

Sri Lanka Institute of Information Technology



Assignment

Students' attitudes and preferences regarding Extra Curricular Activities at SLIIT

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English for Academic Purposes (IT1080)

BSc (Hons) in Information Technology

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Terms of Reference

The purpose of this report is to discuss SLIIT students' attitudes and preferences regarding extra curricular activities.

This report is submitted for the fulfilment of the requirements for English for Academic Purposes, Year 1 Semester 2 (2024), Sri Lanka Institute of Information Technology.

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Abstract

Here is brief attempt made to find the how the co-curricular activities benefits and affects university students here in SRI LANKA INSTITUTE OF INFORMATION TECHNOLOGY by conducting an online survey. A questionnaire has been specifically designed and deployed among students. About 70 students from various faculties such as engineering faculty, humanities and sciences faculty, business faculty, school of architecture and computing faculty have taken part in the survey and submitted responses through a google form.

As a highlighting fact, these all students are struggling with stress because of assignment pressure, continuous exams, and relationship problems etc. due to this stress they are addicted to bad habits like using alcohol and drugs, not eating much they want etc.

And these students use some techniques to reduce their stress. Like listening to music, spending time with their loved ones, watching tv/shoes etc. And try managing their time.

The main conclusion was that most students are getting stress due to various problems, and they are using many methods to relief it.

Introduction

Introduction Co-Curricular activities

In today's fast-paced and frequently demanding world, co-curricular activities are essential for sustaining both physical and mental health. It includes a variety of activities such as sports ,clubs ,societies and social work .These activities complement the academic curriculum but are not a part of the formal curriculum. These activities are mostly aimed at fostering personal growth ,leadership, teamwork ,creativity and social interaction among the students.

What is Co-curricular activities:

Co curricular activities are an part and parcel component for a well rounded education as it offers a diversity beyond the traditional classroom. These kind of activities plays a pivotal role in shaping students mindset as this provides a diversion. Co curricular activities provide a platform to explore their interest develop important skills and engage with the fellow peers. Also by engaging in extra curricular activities students get a hand in experience in leadership ,develop skills like calmness, and composure in tough situations.

Activities SLIIT offer:

SLIIT as a university offers a lot of extra curricular activities to students. Each of these activities complements students' academic pursuit giving them a hand to explore and navigate through a journey that is well balanced. Among the activities SLIIT provides clubs and societies and sports stand out. Clubs and societies like Rotarac ,Isec, IEEE ,sports like cricket ,basketball, swimming are great examples showcasing the variety of extracurricular activities provided by SLIIT. Each of these activities plays a vital role in shaping students' lives.

Sports

introduction of sports

Sport pertains to any form of physical activity or game, often competitive and organised, that aims to use, maintain, or improve physical ability and skills while providing enjoyment to participants and, in some cases, entertainment too .¹

Sports are great and marvelous ways to relax our mind.

Types of sports

There are so many types of sports which can be categorized into two main types.ⁱ

Which are ,

- Team sport
- Individual sports

Team sports

Team sports refer to any sport where players play the game as a group /unit for a common goal.examples for such sports are,
football ,basketball ,rugby, netball etc .

Individual sports

Individual sports refer to where players play the game as one person/individually ,examples for such sports are ,

Athletics, swimming, cycling etc..

There are different sub types of sports.

- . Combat sports
- . Motor sports

- . Water sports
- . Adventure sports
- . Winter sports

What are the advantages of sports

Engaging in sports offers a multitude of benefits that goes beyond the physical fitness. Doing sports contributes significantly to the betterment of ones personal development, physical development as well as to the mental development.

Physical participation in sports promotes cardiovascular health , strengthen the body muscles, overall improves the physical fitness. Doing sports regularly is a form of exercise which in return benefits the human body by minimalizing the risk of chronic diseases such as obesity, diabetes, and heart diseases.

Being healthy and fit plays a vital role in mental health. Sports provides mental stability by maintaining the fitness in body. This helps in reducing stress ,anxiety ad depression. Physical activities triggers the activation of neurotransmitters which acts as natural mood lifters ,promoting felling like happiness and relaxation. Also engaging in sports helps in managing emotions, fosters resilience and enhances the mental clarity.

