

The Effectiveness of Extracurricular Activities and its Applications in Future Work

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Abstract--- The education and training of human resources with sufficient skills and knowledge to meet the demands of society has always been the primary concern of the university. Even though there are many innovative ways to improve the quality of training, linking theory to practice is by no means old in education. Therefore, in addition to theoretical subjects, universities in Vietnam need to take into consideration regarding the great importance on developing extracurricular activities and skills classes for students to participate at all times. This is to make it easier for students to integrate their knowledge and learn many soft skills after regular study hours. Extracurricular activities take place in a variety of formats, including clubs, seminars, school events, and hands-on tourism. Then, the question of how participating in college student extracurricular activities affects academic performance, the results of the papers show that these activities play a rather vital role in students' life as well as future work.

Keywords--- Extracurricular Activities, Benefits, Students.

I. Introduction

Researchers of extracurricular activities have long been interested in the relationship between participation in these activities and their academic performance and educational background.

Ming Chia (2005) conducted a study to analyze the impact of extracurricular activities on students' academic performance, based on a variety of theoretical foundations. One of the three conclusions of the study is that extracurricular activities positively give students grades to some extent, but too much participation has a negative effect. There are many studies on the impact of extracurricular activities on student growth, but the studies in special departments have not yet been explained.

McNeal Jr (1999) wrote in the paper with the aim of assessing the role of university extracurricular activities in student growth. Information was provided on the percentage of college students participating in extracurricular activities from various fields, and the relationship between the benefits and performance of extracurricular activities. However, there are still no concrete measures to solve the problem of students' choice and participation in extracurricular activities.

Fujiyama et al., (2021) analyzed the factors that influence college students' decision to participate in extracurricular activities, established the importance of experiential activities, and presented students with ways to effectively implement experience-enhancing programs. The results of the study show that many students have a great deal of interest in professional consultation and career-oriented activities. In this paper, we analyzed the merits of extracurricular activities and why students should participate in the activities. However, when students have difficulty participating in extracurricular activities, no solution can be found.

Through research, (Metsäpelto&Pulkkinen (2014) confirmed the existence of a relationship between extracurricular activities and grades. He taught the benefits of extracurricular activities such as improving thinking, improving educational background, developing individual abilities, and improving concentration. The activities selected and carried out at the school are said to be more advantageous and detailed than outside activities. In addition, students participating in academic clubs and sporting activities perform better, based on the findings. However, many students get tired, nervous, or injured because they participate in extracurricular activities too much. However, no method has yet been provided to solve this problem (Rubin et al., 2002).

Specifically, they confirmed that participation in extracurricular activities affected students, but did not elaborate on the study to special departments. No research has been written on students' suggestions for effective choices and participation in extracurricular activities. Therefore, I would like to clarify this time. In this treatise, we will compare the viewpoints of students from various departments and propose advice for students. It seems that the explanation of the contents of our paper is insufficient, but we hope that in the future, those who are interested in this research will continue to develop it sufficiently and perfectly (Dang & Nguyen Viet (2021).

II. Research Method

The article uses current and previous documents, compares evidence, data, and summarizes experiences and lessons that are practical and applicable for the following purposes of students. When you graduate, you can apply it to work more effectively.

III. Definition of Extracurricular Activities

Extracurricular activities partially affected the formation and development of adolescents (Dang & Nguyen Viet, 2021). Therefore, extracurricular activities can be considered as an appropriate environment for students to promote their own potential, and one activity is to have sociality rather than academicity (Rubin et al., 2002). It's like a small community of many participants, because extracurricular activities allow people to interact together for the same purpose, interests, and common interests rather than consulting professional knowledge. Besides, extracurricular activities do not force students to participate and are secondary activities, so students may not be able to recognize the importance of them. Definitions and views of education and society influence students in building a value system for extracurricular activities (Metsäpelto&Pulkkinen (2014).

In many respects, it is not a non-profitable, labor-intensive or time-consuming activity, but to clarify this, a study by Ilhomovna&Ismatovna (2020) on extracurricular activities and legal issues at private universities He described the extracurricular activities as welfare activities for students. Participation in extracurricular activities is free and brings many benefits, as in theory all costs related to education are paid to the school. So, even if students don't invest a lot of money, they believe that an active investment in one extracurricular activity will bring a benefit to knowledge through their own experience (Fujiyama et al., 2021).



