

IMPACTS OF EXTRACURRICULAR ACTIVITIES ON THE ACADEMIC PERFORMANCE OF STUDENT-ATHLETES

by:

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Extracurricular activities have long been considered a crucial part of a student's holistic development. Particularly, engagement in sports has garnered considerable attention due to the physical, emotional, and social benefits it offers. However, according to (Billonid, et al., 2020) although academics are the primary focus of the school environment, extracurricular activities also help to develop a well-rounded individual. Being a student-athlete is difficult because they spend the majority of their time on sports training rather than studying. In the long run, this will have an impact on their academic performance. Sports enthusiasts, on the other hand, claim that participation in sports motivates student-athletes. Below are some significant key areas that benefit both in improving the student's academic performance and sports participation.

1. Time Management Skills:

Engaging in extracurricular activities, such as sports, demands excellent time management skills from student-athletes. Balancing academic responsibilities with rigorous training schedules requires discipline and organization. By managing their time effectively, student-athletes learn to prioritize tasks, set goals, and maintain a healthy work-life balance. These invaluable time management skills acquired through participation in extracurricular activities positively influence their academic performance, boosting their ability to meet deadlines and complete assignments efficiently.

2. Enhanced Cognitive Abilities:

Participation in sports serves as a platform for student-athletes to develop enhanced cognitive abilities. Regular exercise, which is an integral part of athletic training, stimulates the release of endorphins and improves blood flow to the brain. This, in turn, enhances cognitive performance, including memory, concentration, and problem-solving skills. Consequently, student-athletes often demonstrate improved focus and mental agility, enabling them to excel academically.

3. Stress Management:

The demands of both academics and sports can create a significant amount of stress for student athletes. However, engagement in extracurricular activities can serve as an effective stress management tool. Physical exercise releases endorphins, which act as natural stress relievers, contributing to enhanced mental well-being. Furthermore, participating in sports fosters teamwork, camaraderie, and a sense of belonging, which can significantly reduce stress levels among student athletes. By effectively managing stress, these individuals can maintain their academic performance at a high level.

4. Transferable Skills:

Participation in extracurricular activities also equips student athletes with a range of transferable skills that positively impact their academic performance. Through sports, individuals develop skills such as leadership, teamwork, discipline, and perseverance. These attributes can be extrapolated to the academic sphere, leading to improved classroom performance and a greater ability to work collaboratively on projects. Student athletes often demonstrate exceptional organizational abilities, which enable them to effectively juggle responsibilities and excel in both academic and extracurricular pursuits.

5. Well-rounded Development:

Engagement in extracurricular activities, particularly sports, contributes to the well-rounded development of student-athletes. These activities go beyond the confines of the academic curriculum, allowing individuals to develop attributes such as determination, resilience, and self-confidence. By participating in sports, student-athletes learn to set goals, push their limits, and overcome obstacles, all of which build character and contribute to their academic success.

Participation in extracurricular activities, specifically sports, has a profound impact on the academic performance of student-athletes. By honing time management skills, enhancing cognitive abilities, managing stress effectively, acquiring transferable skills, and facilitating well-rounded development, engagement in sports positively influences academic success. It is evident that a comprehensive approach to education, which recognizes the importance of extracurricular activities, can lead to the holistic growth of student-athletes, enhancing both their athletic prowess and academic achievements.

References:

Billonid, J., Cabailo, M. T., Dagle, W. R., Godilano, D. M., Kibanoff, K. R., & Tasic, L. R. (2020). Effects of Sports Participation on the Academic Performance of Grade 12 Students after the K-12 Implementation. 7.