

THE IMPACTS OF CO-CURRICULAR ACTIVITIES ON PHYSICAL AND MENTAL HEALTH OF SECONDARY SCHOOL STUDENTS IN FATA

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ABSTRACT

The study was aimed to analyze the relationship of co-curricular activities with students' physical and mental health of Male Secondary School students of FATA. A sample size of 200 respondents was selected on the basis of random sampling technique. A questionnaire of five points Likert Scale after seeking due permission from Principals and Head Masters was used to reach to the in-depth of the phenomena. Statistical techniques Mean, Percentage and Standard Deviation were run to analyze the collected data. The researcher analyzed the relationship between co-curricular involvement and its positive impacts on students' health performances. Finally it was determined that co-curricular activities have a long-lasting connection with physical and mental health of secondary schools students.

Key Words: Co-curricular activities, Students health.

INTRODUCTION

Co-curricular activities are not only important for education but also noteworthy for the total change of behavior of the child. Co-curricular activities play energetic role in the general development of mental, emotional and psychomotor atmosphere of the child. It makes the child daring and bold to transmit out several roles of the society.

Co-curricular involvement involves non-educational experience sponsor, sanctioned, or support by the college or university. Those experiences include, but are not restricted to, in-

volvement in student organizations, intramurals, intercollegiate athletics, student government, leadership programs, and community service programs (Evans, Forney and Guido-Di Brito, 1998).

Effects of Co-curricular Activities and Human Health

Through involvement in Games we can develop our fitness and stopping and handling unlike sicknesses. Bodily asset can lessen a person's danger of heart-correlated death. According to the report of U.S Physician Common 1996, cardiac health pay back happen at practical levels of bodily action

and upsurge at developed ranks of bodily movement and capability. Persons who take part in common bodily movement are at much less danger of sorrow a prime coronary occasion such as a heart attack. WHO, "1995)" Likewise, persons with well-known heart infection can reduction their danger of harmful results by over 60% by attractive part in normal bodily action (US Surgeon General, 1987).

Those persons who select to involve systematic, reliable in bodily action, how increase variation of fitness attractive welfares, organized with reducing the opportunity of rising heart infection, dissimilar classes of cancer, diabetes, and hit (Miller, Ogletree and Welshimer, 2002). Bodily activity grows wide-ranging delivery, upsurges blood movement to the head, improve atmosphere, induce a restful outcome after exercise, and perhaps develop completion (Taras, 2005). The second of the two sets of welfares is mostly noteworthy in behavior in notice tasks in forward facing of today's college students.

According to Moskal, Dziuban and West (1996) indicated

that on the schoolboys 'theoretical act, fitness difficulties such as heart disease, cancers and even sugar having important role. Collins, et al. (1997) found that bodily action better quality bodily, intellectual, and sensitive aptitude of the members. Crews and Landers (1987), views about bodily action concentrated together with bodily tension and self-perceived spiritual burden. Aerobically healthy themes have shown to shortened mental tension when linked to an unnatural regulator collection (Crews & Landers, 1987). Healthy People (2010) by the U.S. Department of Health and Human Services (2000) displayed that corporeal action boosted vascular well being.

Co-Curricular Activities Stopping and Treatment Diabetes

Billion of persons in the world are facing in diabetes. It is expected in 2005 that 1.1 million persons expired from sugar. Around 80% of these decreases happened in little states and virtually partial complicated persons minor than 70 years of age. Ten nations witch packed peak ranks of diabetes, 7 of them are small- and middle-

income nations. New investigation displays that both aerobic and struggle (strength) workout are associated with a bargain danger of category 2 diabetes, which effects a likely 5.9% of the world's grownup populace. (Gholson, 1985).

Workout supports to overawed the accidental of increasing the illness among publics at great hazard due to be load. Workout participation also support and accomplish diabetes by calming plasma sugar levels; still this caring effect is more visible for those with type 1 sugar. While both aerobic and struggle exercise support to device sugar, struggle exercise delivers larger profits for plasma sugar device than aerobic exercise.

Co-Curricular Activities Stopping Cancer

The World Health Organization in 2005 estimated nearly that 7.6 million person expired from cancer worldwide, with 70% of these decreases happening in under developed countries. It is probable that 40% of all cancers can be prohibited by a suitable food, bodily action, and not using tobacco. Bodily laziness is a unlike hazards pact

while unchanging bodily action can support drop the hazard of clear types of cancer such as breast and large intestines part cancer.

