

Does extracurricular sports have an impact on quality of life?

Nur Khois Jajiyah^{1*}, Agus Gumilar¹, Mudjihartono¹, Jajat Darajat Kusumah Negara¹, Burhan Hambali¹

¹ Physical Education, Health and Recreation Study Program, Faculty of Sports and Health Education, Universitas Pendidikan Indonesia, Bandung, INDONESIA


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ABSTRACT

Problems: Extracurricular sports activities at school are activities outside of school that are the only physical activities carried out regularly every week and are expected to have a significant impact on the quality of life of teenagers, considering the low quality of life in society. **Purpose:** To reveal the impact of extracurricular sports activities on the quality of life of high school students. **Methods:** This research uses a descriptive approach, namely by conducting a survey about the quality of life of high school students. This research involved 332 respondents, coming from schools in the northern part of West Java and with active student status. The instrument used is the WHOQOL-BREF quality of life questionnaire developed by the World Health Organization, consisting of four indicators: physical health, social relationships, psychology, and the environment. **Results:** The results of the analysis show that extracurricular sports have a significant impact on the quality of life of high school students. It is an interesting finding that participating in extracurricular sports at school contributes positively to improving students' quality of life. **Conclusion:** The role of extracurricular activities in schools is very important for improving students' skills, increasing their motivation, increasing their potential based on interests and talents, and improving the quality of life. It is hoped that this can be a recommendation for related parties to socialize for extracurricular activities more often in the school environment.

Keywords: Extracurriculars, Educational Sports, Quality of Life

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Corresponding Author:

Nur Khois Jajiyah

Physical Education, Health and Recreation Study Program, Faculty of Sports and Health Education, Universitas Pendidikan Indonesia, Bandung, INDONESIA

Email: nurkhois77@upi.edu / nurkhois77@gmail.com

Introduction

Extracurricular sports are sports activities carried out by students outside of school learning, which are activities that have a positive influence on students, such as increasing skills and motivation and optimizing student potential based on interests and talents (Efendy & Devi, 2022). Extracurricular sports at school have been proven to have a positive impact on students' physical activity levels and overall well-being. Borukova & Kuleva (2021) & Pérez-Ordás et al (2019) highlight the role of these activities in promoting an active lifestyle and healthy habits. However, gaps in participation exist, Kanters et al (2013) noting that intramural programs may be more inclusive, especially for low-income students. Innovative teaching methods and organizing these activities are also important, as discussed by Ilaria & Emanuela (2019).

Extracurricular sports at school have been proven to have a positive impact on students' psychological health, cognitive function, and academic performance (Bondar et al., 2023; Owen et al., 2021). However, the effectiveness of school-based physical activity interventions in increasing physical activity and fitness remains less clear, and some studies report only small impacts (Neil-Sztramko et al., 2021). The potential benefits of sports participation in schools, particularly during school hours, require further investigation and the need for high-quality studies to inform policy (Owen et al., 2021).

Regular exercise has been linked to many positive health benefits, such as improved mood, reduced stress, and better cognitive function. This is a significant relationship between exercise and a person's quality of life (Gumilar et al., 2022; M. Wang, 2019). Exercise can also improve overall health and reduce the risk of chronic disease (Del Din et al., 2020). Apart from that, participating in sports activities can have a positive impact on concentration and mental health (Negara, 2019; Nuryadi et al., 2018, 2019), as well as help relieve symptoms of depression in patients with non-TB mycobacterial lung disease (NTM-

PD), which has also been shown to improve sleep quality, which is a key factor in overall quality of life (Matsumura et al., 2022), which has also been shown to improve sleep quality, which is a key factor in overall quality of life (Mutmainnah et al., 2020).

The quality of life of teenagers is influenced by various factors. Fischer-Grote et al (2020) highlighted the negative impact of problematic smartphone use on their quality of life, while Dubey et al (2022) highlighted the negative impact of bullying on their health-related quality of life. Kokka et al (2021) add further to this by discussing the correlation between problematic internet use and teenagers' sleep, which is a key factor in their physical and mental health. Lastly, Montiel et al (2021) show the prevalence of problematic online gambling among teenagers, posing risks to their mental health and well-being. Social deprivation has been proven to significantly disrupt the quality of life of this group (Rusina, 2018). Risky behavior, such as drug use, also plays a role in this problem (Spilková & Džúrová, 2012). Gender factors are also highlighted, with girls generally reporting a lower quality of life and health status than boys (Strozenko et al., 2020). These findings highlight the need for targeted interventions to address specific challenges faced by adolescents in different social and demographic groups.

