



## **Role of co-curricular activities in bringing all-round development to the students of high school stage with specials reference to Guwahati, India : a study.**

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### **Abstract**

The core aim of Education is to feature All-round development of a child. All-round development essentially means Intellectual, Physically, Moral, Spiritual, Emotional, Social and Aesthetic development. To fulfill this care aim of education, there is a prime need of striking a balance between syllabus, curriculum and also co-curricular activities beyond that. The Co-curricular activities are these, which are under taken side by side with the curricular activities. To realize the All-round development of student, curriculum should be amalgamated with Co-curricular activities or Extra-curricular activities. These activities help in relaxation of aims and objectives of education and help to develop the values like Physical, Psychological, Ethical, Academic, Civic, Social, Aesthetic, Cultural, Recreational and Disciplinary values. Thus, the present study is conducted on the role of Co-curricular Activities in bringing all-round development to the students of High School Stage of Guwahati. The study is a useful one to achieve its objectives. After the collection of data from the sample High Schools, the data has analyzed and it has found that Co-curricular activities plays a vital role in bringing development to each and every aspect of a student. The study shows that various types of Co-curricular activities organized in the schools helps the students to develop their personality. These activities provide leadership training, creative ability, sense of belonging uses, decision making skill etc. among the students. Sense of unity, Co-operative and Co-ordination etc. are some of the qualities, which are developed among the students by practicing these type of activities. These activities make the students motivated towards the academic learning and thus make teaching learning process and effective one. Thus, for the all-round personality development of a student, these Co-curricular activities are very important to be organized in the schools. These are the true and practical experiences received by students. To a greater extent, the theoretical knowledge gets strengthened when a relevant Co-curricular activity is organized related to the content taught in the classroom.

**Keywords:** Co-curricular Activity curriculum, All round development personality, Students, Creativity, Leadership.

### **1. Introduction**

The modern education give specials focus on incorporating three major genres of education-reasoning, psychomotor and emotional learning. Education is a pretty broad concept that surpasses the four walls of a classroom. The core aim of education is to foster All round development of a child. All-round

development essentially means Intellectual, Physical, Moral, Sensible and Social development. All-round development can be achieved only through education. Education plays a fundamental role in the making of a man and his development as a culturally well development social animal. To fulfill these objectives, there is a prime need of striking a balance between

syllabus, curriculum and also Co-curriculum activities beyond that Co-curricular activities are those, whose are undertaken side by side with the curricular activities.

Four decades ago, it was comparatively easy to define Co-curricular Activities because all of them were organized and promoted largely by students themselves, with relatively little assistance from teachers and administrators. Equipments were meager, little official recognition was given and no credit was allowed for participation. These activities were really extra-curricular. But, today, it is difficult to define Co-curricular Activities, because all teachers have definite responsibilities for their organization; many full time professional teachers are employed, school rooms, time, equipments and materials are provided; their relationship with regular curricular activities are regarded as vital; credit for participation is allowed and recognition is also given. In short, according to the modern education thinkers, curriculum is not only teaching and learning in classroom, it also includes works in library, laboratory and workshop, participation in Games and sports in play ground and numerous informal contacts between teacher and pupils in these places. In these informal contacts there are many activities-one of which is Co-curricular activities. It is a part of Curricular of the institutions.

Co-curricular refers to activities, programs and learning experiences that complement, in some way, what students are learning in school- i.e., experience that are connected to or mirror the academic curriculum. These activities are defined as the activities that enable to supplement and complement the curricular or main syllabi activities. There are very important part and parcel of educational institutions to develop the students' personality as well as to strengthen the classroom learning. A Co-curricular Activity is defined as a programme or out-of-class activity, supervised and/or financed by the school, which provides curriculum related learning and character building experiences. Co-curricular Activities are voluntary, are not part of the regular school curriculum, are not graded and do not earn credits.