Co-Curricular Activities Stopping Fatness and Dropping Accompanying Health Risks

In 2005, it was estimated that 400 million persons in the world were weighty and expected to be growing 700 million in 2015. This leaning is generally due to a change in food and sidestep bodily workout. Common reasons, such as partial contact to much nourishing foods and an motionless routine, make addressing size mostly puzzling (Campos, 2004). Yet, the beyond decision supports the beneficial belongings of an energetic routine in persons who then might be at moderately difficult hazard for prolonged illnesses due to heavy body.

The health, bodily, communal, sensitive and mental rewards of include in bodily action have been well known in present years (Fulton et al., 2004; Riddoch, 1998; Riddick and Boreham, 2000; Strong et al., 2005). At the same time public health has been of growing

fear to the Westminster Administration and transferred managements (Health Education Authority (HEA, 1998). In actual, heaviness has been familiar as one of the supreme wellbeing tasks in the 21st century (WHO, 2007).

The happening of heaviness has enlarged in many republics since 1980 with a chiefly up setting upsurge along with kids (WHO, 2007). In Wales the Welsh Health search found that over partial of males (62%) and females (53%) were categorized as over heavy (Welsh Assembly Government (WAG, 2008a). Next to this, Welsh school families have been found to be amongst the mostly weighty and have the peak levels of heaviness in Europe and North America, with 20% teenagers noted as being weighty (WHO, 2006). Aarnio et al concluded result, and show that physical activity when young may affect on corporeal actions tags late in life (Aarnio et al., 2002; Kjønnsken et al., 2009; Kjønnsken et al., 2008; Telama et al., 1996).

The etiology of countless illnesses such as heart disease creates throughout youthful (Riddoch, et al., 2005) and children with lower stages of corporeal

action are more probable to progress upper hazard aspects of CHD, hence the importance of launch incorporeal action behaviors in youthful (Riddoch et al., 2005). Some studies have also showed that appointment in consistent corporal action has caused in lower blood pressure senses and sudden fatness (Andersen & Jackie, 2003).

Typical bodily movement has been linked with much emotive welfare such as a development in self-respect (Fox, 1988) and self-awareness, and a decline in stress, nervousness and hopelessness (Hassmen et al., 2000; Svoboda, 1994). Besides, Gill et al. (1983) newcomer that enjoyable and pleasure were the notable details for fresh persons partaking in game and corporal action. Bestowing aim to outcome in studies like these is mostly inspiring, and some of them deficiency energetic everyday suggestion to settle hypothetical instructions. But, there is joint traditionalism that there are many well-being rewards, which can be accomplished from energetic commitment in sport and corporal movement.

Furthermore, game and corporal movement can affect abs-

olutely on apathetic schoolboys through a growth in ability and achievement (Sandford et al., 2004). In some time physical activity planned have resulted in small developments in some students company, show and attitude in institute for the period of curricular time (Loughborough Partnership / Institute of Youth Sport (Sandford et al., 2004). When more time was to be rewarded for corporal movement in institutes, minor development in learning concert were also found (Sallis& Owen, 1999). On the other hand, the communication and rewards testified have been rationally minor, which in turn go over the complication of declaring connection with guarantee.

Corporal teaching undeveloped persons with a full change of dissimilar sorts of corporal movement; yet obviously it remains to be controlled by violent team games (Harris &Cale, 1997), which are often femininity labeled (Smith et al., 2007a). In current eras, there has been a change of position to more expectable and rest actions so long as during physical education, regularly at Key Step 4 for 14-16 year-olds (Green et al.,

2005; Roberts, 1996; Smith et al., 2007).

Co-Curricular Activities Improving Bone Health

The weakening of bone matter foremost to defeat of bone form and a higher threat of bone breaks. Females are at progressive threat for weakness and softness of bones than males. The overall generation threat of bone break in 50-year-old female is 40%, parallel to the hazard of coronary heart illness. In 1990, 1.7 million persons world wide hip break. Corporal movement, in mixture with calcium and vitamin D, helps build bone form. Bodily action boosts strength on bones and bones act in reply by growing their foremost that the power is spread over a higher range. Corporal action has a supportive outcome on bone well-being crossways the age range; still this outcome is greatest in earlier quiet persons. Weight-bearing workout, frequently disapproval workout, is the greatest valuable method of corporal action for accomplishing this result (Warburton, 2002). Normal corporal action is also an operative minor difficult idea.