The quality of life of teenagers in Indonesia is an interesting issue, especially in coastal areas that are vulnerable to sociodemographic factors (Rizkillah et al., 2023). The COVID-19 pandemic has had an impact on the quality of life of most teenagers in Indonesia. Data shows that the quality of life of teenagers in Kotamobagu, North Sulawesi, is more than 80% in the moderate and low categories, with an average youth quality of life score of 56.95 (Buleno et al., 2021). This is what the author paid attention to in conducting research analyzing the impact of participating in sports activities through extracurricular activities at school on the quality of life in junior high schools.

Method

This research uses a descriptive approach, namely by conducting a survey about the quality of life of high school students. This research involved 332 respondents, consisting of 108 men and 224 women. Respondents came from schools in the northern part of West Java and had active student status.

WHOQOL-BREF is the instrument used in this research, developed by the World Health Organization and translated into Indonesian by a team from the Ministry of Health and academics. It is an instrument to measure a person's quality of life. It consists of 26 questions spanning four dimensions: physical health, social relationships, psychological, and environmental (Organization, 2013; Skevington et al., 2004).

The author collected data by visiting secondary schools in the northern part of West Java. The author chose the demographics of this area because it was based on an analysis of differences between economic, activity, facility, and environmental variables. Therefore, the author is interested in seeing how the integrated quality of life of teenagers is influenced by extracurricular sports. The author provided the instrument via a form administered via electronic device, and the survey was conducted for two months until the number of respondents was sufficient to carry out analysis.

To see the impact of extracurricular sports on students' quality of life, the author carried out an independent sample t-test analysis. The author carried out this analysis by comparing the quality of life of students who took part in sports and non-sports extracurriculars. The author believes that by participating in extracurricular sports activities, the quality of secondary school students will be better.

Result

Through the analysis of the financial data obtained, researchers reviewed the quality of life of students through their participation in sports activities outside of school through extracurricular activities.

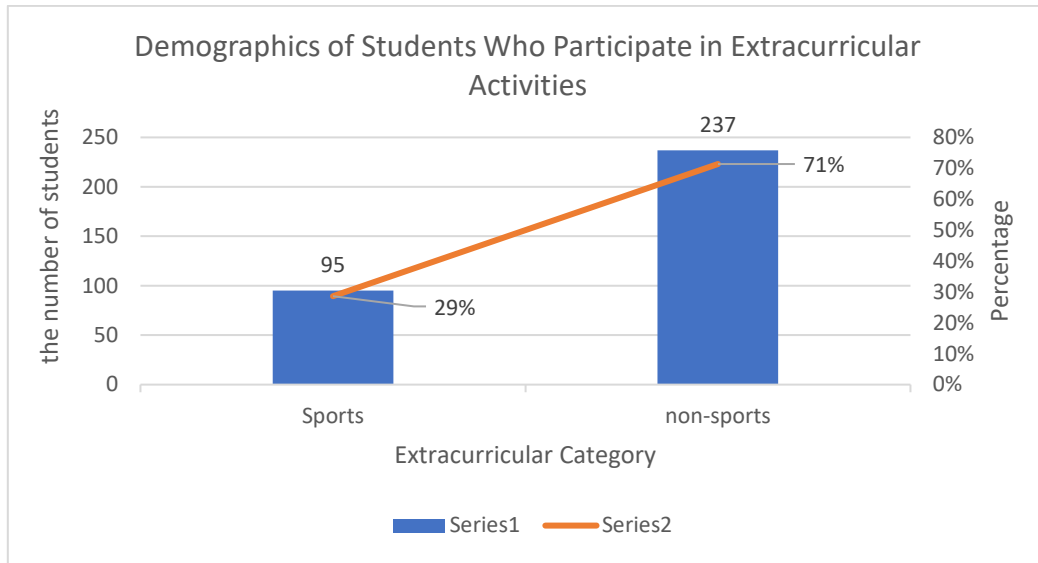


Figure 1. Demographics of students participating in extracurricular activities
 Based on the data obtained from 332 student respondents, 29%, or 95 students, took part in extracurricular sports, and 71%, or 237 students, did not take part in extracurricular sports. The data obtained was then analyzed using the Statistical Package for the Social Sciences (SPSS) application. The following are the results of the independent sample t-test analysis of the quality of life of students who take part in extracurricular sports and non-sports. These results show that student participation in sports activities through extracurricular activities is still low.