Figure 1: An Extracurricular Activities Held by FPT Polytechnic COLLEGE

Moreover, the forms of extracurricular activities such as society, entertainment, culture and sports are very diverse without being restricted by the content and knowledge of regular lessons. Therefore, students voluntarily participate in these activities according to their needs, interests and abilities (Metsäpelto&Pulkkinen (2014). Incorporating into practical activities such as extracurricular activities in a good mood brings not only experience but also very realistic results. For example, identify the purpose of learning and participate in activities with a well-defined organization, as well as improve academic performance of college students (Ilhomovna&Ismatovna, 2020).

The positive impact of extracurricular activities manifests itself as a savior when difficult knowledge must be absorbed or pressured to achieve. The purpose of extracurricular activities is not only to relieve the pressure of college students, but also to interact with many people and learn soft skills. This is supplemented to regular education and is considered a practical educational activity that plays an important role not only in the learning process but also after graduation (Ilhomovna&Ismatovna, 2020).

In other words, the definition of extracurricular activities is usually based on the observation and support of schools and teachers, but it is activities that students carry out and participate in in addition to classes and classes. In addition, there are various themes, and it may be done whether or not it leads to an educational program. On the other hand, even if it is not considered a formal subject, in each case the school decides whether to score participation in extracurricular activities (Ming Chia, 2005).

IV. Practical Role of Extracurricular Activities

Activities such as tourism and interaction show educational and social ties, and extracurricular activities are a means of evoking a spirit of strength for the development of the school. On the other hand, this is essential for

school education and training planning, creating unity between study time during the semester and summer vacation, and between school and outside education. Schoolwork is not only conducted in formal lessons, but is further enhanced and preserved by extracurricular time and exchange of experience. It is these activities that complement and improve the student's cognitive process so that the student has a hands-on experience in the learning process, promotes strengths and develops skills (Fujiyama et al., 2021). It also plays an important role in promoting students' positive attitudes towards schools and improving the overall quality of education in schools (Darling et al., 2005).

V. Benefits of Extracurricular Activities for Students

Extracurricular activities are positioned as supplementary or incidental activities Dang & Nguyen Viet (2021). However, it plays many important roles in influencing students. It can form not only concrete roles that bring practical results such as academic performance and physical fitness, but also invisible roles such as mood, spirit, or deeper influence, and for current students. It will bring benefits and have some impact on the future.

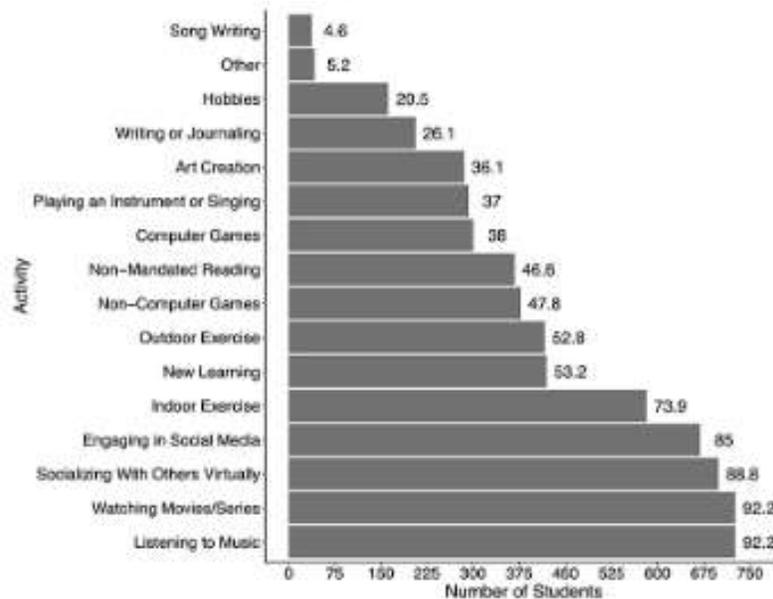


Figure 2: Number of Students Engaging in Related Activity

One study showed that extracurricular activities are seen by adolescents as educational activities that build mental barriers to protect against external adverse effects. It is strongly associated with positive and negative health figures in adolescence (Metsäpelto&Pulkkinen (2014). Antisocial decline in adolescence also depends on the level of participation in extracurricular activities at school (Ilhomovna&Ismatovna, 2020). Extracurricular activities are essentially communities, groups of people with the same passion and interests who gather, connect and interact with each other. It will be a place for people to share their views, relieve negative pressures on grades, bring positive energy and maintain a happy spirit. Participating in extracurricular activities makes a lot of sense in nature, but going with like-minded people is more psychologically meaningful. In an energetic mood, it brings a clear head and helps to improve the student's own attention in all activities (Rubin et al., 2002).