Study show that workout training is co-operative in improving bone thickness in older females (75-85 years) with low bone mineral thickness and reducing the frequency of bone loss in before time in females. Corporal movement also enables to get heal their stability and association. Many scholar have originate that workout particularly drops the hazard and quantity of reductions.

Co-Curricular Activities Preventing the Spread of HIV and AIDS

Answering the range and effect of HIV and AIDS has become a noteworthy center of care of the game for Growth programmed in global. By involving people living with HIV and AIDS in sport-based anticipation proposals, sport for health programs are facilitating to decrease HIV-related shame and taste. Sport-based proposals can also show a wider task in refining the health of those persons how distress with HIV and AIDS. Numerous works evaluations on workout and HIV germ below taken before the outline of highly active antiretroviral therapy (HAART), found work

out to be cooperative. The analyses initiate that engaging in bodily action three or more times per week is related with relaxed growth of AIDS. An opposed link between virus-related weight and corporeal movement level has also been shown. Study also shows that broad-minded struggle workout or a combination of advanced struggle workout and aerobic exercise appear to be protected and may be supportive for grown person breathing with HIV and AIDS (O'Brien et al., 2004). Relationships between game and mental well-being Exercise and by addition game have long been known to make esteemed special effects on intellectual health, increase self-reliance, help to accomplish stress and nervousness, and lessen sadness.

Impacts of Co-Curricular Activities on Mental Health

The function of corporal action as a satisfying treatment for nervous tension and worry has probable significant self examination care in current years. The thoughts of tension and worry are frequently used interchangeably in workout study works. The belief of nervous

tension however places more prominence on the role of the atmosphere in producing biological awakening and susceptible suffering. Systematic bodily movement has been connected with many sensitive income such as an improvement in self-assurance (Fox, 1988) and a fall in shock, anxiety and sadness (Hassmenet *al.*, 2000; Svoboda, 1994). Booth (2008), Ikagami (2000), Johnson and Coffey (2004), point out that partaking in co-curricular and extra-curricular facilitated in dropping the nervousness level of the contestants. Co-curricular activities play a significant role in the student's life. The schools follow a best of program in which physical training and yoga are an element of the regular timetable. Athletics are playing an important role for the training of the child physically as well as mentally. Progress of sportsmanship and joint effort brings out a brilliant personality improvement in every child (Anjali David 2011). Co-curricular activities provide a huge intention in the academic, social, physical and mental improvement of children and every child should have the chance to

take part in any case one activity that ensembles his or her personality and interests. These activities however should be intended toward civilizing their improvement and should engage some mental and/or physical ability (Kimoko Fujita, 2005).

Co-curricular activities establish plans to encourage physical suitability in students guide them in games facilitate them realize rules and plan in playing and coach them to work as a group. A very energetic aspect in co-curricular activities is to build up interpersonal abilities in children. Sports aim at making them team members, increasing sportsman strength in them and increasing their bloodthirsty spirit. Games that form a component of physical education classes facilitates the students spend time in creative and spirited activities. Deliberate to indoctrinate in the minds of students, the significance of personal sanitation and purity. Co-curricular activities training develop the student's tendency of personal purity and the significance of the maintenance of personal sanitation in life. They are also applied to instruct sex-education to students,

facilitate them simplify their hesitations and find respond to all the questions that occur to them. Games, which are a component of co-curricular activities help in increasing motor talents in children. The capability to hold a rumpus or a flutter the capability to take a ball and the capability to roll a flutter are some examples of the motor talent that can build up with the help of games. The physical activity absorbed to facilitates students in bringing regulation to body position and body movements.

Objectives of the Study

Following were the main objectives of the study.

1. To evaluate impacts of co-curricular activities on secondary school students' overall performances.
2. To investigate prevalence and motivation towards co-curricular activities among secondary school students.
3. To determine awareness among secondary school students about importance of co-curricular activities.

Hypotheses of the Study:

1. Co-curricular activities have positive impact on overall

performances of secondary school students.

2. Students are reluctant to participate in co-curricular activities due to unavoidable circumstances of Frontier Region Kohat.
3. Students have less knowledge about importance of co-curricular activities.

METHODOLOGY:

The collected data classified and tabulated through SPSS (Statistical packages of social sciences version15), t-test and central tendency were used. While testing research preposition basic statistical method along with statistical technique were applied for initial and secondary data. For quick analysis graph, multiple bar and diagram were used to facilitate the study. A self-Administrated questionnaire was designed to achieve the research objectives. The questionnaire was composed of 15 items which were rated on five point Likert scales i.e., "Strongly Disagree" "Partially disagree" "Neither Agree Nor Disagree", "Partially Agree". "Strongly Agree".