Co-curricular Activities (CCAs) are generally described as Extra-Classroom Activities and not the Extra-curricular Activities. These activities occupy an important place in modern education. Because, real education consist in all-round development of the children. The subjects taught is the Classroom alone can not develop all the traits of the children. Formal

instruction of the school must be supplemented through some Extra-classroom Activities.

School activities such as debate, drama, literary activities, social service, gardening, photography, scout and guide, excursion and all other activities which are not included in the regular time-table of the school are known as Co-curricular Activities. In the past, these activities are mainly organized after school hours and so were cultural Extra-curricular Activities. But, these were now considered as an integral part of education. But there should be a proper balance between curricular and Co-curricular Activities.

Accordingly to the Dictionary of Education (1977) - "Activities sponsored or recognized by a school or college which are not part of the academic curriculum but are acknowledge to be an essential part of the life of an educational institution. Co-curricular activities included sports, school bands, student newspaper etc. They may also be classed as 'Extra-curricular' i.e. activities carried on outside the regular course of study; activities outside the usual duties of a job, as extra class activities."

The Secondary Education Commission, (1952-53) is of the opinion that these activities provide opportunities to the children for developing their individual characteristics, ability and self-confidence. Sense of discipline, tolerance, sociability, emotional motevity, problem-solving ability, development of democratic values may be possible to be developed in the child's personality through there activities. So, the Co-curricular plays an important role in Physical, Mental, Social and Moral development of the child.

Co-curricular activities facilitate in the development of various domains of mind and personality, such as Intellectual, Emotional, Social, Moral and Aesthetic development. Creativity, Enthusiasm and Energetic, Positive thinking are some of the facts of personality development and outcomes of these Co-curricular Activities. For all-round development of the child, there is a need of Emotional, Physical, Spiritual and Moral development, that is complemented and supplemented by Co-curricular Activities. These activities have avail horizon to cater to the Cultural, Social, Aesthetic development of the child. That is why, the importance of Co-curricular Activities in school. Curriculum has been widely acknowledge by many countries in their respective Curriculum.

### **Frame works**

The same case is also noticed with National Curriculum Frameworks (NCE) of India.

## 2. Objectives of the study

The major objective of this study are given below:

- (i) To investigate whether the Co-curricular activities are organized in the High School of Guwahati or not.
- (ii) To investigate about the types of Co-curricular activities organized in the Schools.
- (iii) To study about the role of Co-curricular activities in bringing all-round development to the High School students.

## 3. Methods adopted for the study

Methodology is of utmost important in a study. In this study, the Description survey Method is used to collect the data regarding how Co-curricular activities help to bring All-round development to the High School Students of Guwahati, India.

## 4. Sample use for data collection

In this study, the representative sample is selected by using the method of simple Random sampling four private and four Government High Schools from the Guwahati city have been selected and the teachers and students of those High School have selected as samples. From each school, four teachers and thirty students have selected as samples for collecting the required data.

## 5. Tools of data collection

Tools are very important for collecting data in any research work. In this study, Interview Schedule and Questionnaire have used as data gathering tools. The interview schedule has used for the teachers and Questionnaire for the students.

## 6. Data analysis

### 6.1 Role of co-curricular activities in bringing all-round development to the students

This study is about the role of Co-curricular activities in bringing all-round development to the High school students. The study is very much useful to found the role of co-curricular activities in student's life/ The study shows that the selected High schools of Guwahati area of Assam plays a great role in organizing co-curricular activities in schools so that student's all-round development of personality may brought. These schools emphasizes on organization of co-curricular activities and active participation of students on those activities. Along with the curricular activities, the schools gives much abress on these activities and encourages their students to take participation on the activities, in which

