an awareness of other's expectations. Association in social orders, clubs and different exercises will create social aptitudes, blend and benevolent connection and in addition ready to make advertising that can be used later on society.

Support in extracurricular exercises is likewise an activity in arrangement for the universe of work, subsequently, investment in these exercises influence the measure of pay gotten by the worker. A considerable measure of led research are more centered around instruction and in this manner abilities preparing ought to likewise be given the highlight as it influence the work and also the salary that will be gotten later on.

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