

# “A Study to Assess the Knowledge and Attitude Regarding Extra Co-Curricular Activity Among the B.Sc. Nursing Students in Selected B.Sc. Nursing Colleges of Pune City”

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## Abstract

**Introduction:** Knowledge feeds the human spirit and exercise helps the body stay in good shape. Knowledge and physical health are necessary for young people to cope in life. Over time, young people may encounter various problems such as drug addiction, inappropriate behavior, independence and violence. Student participation in various activities can be a simple way to change the lives of young people. This study focuses on the role of co-teaching and student examination performance on class attendance and does not consider other factors, such as participation in various work related activities to cover educational expenses, which may affect student performance.

**The present study title:** “A study to assess the knowledge and attitude regarding extra co-curricular activity among the B.Sc. Nursing students in selected B.Sc. Nursing colleges of Pune city”.

**Material and Methods:** In present study, researcher adopted descriptive research design. It was carried out on 100 samples. The Non probability purposive sampling technique method was used to data was collected using demographic profile and self-structured questionnaire. Data analysis was done mainly using descriptive statistics.

**Result:** Result revealed that knowledge related to extra co-curricular activity among students was that the majority 60 % had average knowledge, 20 % had poor knowledge and 20% had good knowledge. The mean score was 8.6 & S.D was 2.6. Result revealed that attitude regarding extra co-curricular activity among the students was that the 100% positive. The mean score was 13.2 & S.D was 2.0. Since p-value corresponding to Knowledge regarding importance of extra co-curricular activities organized by the college was less than 0.05, the demographic variable Knowledge regarding importance of extra co-curricular activities organized by the college was found to have significant association with the knowledge among B.Sc. nursing students regarding extra co-curricular activities. **Conclusion:** The study recommend that students need to increase their overall knowledge regarding the extra co- curricular activity in the academic year .

**Keywords:** assess, extra co-curricular, BSc Nursing students

## Introduction

Knowledge feeds the human spirit and exercise helps the body stay in good shape. Knowledge and physical health are necessary for young people to cope in life. Over time, young people may encounter various problems such as drug addiction, inappropriate behavior, independence and violence. All these problems can disturb parents, teachers and the learning environment. To overcome these problems, schools, communities and parents should work together. Young people need an environment that offers them the opportunity to participate in a variety of

activities as they grow. The school and the community can offer them opportunities for various activities in and outside the school that will help them shape their behavior and personality. Student participation in various activities can be a simple way to change the lives of young people. This study focuses on the role of co-teaching and student examination performance on class attendance and does not consider other factors, such as participation in various work-related activities to cover educational expenses, which may affect student performance. Activities, e.g. “cooperation, extracurricular activities and extracurricular activities” all have the same meaning, referring to participation in music, drama and debate etc. . Activities offered voluntarily and officially approved by the school that do not have an additional degree or exam degree are considered co-curricular. The participation of students in such activities depends on the opportunities offered by schools of different levels. English and Chinese are considered the most important mechanisms for the psychological and intellectual development of students. These activities have become an integral part of their learning. Education, as has been said elsewhere, is the creation of a healthy mind in a healthy body. Thus, children need ways and means to express their feelings and adapt to society in general. In Nepal, co-curricular and extra-curricular activities include activities such as physical, literary, aesthetic, cultural, hobbies, crafts, excursions, social care, etc. . Those who engage in extracurricular activities often have higher rates, less absenteeism, and increased connectivity to school. Therefore, it is necessary to determine the advantages of participating in extracurricular activities. Although extracurricular activities are one of the activities that are conducted outside the normal school day, are entirely voluntary, and students do not receive grades for participating in them.