Population of the Study:

All the students studying at secondary level in different Go-

vernment and Public High Schools of Frontier Region of Kohat organized population of the study.

Sample of the study:

Sample of the study were 200 students from different high schools for boys of Frontier Region Kohat.

Sr. No	Name of School	Population	Sample Size
1	GHS Bosti khel FR Kohat	167	20
2	GHS sheraki khel FR Kohat	183	20
3	GHS Sheen Dand khel FR Kohat	159	20
4	GHS Turkey Ismaeel khel FR Kohat	175	20
5	GHS Zarghon khel FR Kohat	198	20
6	GHS Ara khel FR Kohat	180	20
7	Oxford public School FR Kohat	176	20
8	Al Noor public School FR Kohat	169	20
9	Comprehensive public School FR Kohat	171	20
10	The City public School FR Kohat	153	20
11	Grand Total	1731	200

Tools for Data Collection:

A total of 200 questionnaires were administered to respondents. 200 usable questionnaires were returned. Total response rate was 100%. The reason for high response rate was that the researcher where possible himself administered the questionnaire.

The data was divided into two phases. In first phase data was collected from 100 student

through comprehensive questionnaire of five points likert scale after seeking due permission from Principals and Head Masters. Thus in second phase, data was collected from further 100 students.

Data Analysis:

Descriptive statistics such as central tendency measurement of dispersion mean percentage and standard deviation were utilized to describe the data. Questionnaire were rated of five point likert scale ranging from strongly disagree to strongly agree.

The collected data were summarized and analyzed using descriptive and inferential statistics. Descriptive statistics i.e., percentage, mean, standard deviation were applied. Inferential statistics i.e., t-test was applied to investigate the difference between the 9th grade students and 10th grade students. To establish association associate self-regulating model of t-test was used for all the assumptions. The important value of 0.05 was dignified as self-regulating variable. Participants' Responses to the Statements Regarding Co-curricular Activities.

Table: 1
Co-curricular Activity Maintain Physical Fitness

o. of Respondents (n)		SDA	PDA	NAND	PA	SA	Mod	Std: Dev
200	Frequency	0	7	3	82	108	5	0.70
	Percentage	0	4	2	41	54		

Source: Self-Survey-2014-15

Table: 1 shows that 54 % students strongly agreed that Co-curricular activities maintain physical fitness while 41% partially agreed 4% students partially disagreed and 2% neither agreed nor disagreed.

Table: 2
Co-curricular activities maintain physical fitness.

Class	N	Mean	Std. Dev:	T	Df	Sig. (2- tailed)	Mean Diff.	Std. Err. Diff.
9th Class	100	4.45	.757	-.10	198	.920	-.010	.099
10th Class	100	4.46	.642					

Table: 2 Depicts that the calculated value of t was found to be -0.10 which is statistically non-significant ($p > 0.05$) because it is less than the table value of t at 0.05 level of confidence. The results of statistical analysis shows that both students of 9th (mean=4.45, SD= 0.757) and 10th (mean=4.46, SD=0.642) classes strongly agreed that co-curricular activities maintain physical fitness.

Figure: 1
Co-curricular activities maintain physical fitness.