Extracurricular activities not only play a mental role, but also a role in training and improving student health. Health has always been an important factor in meeting all the needs of everyday life, including learning. The facts prove that students have active physical and endurance health, promote sanity and maximize academic performance. Poor health causes many obstacles and difficulties not only in study pressure but also in life problems. More specifically, a weak body has difficulty balancing and thinking about distant things such as ambition and the future. As such, extracurricular activities have emerged like saviors who have a role in helping students maintain and improve their health.

Efforts and time investment in something with spirit and enthusiasm will bring some benefits to the future, and any investment will not be wasted. It is also a valuable investment that brings not only the benefits of the present to academic performance and the expansion of relationships, but also the value of a worldview full of expectations for the future. For example, attending an event with everyone in the club promotes skills such as teamwork and clear planning, builds confidence, and strengthens opinion. Or, by immersing yourself in volunteer work, students may better understand and empathize with difficult situations and become more complete in their personality.

All of the above factors are one of the necessary and useful conditions for future work and life. Employers always focus on teamwork, but tend to downplay graduates' teamwork skills (Firmansyah et al., 2020). Therefore, participating in many collective activities gives them a different perspective and a higher recruitment rate. Events and activities in which students participate more or less bring lessons and luggage that form a personality when stepping into society (Metsäpelto&Pulkkinen (2014).

The balance between school and play always gives students the best results. In short, activities outside of regular class hours allow students to improve their health and relieve pressure after class hours are exhausted. Participating in practical activities encourages students' thinking and creativity, discovers new things, and self-promotes their abilities (Dang & Nguyen Viet, 2021). Through it, students are keen to speak back, develop their thinking quickly and improve their academic performance, but not only this, but also the students are more flexible in managing general knowledge and coping with the situation. And that's always what future recruiters are looking for (Ming Chia, 2005). Growth and subtleties are critical to survival in today's diverse and complex societies, and extracurricular activities are created to train a generation of students who can meet those requirements of society (Hamasaki). Takashi et al., 2010). Extracurricular activities open up the possibilities of one person and provide a more comprehensive and enjoyable learning experience (Rubin et al., 2002). Such extracurricular activities are like bridges where students get closer to society and real life.

VI. Proposals for Effective Selection and Participation in Extracurricular Activities for Students

Currently, the quality of the university is not only evaluated by the educational ability in the process of education and training, but also recognized through the living environment of the students, so the existence of extracurricular activities is also the most comprehensive and comprehensive quality of education at university. It can be said that it also plays an important role in demonstrating in a clear way. In fact, there are still many restrictions on each student's interaction and participation in extracurricular activities and the organization of university, so it is very important to find a way to improve and improve the quality of extracurricular activities. Is. However, depending on the school and student, the optimization of measures to utilize and develop extracurricular activities has different perspectives, so it is necessary to carefully consider each aspect and give a clearer perspective and perspective. On the school side, it's important to diversify topics, update according to student needs and trends, improve advertising strategies, and invest in facilities to make extracurricular activities more attractive. It is a factor. In a business environment, if the seller always targets the customer and promotes a variety of new products that meet the needs of the market, the university is also a seller in education trying to sell the product as an extracurricular activity to attract the interest and participation of students. be. Therefore, it brings higher efficiency according to the customer's desired viewpoint to change, improve and improve the value of the product.