they interest and potentiality. The schools organize various types of co-curricular activities such as fames and sports, musical activities, debate, exhibition, art and craft, music and dance, drawing competition, recitation competition, story writing competition, wall magazine decoration, write up for school magazine, folk song and dance, sculpture making, fancy dress competition, preparation of charts and models, clay modeling, Jay making, celebration of festival etc. from time to time. Student active participation in these activities help them to develop mentally, physically, socially, emotionally, spiritually and so on along with these activities the schools also have the facilities of computer classes, scout & guide, yoga, field trip or excursion, morning assembly, P T classes (Physical Training) etc. These activities help to develop potentiality, creativity, thinking and reasoning ability, problem- solving ability etc. among the students. The activities like music, drawing, art and craft literary works etc. help to bring aesthetic sense among the students. The activities like games & sports, yoga, field Trip etc. help to develop the mental, physical, aesthetic as well as Social aspects of the students. Organization morning assembly, celebration of festivals, cultural programmes etc. in schools help to develop the moral, spiritual, emotional and social and some other aspects of the students, Thus, it can be said that the co-curricular activities are very much helpful in bring all-round development among the High school students.

The study shows that co-curricular activities are the three and practical experiences received by students. To a greater extent, the theoretical knowledge gets strengthened when a relevant co-curricular activities is organized, related to the context taught in the classroom. Intellectual aspects of personality are solely accomplished by classroom, which aesthetic development, character building, spiritual growth, physical growth, moral values creativity etc. Are supplemented by Co-curricular activities. Frankness and clarity in language and personality of students is supported by these activities. It helps to develop Co-curricular, adjustment, speech fluency, extempore, expressions etc. among the students of High Schools. It has found from the student that Co-curricular activities plays a great role in bringing all-round development to the High School students. These activities helps in realization of aims and objectives of education. In the practical life, the students able to express their ideas freely due to active participations in debate and extempore. Discussion also helps in generating ideas and inculcating values. Games and

sports make them mentally and physically fit and sound. Co-curricular activities like Games makes them learn how to perform while losing or winning an event sometimes, classroom teaching becomes monotonous and routine, at that condition, Co-curricular activities bring pleasant and joyous experiences. Thus, these activities have many advantages in student's life. It is found that Co-curricular activities not only make the student's active and energetic but also enable to harness the in-depth potential of students. It enhances knowledge in many domains, which benefits the students as well as the schools. Co-curricular Activities are the good platforms to secure one's future both professionally and socially and promote leadership quality in students. It nurtures student's ability in co-operation. Co-ordination, organization and lead one towards leadership. These activities provide exposure to personalities and help in psychological transformation. The study also shows that the school channelize the energy of students with the help of these

activities so that proper realization of student's energy and potential can be ensured. Thus, the importance of Co-curricular activities is extremely important in case of average as well as problematic children who are full of energy.

It has been also found from the study that the Co-curricular activities enable the students to share their emotions and strengthen the bond of friendship. In these activities creative works are given more importance, which facilitate skills and ideas of the students. The High School stage is the stage of Adolescents and this Adolescents stage is a period of turmoil and restlessness, where energy of children has to be tapped before its use in unproductive work. These are the activities which motivate the High School students for learning and make their lesson enjoyable.

## 6.2 Examples and to type of co-curricular activities organized in the school :

Thus, the above table makes it clear that Co-

**Table 1 :** The table shows data collected from the teachers and students about how organization of different types of Co-curricular activities the students

Sl. No.	Co-curricular Activities	Aspects of Development
1.	Singing	Aesthetic, Social, Emotional Development.
2.	Games & Sports	Mental, Physical, Emotional and Social Development.
3.	Dancing	Physical, Social, Aesthetic and Emotional Development.
4.	Craft	Mental and Aesthetic Development.
5.	Yoga	Mental, Physical, Spiritual, Aesthetic Development.
6.	Morning Assembly	Moral, Spiritual, Social, Emotional Development.
7.	Cultural Programme	Social, Aesthetic, Emotional Development.
8.	Scout & Guide	Physical, Mental, Social, Emotional Development.
9.	Field Trip/Excursion	Social, Emotional, Aesthetic, Mental Development.
10.	Celebration of Festivals	Moral, Spiritual, Social Development.
11.	Exhibition	Moral, Social, Aesthetic Development.
12.	Debate & Discussion	Mental & Social Development.
13.	Literacy Activities	Aesthetic, Mental, Moral Development.

curricular activities help the High School students in their All-round development. All the activities play their own role to bring development among the students.