### **Need of the Study**

Studies suggest that co-curricular activities have immense importance for the overall development of holistic development of each student because they bring holistic and sustainable growth to their life. Study reveals that extra co-curricular activities instill moral values among student, leadership quality, and teamwork and also prepares them for goals and challenges in their life. Co-curricular activities are an essential part of a student's life and help enhance the learning process of students at colleges. . These activities are meant to bring social skills, intellectual skills, moral values personality progress, and character appeal to students. Hence it becomes very important to assess student's perception of these activities. Students who participate in after-school activities usually take advantage of the many opportunities available to them. The benefits of participating in extracurricular activities include better grades, higher test scores, and standardized education more regular school attendance, and higher self-esteem. Participants in extracurricular activities often acquire skills such as teamwork and leadership, while reducing the likelihood of alcohol use and substance abuse-related behavior.

Study critically examines the positive effects of extracurricular activities on the academic performance of both primary and secondary school students. Extracurricular activities play a crucial role in today's secondary education programs. Students who participate in after-school activities usually take advantage of the many opportunities available to them. The benefits of participating in extracurricular activities include better grades, higher test scores, and standardized education more regular school attendance, and higher self-esteem. Participants in extracurricular activities often acquire skills such as teamwork and leadership, while reducing the likelihood of alcohol use and substance abuse-related behavior. So, researcher was interested to conduct study on to assess the knowledge and attitude regarding extra co-curricular activity among the B.Sc. Nursing students.

### **Aim of the Study**

The aim of study is to “A study to assess the knowledge and attitude regarding extra co-curricular activity among the B.Sc. Nursing students in selected B.Sc. Nursing colleges of Pune city”.

### **Objectives of the study :**

1. To assess the knowledge regarding extra co-curricular activity.
2. To assess the attitude regarding extra co-curricular activity.
3. To associate the knowledge and attitude findings with selected demographic variable.
- 4.

## Methodology

In this study, the objectives were to assess Knowledge and attitude of students about extra co-curricular activity and to associate the knowledge findings with selected demographic variables. Researcher adopted quantitative approach with descriptive research design .The study carried out on 100 samples with non-probability convenient sampling technique. Primary data was collected using demographic profile and structured knowledge questionnaire. Reliability was done on 20 sample and pilot study done on 20 sample. Reliability was done with test retest method and result was 0.91 also study was physibile to conduct.Data analysis was done mainly using descriptive statistics. Prior permission was taken for study.

## Results

### Section i: description of demographic profile:

29% of the B.Sc. Nursing students had age 20-21 years and 71% of them had age 22-23 years.64% of them were females and 36% of them were males.2% of them were married and98% of them were unmarried.38% of them were third year B.Sc. Students and 62% of them were fourth year B.Sc. Students.60% of them had knowledge regarding importance of extraco-curricular activities organized by the college from class presentation, 20% of them had knowledge from college friends and 20% of them had knowledge from social media.

### Section II : Analysis of data related to knowledge regarding extra co-curricular activity among B.Sc. nursing students

**Table 1:**

**N=100**

Level	f	%	Me an	S D
Poor	20	20	8.6	2.6
Average	60	60		
Good	20	20		

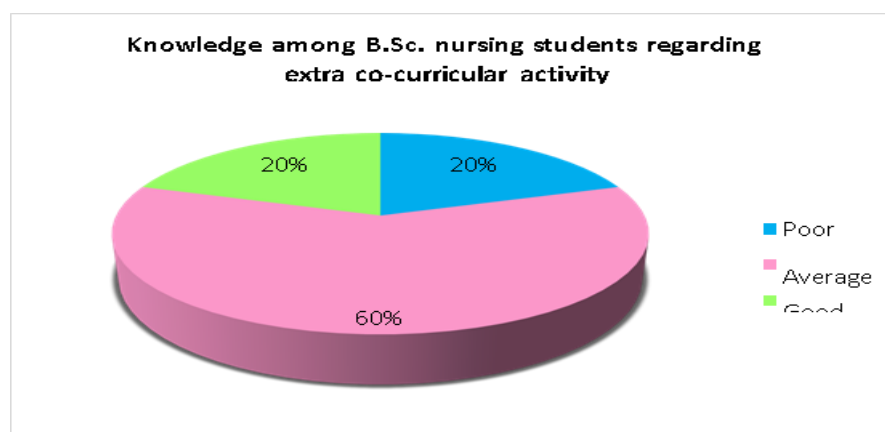


Table no-1and Pie Chart 1 shows that majority 60 % have average knowledge, 20 % were having poor knowledge & 20% having good knowledge. The mean score was 8.6 & S.D was2.6