When students are just entering the university door, which is often new, they hesitate to come into contact with a variety of extracurricular activities and are confused about choosing the right activity for them. Students may participate in a number of activities that do not specify a purpose, beautify their resume, and have the desire to show versatility in front of their employer, but basically today's employer is who the student is. They don't care if they engage in a degree of activity, but they look at and evaluate their efforts, their involvement in the activity, and the specific outcomes they achieve when they participate in that activity. Not all extracurricular activities are equally popular, so one of them is very noticeable, well known to many, and vice versa. It is not uncommon for students to choose activities at the media level or by inviting friends rather than following the strengths of their major, but if they do not fit or choose to participate in activities that do not have a negative impact. Is harmful and useless. Over-participation or choosing the wrong extracurricular activities can easily get you caught up in a busy and tired schedule in the long run, causing harm instead of good results due to lack of concentration, and your student's academic performance. Individual students need to improve more after a regular class, as the knowledge learned in class is not enough to improve and develop their professional skills, and also in the classroom environment. Because of this, it is sometimes a trivial part, and knowledge acquisition is more or less limited. In addition to external factors, practical experience, absorbing knowledge from books instead of talking to others can easily psychologically limit students to learning, so psychological factors can affect academic performance. Affect. Therefore, participating in dynamic extracurricular activities and learning through events requires better learning of what students have learned and new knowledge (Firmansyah et al., 2020).

Participating in extracurricular activities that support the faculty exists as an appropriate way to effectively improve academic performance. For example, if you're studying a software technology major, joining an IT club called F-code is passionate about a free environment that isn't as compulsory as a classroom, absorbs new knowledge, and develops existing special platforms. Can be supported. Basically, not being able to understand the interests of a major that you have been studying for a long time, depending on the limits of the knowledge you have read in the instructor's books and lectures, without learning more yourself, leads to depression and loss of interest. If

a student decides to participate in an appropriate activity that has the ability to support the selection they are learning, it is an activity that helps them maintain their efforts while improving their academic performance. The knowledge and external factors learned through the experience of extracurricular activities raise some of the student's interest in helping them endure the major they are pursuing. One study showed that during the course of study, student drive was very decisive for final academic performance, thus strengthening individual student knowledge for the selection they are studying. However, the consciousness and driving force to expand are important factors (An et al., 2016). For the above reasons, it can be said that it is very necessary to choose appropriate activities that may support the student's major. But if a student wants to join a club or activity, if the answer is no, they are wasting valuable time just doing unnecessary work, so students are wondering if this field is suitable for their passion and personality (Rubin et al., 2002).

Busy outside activity and academic schedules and lack of free time are the reasons most students decide not to participate in extracurricular activities. Most of the students who are worried that they do not have enough time but are still forced to participate in the activity lose their mental and physical balance, but conversely, when they participate in the activity, many are afraid that they may not have time to enjoy personal activities with family and friends.

To partially address the above difficulties, one of the solutions offered here needs to adjust the summer time so that students can participate in as many activities as possible. Summer time is known as the time for students to put in energy and relieve pressure after a long school year with the amount of homework and exams at school, traveling or returning to the countryside to visit their families. It's good, but just resting without exercising for a long time creates a feeling of physical and mental laziness. If you take too long a break, you will gradually get used to the habit of living slowly, and if you do not review your knowledge, you will experience a negative susceptibility due to interruptions in your studies, but this problem is only relative. One reason is that each university has a different summer vacation period for students, and in fact, unlike most other universities in Ho Chi Minh City's three-month summer vacation, university's summer vacation period is less than a week. It is normal for students to take a complete rest, as it is only done, but on the contrary, for students who want to participate in activities outside the program but are worried that they do not have time, this short period of time. The best solution in is a one-day event such as a workshop with speakers, a talk show, and hands-on sightseeing, and these activities are short-term but long-term for students to learn for themselves. Activities outside the program are always positive, giving students the opportunity to develop presentation and interview skills, connect with professionals, find internships, and gain experience (Munoz et al., 2016). Because, in order to be successful, it is necessary not only to accumulate knowledge about books, but also to accumulate knowledge of the real situation, the life that we have seen and heard from the people around us (Firmansyah et al., 2020).