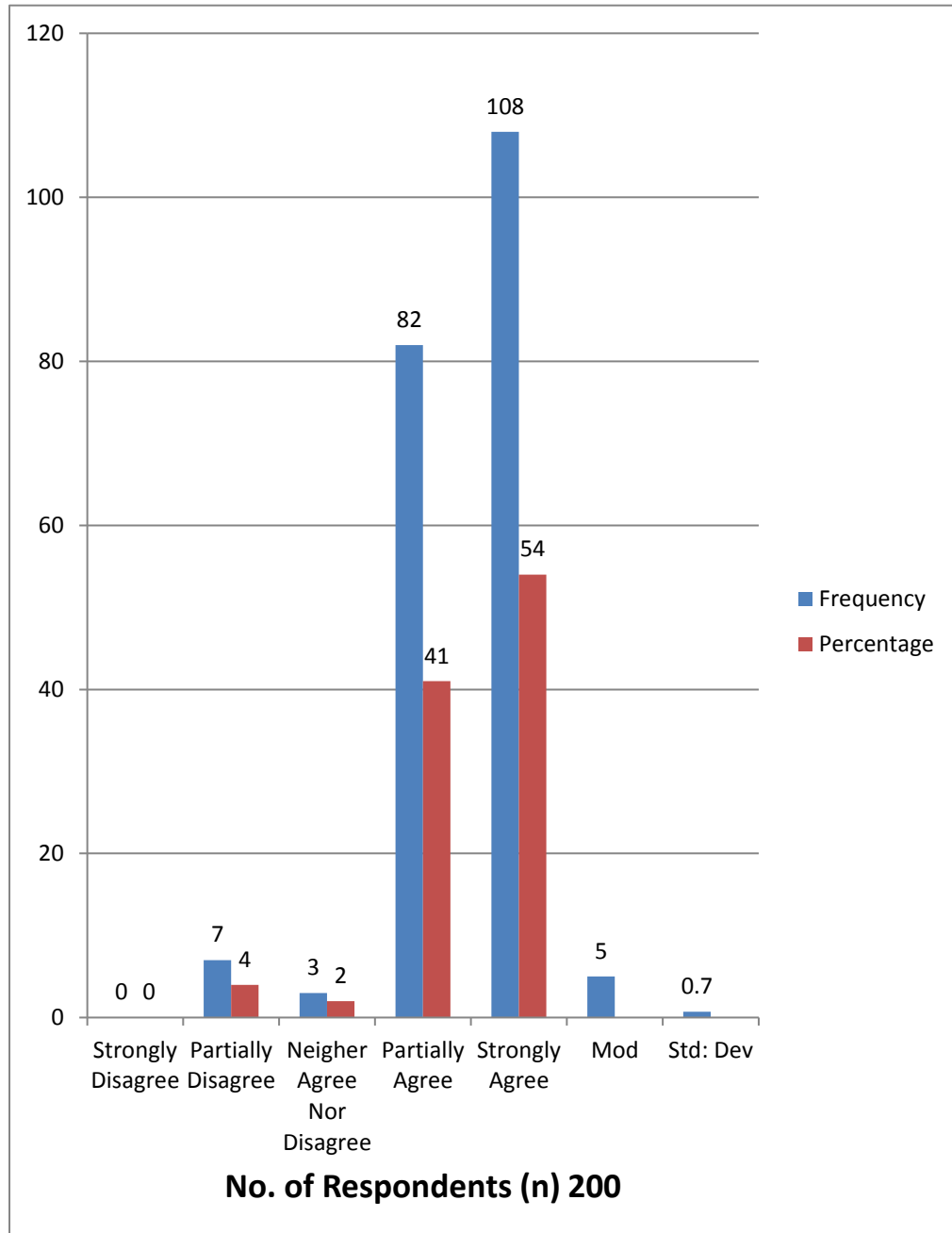


Table: 3
Co- curricular activities refreshes the burdened mind.

No. of Respondents (n)		SDA	PDA	NAND	PA	SA	Mod	Std: Dev
200	Frequency	0	10	3	81	106	5	0.76
	Percentage	0	5	2	41	53		

