

## THE EFFECT OF STUDENT'S ENGAGEMENT IN EXTRACURRICULAR ACTIVITIES ON THEIR ACADEMIC PERFORMANCE

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Students' participation in school activities is very essential and should not affect their academic performance. Nowadays, students are more focused on joining different extracurricular activities in school rather than focusing on their studies. The different effects of their involvement in different activities may be observed in their performance in school.

According to Article XIV, Section 19 (1) of the Philippine Constitution mandates that the government shall encourage amateur sports, leagues, contests, and physical education in order to nurture self-discipline, teamwork, and excellence for the growth of a healthy and informed populace. (2) In collaboration with athletic clubs and other sectors, all educational institutions must organize regular sports events around the nation.

There is disagreement among scholars regarding the relationship between children's participation in sports and academic success. One of these studies was done by Sauerwein, Theis, & Fischer. (2016). Gender, socioeconomic class, and ethnicity of a teenager all affect their social behavior, academic success, and engagement in extracurricular and recreational activities. Studies from grades 5 to 7 also showed a link between students' patterns of participation in extracurricular and recreational activities, trends in the development of their social behavior, and academic success in the leisure and social conduct. The findings of the study showed that student-athletes had improved academic performance.

Contrary to Rees and Sabia's (2010) assertions, participation in youth sports may reduce the amount of time available for learning and studying. They also argued that the theoretical relationship between student's sports participation and academic achievement is ambiguous. On this, Montecalbo-Ignacio et al.(2017) said that sports involvement has been criticized for potentially reducing the amount of time available for learning and studying because student-athletes had to balance their time between their sport's training and academics. They believed that children's involvement in athletics only served to hinder their academic progress.

Sports involvement and academic success have long been the subject of discussions and debates. Both fans of sports and critics of the sport have varied perspectives on this issue. To back up their allegations, they each provide different justifications. The findings of studies conducted around the world are not always consistent on the effect of students' participation in sports on their academic performance.

Therefore, it is a matter of discipline among students to come up with the discussion that they missed during practice and be responsible for their academic development, hence, for the teacher is a matter of consideration for the athletes to come up with his lesson. Every child is a unique individual some are good in academics, and few excel in sports as a teacher it is our prime responsibility to guide, help and develop the potential of our students in the field they excel, and develop their potential as human beings.

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