Long-term activities such as clubs often attract the majority of students when entering college doors, as they provide a good environment for students to relax and interact in a miniature community with like-minded people. An ideal extra course activity. It does not mean to stop studying outside of class hours, but students can study in other ways that are not compulsory, such as living in a club. The content of extracurricular activities and even the abilities developed during the participation process can help apply the basic knowledge learned from books combined with the guidance of classroom instructors to real life. Interactions between members not only enhance life skills, but also strengthen social relationships, training attitudes, wisdom, emotions in social situations, and compare with short-term extracurricular activities such as talk shows, workshops, and hands-on tourism. Then, long-term activities such as clubs become more applicable. Investing time in a club as a long-term investment method that provides stable returns can be said to be a long-term benefit of academic, exchange, and knowledge expansion throughout the process of students attending school until graduation. Compared to short-term extracurricular activities, clubs offer longer-term benefits, but they also have the drawback and limitations of some students wondering whether to join the club, despite their interest and appeal. Although students participate in club activities, they may still balance their studies and do themselves in activities that seek to maintain their initial academic achievement. It is not only the strength of the club that the time factor brings long-term benefits, but also the limitations that make it difficult for students to maintain both learning and clubwork and do well. This is also the reason why the number of students participating is limited and it is difficult to grow. Each student has different ways of using it for personal time, and in practice it is also a difficult problem to rearrange the time so that the schedule for participating in extracurricular activities and the academic schedule can be balanced.

Extracurricular activities are time consuming and can affect student learning time and external activities, but this idea is somewhat if they do not learn how to arrange and allocate reasonable time for each activity. The truth is, it is inevitable to stall yourself on a busy schedule. Extracurricular activities are not a negative factor in lowering academic performance, but exist as a means of supporting not only the social skills students need to have, but also

their knowledge of the classroom. People's natural reflexes tend to focus on what they like, what is more attractive, and ignore others, which allows individual students to experience new enjoyment of club activities. As when they start, they automatically spend a lot of time on it and automatically reduce the time for studying. In this case, the consciousness of each student is a decisive factor that the person who does not have self-consciousness is absorbed in the activity of forgetting learning that the academic performance deteriorates and the expected high result cannot be achieved. From the beginning, participating in activities and clubs is a complementary positive factor for students, but if you don't know how to go home and balance both, it can lead to confusion and failure to achieve the effect (McNeal Jr, 1999). A sense of balance between learning time and participation is essential as it alone can produce certain effects and clear results.

Based on studies showing that the results of activities reflect low or high performance, participation is basically not just an "existence", but a positive attitude towards its extraction to provide concrete results. It is an investment that it has (Ilhomovna&Ismatovna, 2020). We often hear about the benefits of overtime, such as reducing pressure and promoting physical and mental health, but with great benefits that provide useful lessons for students both academically and in the future, but rarely mentioned. Is that leadership is strengthened through the process of participating in important activities. Leadership is understood as leadership, project responsibility, or guide and promotes activities and organizations, but leadership has more meaning than people often imagine as an earthquake. Currently, many students have a very jerky personality and often encounter many obstacles to communication with others, expansion of relationships, and lack of self-confidence in communication before entering extracurricular activities, and are personal. If you do not express your opinions and thoughts, your thoughts will be impaired and it will cause you to stall. As I am accustomed to the passiveness of acquiring knowledge and activities on campus, the lack of sensitivity and sophistication in dealing with real-life situations when I enter university, I am accustomed to autonomy and activities that take place around me. A clear plan is a necessary factor for students in changing the school environment (Ilhomovna&Ismatovna, 2020).

It is indispensable not only in the university but also in the future to change the limited environment into a practical social environment and to create the elements of luggage in the process of research and life in college. Employers today are a factor that represents some of the ability to manipulate teams and social skills to respond to unforeseen risk situations and may later assist the company, so they are very focused on the leadership of the applicant. I'm guessing. We need a highly competitive environment outside of society, so we always need people who are confident that they can live according to their opinions, views, and clear plans, manage and respond to unforeseen circumstances. Leadership is only an initiative of individual student experience, so there is always the opportunity to be forged with extra extracurricular activities (Feldman &Matjasko, 2005). First, when participating in an activity, it is necessary to plan the program and comment on the contributions of each participant in order to be successful, which trains the ability to express one's opinion in public. When oneself is formed from it.

VII. Conclusion

In summary, this paper shows that extracurricular activities have a significant impact on the academic performance of individual students. the majority appear to have some general view and awareness of the importance of activity to academic performance, but do not know how to properly arrange its impact or extracurricular. There are still some doubts about the impact of the activity. The practical solutions provided in this paper could be able to partially support and orientate university students in the process of selecting extracurricular activities that suit them. Although this treatise could not deeply study the impact of extracurricular activities on the academic performance of students in a particular major, it is hoped that the results will provide new and useful data for future research.

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