### SECTION III: Analysis of data related to attitude regarding extra co-curricular activity among B.Sc. nursing students

**Table 2: Attitude regarding extra co-curricular activity among B.Sc. nursing students**

N=100

Attitude	Freq	%	Mean	SD
Positive	100	100%	13.2	2.0
Negative	0	0%		

Table 2 shows that 100% B.Sc. nursing students had positive attitude towards extra co-curricular activities. Mean 13.2 & SD is 2.0

### Section IV : Analysis of data related to the knowledge with selected demographic variable

Since p-value corresponding to Knowledge regarding importance of extra co-curricular activities organized by the college was small (less than 0.05), the demographic variable Knowledge regarding importance of extra co-curricular activities organized by the college was found to have significant association with the knowledge among B.Sc. nursing students regarding extra co-curricular activities. There was no association with demographic variables in terms of age

,gender,marital status ,academic year as P –value is more than 0.5.

### Discussion

The above study shows that the demographic variable that 29% of the B.Sc. Nursing students had age 20-21 years and 71% of them had age 22-23 years. 64% of them were females and 36% of them were males. 2% of them were married and 98% of them were unmarried. 38% of them were third year B.Sc. Students and 62% of them were fourth year B.Sc. Students. 60% of them had knowledge regarding importance of extra co-curricular activities organized by the college from class presentation, 20% of them had knowledge from college friends and 20% of them had knowledge from social media. The majority, 60 %, have average knowledge, 20 % had poor knowledge & 20% having good knowledge. The mean score was 8.6 & S.D was 2.6. All the B.Sc. nursing students had positive attitude towards extra co-curricular activities was 100% the mean score 13.2 and S.D was 2.0

The study findings was supported by a similar study Hemam Sangeeta Devi and Dr. Mahadeo B. Shinde conducted a study on A Study on Knowledge of Legal Aspects Related to Cancer among Nurses. The results shows that 62% of the samples had 2 – 3 years of experience & 48% of them are currently working in the medical oncology settings. 70% of them did not attend any in – service education regarding medico legal responsibilities of nurses & 96% of them were never involved in a legal case. There was a significant (P0.05) association between the level of knowledge of the staff nurses and their professional qualifications. Since the calculated value of p (0.04) is less than

0.05 it can be concluded that there is a significant association between professional qualification & knowledge scores. It was also found that 64% of graduate nurses scored in the range of 20 – 30.

### Conclusion

Demographic findings shows that Majority 71% of them had age 22-23 years ,29% of the B.Sc. Nursing students had age 20-21 years. Majority 64% of them were females and 36% of them were males. Majority 98% of them were unmarried and 2% of them were married. Majority 62% of them were fourth year B.Sc followed by

38% of them were third year B.Sc. Students. 60% of them had knowledge regarding importance of extra co-curricular activities organized by the college from class presentation, 20% of them had knowledge from college friends and 20% of them had knowledge from social media.

Majority 60 % have average knowledge, 20 % had poor knowledge & 20% having good knowledge. The mean score was 8.6 & S.D was 3.6. More emphasis should be given for educating the students to have knowledge about extra co-curricular activity. All samples had positive attitude towards extra co-curricular activities was 100% the mean score 13.2 and S.D was 2.0. Since p-value corresponding to knowledge regarding importance of extra co-curricular activities organized by the college was less than 0.05, the demographic variable Knowledge regarding importance of extra co-curricular activities organized by the college was found to have significant association with the knowledge among B.Sc. nursing students regarding extra co-curricular activities.

### Conflict of Interest

The authors certify that they have no involvement in any organization or entity with any financial or non-financial interest in the subject matter or materials discussed in this paper.

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