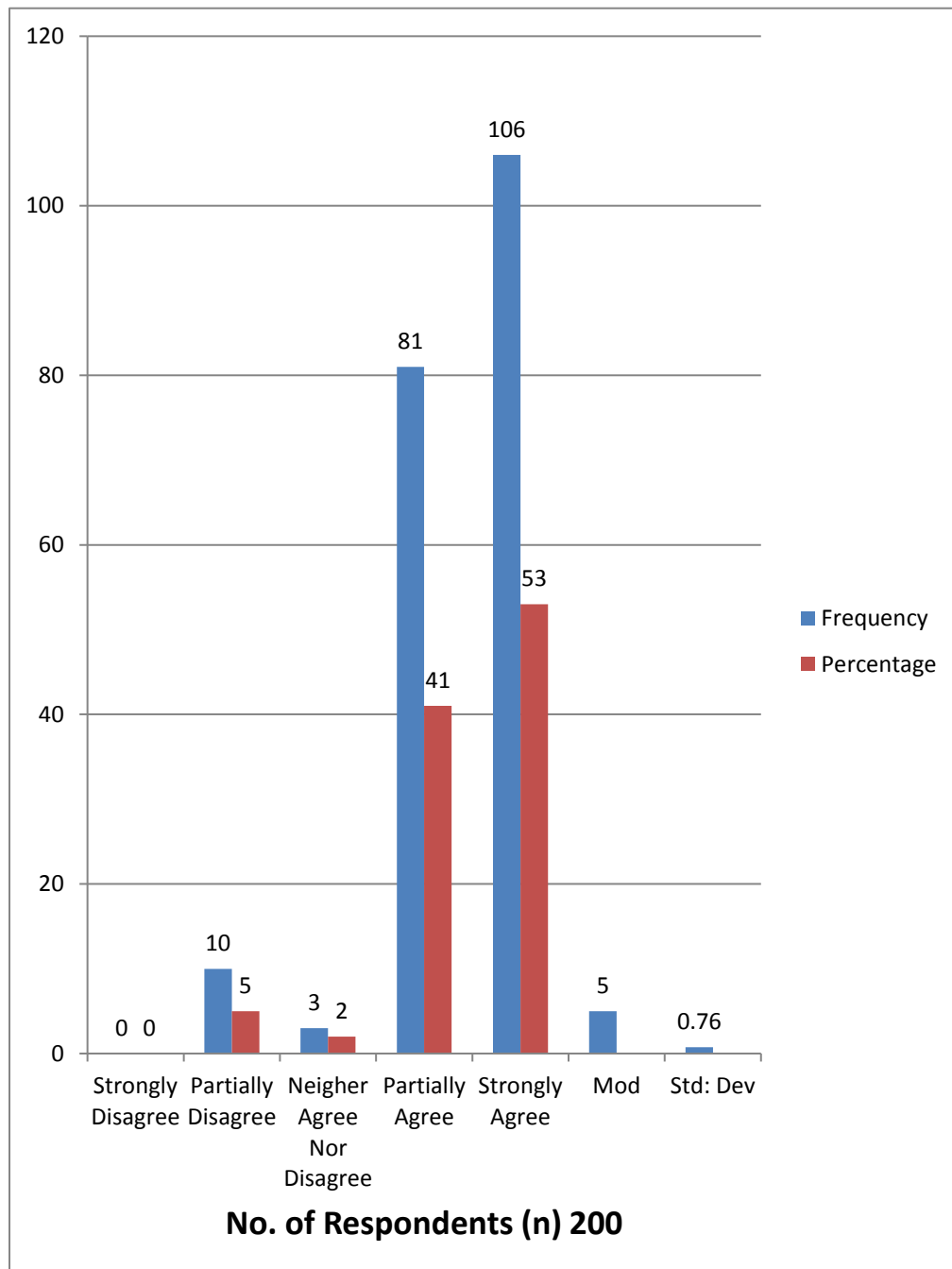
Table-3 Illustrates that 53 % students strongly agreed that co- curricular activities refreshes the burdened mind while 41% partially agreed 5% students partially disagreed and 2% neither agreed nor disagreed.

Table-4
Co- curricular activities refresh the burdened mind.

Class	N	Mean	Std. Dev:	T	df	Sig. (2-tailed)	Mean Diff.	Std. Err. Diff.
9th Class	100	4.44	.756	.47	198	.642	.050	.108
10th Class	100	4.39	.764					

Table: 4 Indicates that the calculated value of t was found to be 0.47 which is statistically non-significant ($p > 0.05$) because it is less than the table value of t at 0.05 level of confidence. The results of descriptive and inferential analysis shows that both students of 9th (mean=4.44, SD= 0.756) and 10th (mean=4.39, SD=0.764) classes strongly agreed that Co- curricular activities refreshes the burdened mind.

Figure: 2
Co- curricular activities refreshes the burdened mind.



Conclusions

Based on statistical analysis and findings, it was come to light that co-curricular activities play a crucial role in the development of balanced personality. Co-curricular activities are directly proportional with physical and mental health. It was determined that co-curricular activities keep bodily fitness and refresh burdened mind.

Recommendation and Suggestions

In light of the conclusions of our study the following recommendations were made:

1. The government should upsurge school funding and allot a specific amount for each co-curricular activity.
2. School should deliver accurate periods for such events in their time tables.
3. There would be qualified coaches for these events and coaches tasked to run these events should have broadened formation almost such activities.
4. Safety must be provided for participants and teachers. Sports day may be celebrated every year.
5. Print and electronic media may be involved in bringing awareness among masses concerning co-curricular activities.
6. The researcher also suggests similar research preposition to be carry out through Frontier Region Kohat to create more comprehensive pictures of co-curricular activities.
7. They may also include teachers and parents as respondents.
8. The future researcher also suggested comparing academic records and co-curricular activities of the students.

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