

## THE IMPORTANCE OF EXTRACURRICULAR ACTIVITIES IN STUDENTS' LIVES

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The chance extracurricular activities give pupils to hone their social skills is one of their main benefits. Teamwork, communication, and leadership skills are developed through involvement in groups, athletics, or the arts. A study by Bowers et al. (2022) found that students who participate in extracurricular activities report better interpersonal relationships and higher levels of social integration. These relationships can result in friendships that last a lifetime in addition to improving students' educational experiences.

Research indicates a favorable relationship between engagement and academic performance, refuting the myth that extracurricular activities hinder academic achievement. According to a study by Fredricks and Eccles (2021), students who participate in extracurricular activities typically have better attendance records and higher GPAs. These activities-controlled atmosphere promotes discipline and time management, two traits that lead to better academic results.

Students' mental health can be greatly impacted by extracurricular activities. Sports and other physical activities can help people feel less stressed and anxious. A study by Zeng et al. (2023) found that regular involvement in extracurricular activities is linked to improved general well-being and decreased depression. These kinds of activities give students a much-needed way to decompress and express themselves creatively or physically, which is especially important in the demanding academic settings of today.

Students who participate in extracurricular activities also gain vital life skills like problem-solving, leadership, and resilience. Students who hold leadership roles in groups or sports teams, for example, gain experience in handling duties, inspiring peers, and overcoming obstacles. According to Smith (2024), these experiences play a crucial role in preparing students for their future civic involvement and employment by giving them the skills they need to be successful in a variety of spheres of life.

By giving kids the opportunity to explore interests and develop talents outside of the classroom, extracurricular activities can improve their preparedness for college and the workforce. Candidates who exhibit dedication and a variety of experiences are frequently sought after by colleges. Participating in extracurricular activities can help kids stand out on college applications by demonstrating their initiative, passion, and capacity for multitasking, as stated by Jacobs and McRae (2020).

To sum up, extracurricular activities are essential to students' lives and provide a host of advantages that go beyond scholastic success. These activities support young people's entire development by nurturing vital life skills, improving social skills, and advancing mental health. Promoting participation in extracurricular activities will continue to be a top priority as long as educational institutions see the benefits of a comprehensive approach to student development.

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