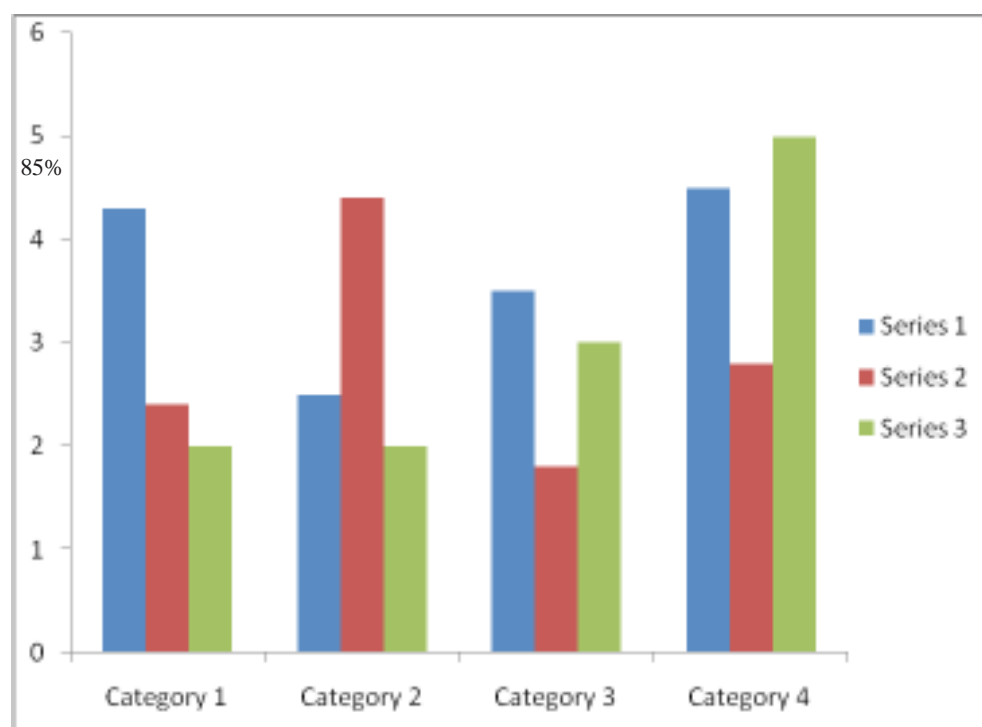
### 6.3 Aspects of development on percentage basis

A survey has been carried out in High Schools of

**Table 2 :** The table shows the data collected from the students and teachers about the role of co-curricular activities in bringing development to various aspects of students on percentage basis

Sl. No.	Aspects of Development	Percentage
1.	Mental Development	85%
2.	Physical Development	90%
3.	Emotional Development	75%
4.	Social Development	75%
5.	Moral Development	30%
6.	Spiritual Development	40%
7.	Aesthetic Development	60%

**Graphical Representation of the Table No. 2**



»Aspects of Development ->

**Fig.:** The figure shows graphical Representation of the above mentioned table.

Guwahati, Assam in view of above mentioned aspects for personality development of students with the help of Co-curricular Activities of schools. The above plotted figure is a Graphical Representation of table No-2, where all the aspects of student's development have been given on a percentage basis. From the Table No.2, it has observed that the development of Physical aspect is increased, while it has decreased in Moral aspect. The Bar Diagram shown in the Figure also depicted the same conclusion.

Thus, from the above analysis and interpretation of data, it can be clearly state that the formulated objectives of the study are achieved successfully. It is found that different types of Co-curricular activities are organized in the High Schools of Guwahati which are very useful for student's All-round development. There Co-curricular activities of schools plays a great role in bringing Mental, Physical, Social, Aesthetic, Moral, Spiritual and Emotional development among the students.