Tabel 1. Demografi Data Quality of Life

	Extracurricular	N	Mean	Std. Deviation	Std. Error Mean
Quality Of Life	Sports	95	90.45	14.27	1.46
	Non_Sport	237	81.19	12.72	.82

Tabel 2. Independent Samples Test Analysis

		Levene's Test for Equality of Variances		t-test for Equality of Means				
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Quality Of Life	Equal variances assumed	4.744	.030	5.789	330	.000	9.267	1.601
	Equal variances not assumed			5.511	157.042	.000	9.267	1.682

Table 1 shows the demographic data on the quality of life of students who take part in sports and non-sports extracurricular activities. The quality of life score of students who take part in sports extracurriculars is a mean of 90.45 with a standard deviation of 14.27 and a mean standard error of 1.46 with a total of 95 students; meanwhile, the quality of life score The life of students who do not do

extracurricular sports has a mean of 81.19 with a standard deviation of 12.72 and a standard error mean of 0.82 with a total of 237 students.

The results of the analysis of the independent samples test for the quality of life of students who take part in sports and non-sports extracurricular activities in Table 2 show the significance value (2-tailed), namely $0.000 < 0.05$. The significance value (2-tailed) is smaller than 0.05, which means there is a difference in the quality of life. life between students who take part in extracurricular sports and non-sports, with a mean difference of 9.267. Based on the mean quality of life value in Table 1, the average quality of life value for students who take part in extracurricular sports is better than non-sports. So it can be concluded that extracurricular sports activities have a significant impact on the quality of life of high school students.

Discussion

Based on the results of the analysis, it shows that extracurricular sports activities have a significant impact on the quality of life of high school students. This is an interesting finding: participating in extracurricular sports activities at school contributes positively to the development of students' quality of life. In line with the results of this research G.-H. Wang et al (2020) stated that participation in extracurricular sports has been shown to have a positive impact on adolescents' life satisfaction, with the effect being mediated by a reduction in academic stress. However, gender stereotypes may influence sport choices, making boys more resistant to change (Alvariñas-Villaverde et al., 2017). Extracurricular sports activities have been proven to increase children's socialization and integration, especially for marginalized children (Pomohaci & Sopa, 2017). Innovative teaching methods are needed to organize and manage these activities effectively (Ilaria & Emanuela, 2019).

Numerous studies have found a positive relationship between exercise and quality of life. Jeong, (2004); Rodríguez-Fernández et al (2017) found that sports performance and physical activity, respectively, were predictors of quality of life. This relationship is especially strong in the elderly, as noted by (Ellingson & Conn (2000) & Pucci et al (2012). These findings show that regular exercise can significantly improve a person's quality of life, especially in terms of physical and psychological well-being.

Participation in extracurricular sports has always been associated with improved adolescent health and well-being. Exercise is very important in reducing the risk of obesity, anxiety, and low self-esteem while improving socialization and problem-solving skills (Baciu & Baciu, 2015; Pál, 2018). The positive impact of sport also impacts academic performance, peer relationships, and the development of lifelong active living habits (Bocarro et al., 2008; Felfe et al., 2011). Then, what is no less important is the growth of life skills and values that arise through sports activities by teenagers (Gumilar, 2024; Gumilar et al., 2023). These findings underscore the importance of promoting and supporting extracurricular sports activities for children and young people.

Conclusion

The role of extracurricular activities at school is important in improving students' skills, increasing motivation, increasing their potential based on interests and talents, and improving quality of life. The positive values that grow through sports activities for teenagers carried out at school are the spearhead in realizing positive youth development. However, the low number of students who take part in extracurricular sports activities is a matter of concern that requires a solution to be sought by related parties, such as the government here, the education department, to provide policies regarding student activities in sports activities at school.

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