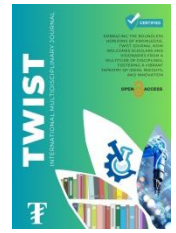




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The Impact of Co-curricular Activities on the Stress Level among the Senior Secondary Students

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Abstract

Co-curricular activities are the true and practical experiences received by the students. To a greater extent, the theoretical knowledge gets strengthened when a relevant co-curricular activity is organized related to the content taught in the classroom. The intellectual aspects of the personality are accomplished by class-room activities while aesthetic development, character building, spiritual growth, moral values, spirituality, etc. are supported by co-curricular activities. The purpose of the study is to analyze the influence of co-curricular activities on the stress level among the senior secondary students (Class XI & CLASS 12). This is an empirical study which makes use of the data collected from a sample of 80 students belonging to Little Flower School, Guwahati and Gurukul Grammar Senior Secondary School, Guwahati. The sample was divided into two groups, each consisting of 40 students who are participants and non-participants in co-curricular activities respectively. A questionnaire consisting of 10 items was distributed among the students of both the groups to collect quantitative data. It was hypothesized that there is no significant difference of the influence of co-curricular activities on the stress level among the students of senior secondary level who are participants and non-participants in such activities. Significantly different results were obtained from the study. The result of the study indicates that the students who participate in co-curricular activities show lower level of stress than the students who do not participate in co-curricular activities at all.

Keywords

Co-curricular activities, Non-participants, Participants, Senior-secondary, Stress

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