## 7. Findings of the study

The major finding of the study are given below-

- i) From the study, it has found that Co-curricular Activities plays a great role in bringing All-round development among the students of High Schools.
- ii) It is also found that different types of Co-curricular Activities are organized in the High Schools which help to shape the present as well as the future of the students.
- iii) It was found that the private Schools give much more importance in organizing Co-curricular Activities than the Government Schools.
- iv) Co-curricular Activities stimulate playing, activity, singing, recitation, speaking and narrating in students.
- v) Activities like participation in Games & Sports, Debates, Music, Drama etc. help in achieving the overall functioning of education.
- vi) It enables the students to express themselves freely though debates, thus it help them to develop Mentally as well as Socially.
- vii) Games and Sports help the students to be fit and energetic, thus helps them to develop their Mental as well as their physical health.
- viii) It has also found that these activities helps to develop the spirit of health competition.
- ix) These activities guide the students how to organize and present an activity, how to develop skills, how to Co-operate and Co-ordinate in different situations, thus helps in leadership

qualities.

- x) Co-curricular Activities provides the oneness socialization, self-identification and self-assessment.
- xi) It helps to inculcate the values to respect other's views and feelings.
- xii) It also helps to make the students perfect in decision-making.
- xiii) It has also found that Co-curricular Activities develop a sense of belongingness among the students of High schools.
- xiv) It is found that these activities provide motivation to the students for learning.
- xv) These activities help to develop the values like Physical, Psychological, Ethical, Academic, Civic, Social, Aesthetic, Cultural, Recreational and Disciplinary values.
- xvi) It is also found that the percentage of development is higher in physical and Mental aspects than in other aspects.

## 8. Suggestions

The following are some of the suggestions for the improvement of Co-curricular activities in High Schools

- i) Every schools should have the facility of Co-curricular activity, as it is very much effective for student's All-round development.
- ii) Along with the private Schools, Government Schools should also give much stress organizing Co-curricular Activities.
- iii) These activities should be make compulsory and should include in the School curriculum along with the Academic curriculum.
- iv) In every school, properly trained teachers should be appointed to provide training of various types of Extra-curricular Activities to the student.
- v) The teachers should observe the students very carefully and should try to understand the individual difference of the students. It may help the teaches to guide and assist the students to chose the Co-curricular Activities, in which the students themselves have interest and potentialities.
- vi) The teachers of Extra-curricular Activities should be fully devoted and loyal to their duty and must give theoretical and practical training of those activities for proper development of the students.
- vii) The teachers should also guide and assist the students to identify their hidden talents and capabilities, so that the students may try to develop

their talents and capacities with the help of Co-curricular Activities.

- viii) Every teachers should always encourage the students to take participation in different types of Co-curricular Activities for their better growth and development.

## 9. Conclusion

From the above discussion, analysis of data and findings, it can be concluded that the study is a useful one to achieve its objectives and purpose Co-curricular Activities plays and effective role in bringing All-round development to the students of High Schools. These activities facilitate in the development of various domains of mind and personality, such as Intellectual Emotional, Moral, Aesthetic Development. These activities provide the oneness of socialization, self-

identification and self-assessment. It also help to guide students to organize and present an activity, to develop skills, to Co-operate and Co-ordinate in different situations, thus help in leadership qualities. The Co-curricular Activities develop the values like Physical, Psychological, Moral, Socials, Aesthetic, Cultural etc. among the High School students. The study shows that in the High Schools, these activities plays a vital role in students life. The students, who participates in these activities shows higher academic results, stronger relationship in schools and more likely to lead a healthy and active lifestyle. Students also feel a sense of belongingness to the school and have higher self-esteem by participating in structured activities like Music, Dance, Performing Arts etc. In addition to this, students are motivated and it leads to a happier, healthier and a more cohesive school.

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