

“IMPROVING CONFIDENCE IN STUDENTS BY CONDUCTING EXTRACURRICULAR ACTIVITIES IN COLLEGES”

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Abstract-

The Students are benefited by various activities planned and executed in the college by the top management . Extracurricular activities are most important in student's life. They play a major role in developing the personality of the students in positive way. The Institutes are nowadays focusing more on conducting such activities for the colleges students are get the maximum benefit of theses activities for the betterment of the students. Proper planning and implementations of the extracurricular activities is the skill of the Institute and how do they make the students aware about these activities. and extracurricular activities is beneficial in a variety of ways for college going students population. The Management of the College has to put extra efforts and tools to conduct properly planned extra curricular activities in the colleges. The Paper is a decent contribution in creating awareness among the students to build the confidence by taking interest in extracurricular activities.

Keywords – Student, Exam , Extracurricular, Confidence, Positive thought, Skill, Sports.

INTRODUCTION

The Students are very sensitive to the learning methods used in schools and colleges. They are using all the practical and theory knowledge acquired during school and college life. The best planning of resourceful activities which will shape the career of the students is must and all the Institutes should take this as a very important for the betterment of the students.

Other studies have shown that being involved in extracurricular activities reduces the likelihood of dropping out of school, likelihood of committing a criminal offense, and leads to higher educational retainment and success and achievements in school work, not to mention that the greatest advantage of participating in at least one of these activities is the decrease in anti-social behaviors and students

growing up to be more successful in communication and relationships.

Involvement in after school clubs and extracurricular activities is beneficial in a variety of ways for the college going population. For example, school clubs can offer a place to form relationships and foster learning, and this was demonstrated with multiple groups. Research including students with disabilities involved in extracurricular activities show that they were more likely to have friends than those who were not involved. Furthermore, extracurricular activities increase positive self-development, regardless of where the activities take place (at school or away from school or college) Likewise, female adolescents involved in school based extracurricular activities had higher self-esteem than those not involved. The overall findings demonstrate that involvement in activities, whether it be sports, clubs, or school-based programs, have a positive impact on the participant's life. The best personality is who has proper mind set in all the difficult situations and during the difficult life problems . The Students who are involved in such activities which give them proper exposure to such life time lessons the activities of extracurricular at college level will give very positive results to the society at large .

Importance of Confidence in students Personality Its very important to develop the confidence of the students at the college level about various aspects of the life. Some of the points to be taken in to consideration are as given below

- Be very true to yourself
- Challenge bad thoughts about yourself
- Take care of yourself
- Be sure to relax

- Set goals for yourself
- Help somebody else out
- Take a different perspective
- Try new things
- Surround yourself with people who make you feel good
- Accept yourself
- Keep visual reminders of things that make you feel good

What is Self-Confidence? How to develop self confidence.

Confidence is, in part, a result of how we have been brought up and how we've been taught. We learn from others how to think about ourselves and how to behave - these lessons affect what we believe about ourselves and other people. Confidence is also a result of our experiences and how we've learned to react to different situations. Self-confidence is not a static measure. Our confidence to perform roles and tasks and deal with situations can increase and decrease, and some days we may feel more confident than others.

Low-confidence can be a result of many factors including: fear of the unknown, criticism, being unhappy with personal appearance (self-esteem), feeling unprepared, poor time-management, lack of knowledge and previous failures. Often when we lack confidence in ourselves it is because of what we believe others will think of us. Perhaps others will laugh at us or complain or make fun if we make a mistake. Thinking like this can prevent us from doing things we want or need to do because we believe that the consequences are too painful or embarrassing.

Over-confidence can be a problem if it makes you believe that you can do anything - even if you don't have the necessary skills, abilities and knowledge

to do it well. In such situations over-confidence can lead to failure. Being overly confident also means you are more likely to come across to other people as arrogant or egotistical. People are much more likely to take pleasure in your failure if you are perceived as arrogant.

What would improve my confidence?

- Learn to be more assertive and not feel guilty about saying no.
- Give yourself equal priority as those you love.
- Examine why you feel bad about yourself and what you can do to change this.
- Stop focusing on yourself too much and try to help others.
- Don't be afraid to ask others for what you want

Strategies to be used to improve self-Confidence

1. Practice Self-acceptance
2. Focus on your Achievements
3. Making Personal Changes
4. Seeking Positive Experience and People
5. Rewards and Support

VARIOUS TYPES OF EXTRA CURRICULAR ACTIVITIES

There are different kinds of extracurricular activities that students participate in while they are in school. These activities may be outside the school or part of the school curriculum.

These have been classified as follows:

1. Poetry
2. Dance and Music
3. Sports and Games

4. Dramatics and Theater
5. Artwork and Craft activities
6. Religion
7. Computer Skills
8. Volunteer Work
9. Foreign Language
10. Governance Activities

Benefits of Participation in Extracurricular Activities

There have been several advantages of participation in extracurricular activities which have been stated as follows:

1. Students tend to perform better in their studies and score good grades, as their mindset gets stimulated by the participation in activities; their exam results, educational attainment gets improved.
2. Students are willing to attend school more regularly and there is a decline in the rate of absenteeism; self-concepts of the students become more enriched and deep.
3. Through the participation in extracurricular activities, there is a reduction in school dropout rate as these activities do attract students; a large number of students find these activities more influencing than the academic.

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The Benefits of Self Confidence in personality which include:

- Self Knowledge
- Artistic Ability
- Curiosity
- Leadership
- Self-Control
- Humor
- Assertiveness

- Identity
- Talent , Logic
- Potential
- Quality of Life
- Dreams
- Aspirations
- Flexibility



CONCLUSION

The Paper is a most useful in case of students community and for the management of the college. Extracurricular activities are most important to develop the student's personality in positive and they will become the best citizens of the country. They will be sensitive to the social issues and problems and will make the society lead in developing stage. The self confidence is improved to those students who have taken active part in extracurricular activities during their school and college life. Also they are found more adjustable in the society and sensitive towards the social issues . Creativity is improved with increase in self esteem. The future study can be conducted using actual data of the activities conducted during the academic year in the colleges.

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