Sports also attributes to the social lives of individuals. Sports creates a platform for students to interact with each other ,builds teamwork and collaboration. Through shared experiences athletes develops communication skills which fosters to strong bonds among each other, emotional commitment and also develops the sense of community. Team sports particular cultivate leadership skills, horns the ability to be receptive and also benefits individual traits as motivation.

This indirectly attributes to personal growth in individuals. They learn to be disciplined ,perseverance and resilience. Instills income values such as integrity and sportsmanship.

how to manage sports as a student

Many concerned parents and students alike are worried about the time commitment required to participate in sports and how that will affect their ability to juggle their classes, homework, and other responsibilities.

The question, 'How do sports help students academically?' Arouses at instances like this,

Sports allow individuals to connect with others and be a part of a team and community. Furthermore, being in a community with others with similar interests and goals makes students feel less alone, resulting in higher self-esteem, efficacy, and self-worth.

Other than that College can be overwhelming, especially for student-athletes managing their coursework with practice and game schedules, hence why many colleges and universities offer special tutoring and study sessions in conjunction with their **student support services** as an extra way to help, motivate, and boost an athlete's academic performance.

Finally sports are not about winning all the time its about team work losses, self respect, confidencies.^[2]

how sports and co-curricular can make significant effected physical mind

Participation in sports helps in reducing stress, anxiety, and depression by releasing endorphins, the body's natural mood lifters. It also fosters mental resilience, discipline, and self-confidence through overcoming challenges and achieving personal goals. Physical activity in sports provides a healthy outlet for stress relief, relaxation, and rejuvenation, helping individuals to recharge and maintain mental equilibrium.

Ex: While the physical benefits are numerous (more on that below), the UK's National Health Service (NHS) [report](#) that people who take part in regular physical activity have up to a 30 percent lower risk of depression.

Additionally, exercise can help lower anxiety, reduce the risk of illness and increase energy levels. Want better sleep? Work up a good sweat!

Exercise can help you fall asleep faster and sleep for longer, research says.^[3]

Clubs and societies

What are clubs and societies?

Clubs and societies are group of people coming together for a specific purpose or serve a specific reason. These organizations can either be public or privately served. The purpose of these organizations can vary on different reason. These organizations can be found in different setting such as schools, universities ,work place and communities. Engaging in clubs and societies paves a path in collaborating with similar minded people outside regular responsibilities.

The importance of clubs and societies

Clubs and societies play a crucial role in shaping ones academic and professional careers. These offers myriad of benefits to individuals' to develop their social skills as well.

1. Skill development-clubs and societies helps in develop a wide range of skills beyond formal settings including leadership, teamwork , communication skills and time-management .
2. Personal Growth-Clubs and societies promotes personal growth and self discovery. As clubs and societies encourage individuals to step out of their comfort zones it helps them in growing as a person. Also encourage them to try new things ,explore new paths and follow their dreams it helps them honing their social skills.
3. Networking and career development- Among these clubs and societies there are different kind of people involved such as CEOs, Scholars. These kind of professionals helps in branching professional contacts over the time. These types of connection offers job opportunities ,mentorship and mentorships as well.
4. Academic Support- For students clubs and societies offer resources and necessary support in helping their career paths. They might organize study groups, academic workshops ensuring the students get the complement learning to avenue their academic enrichment

How to manage clubs and societies as a student

Managing studies and participating in clubs and societies can be an overwhelming task for majority of student. But when participating in these kind of activities can be a rewarding experience. To manage classwork and also participate in clubs and societies numerous methods can be used. Rather than being disoriented between academic work and society work setting clear goals can help in maintain a proper balance. Also communicating effectively to stay connected with clubs and societies through digital media or other means of communication like regular based meeting times can help students to find a fine line between the two ends.

Also by managing finances wisely ,creating a budget to for clubs activities, celebrating achievements, building relationships

Balancing academics and co-curricular involvement

The key to a fruitful educational experience is when students can maintain a perfect balance between their academics and co-curricular activities. In a highly competitive world, students face pressure to perform better and be all-rounders. Participating in different clubs, organizations and societies are an essential part of student's life and balancing these commitments with academic responsibilities can be challenging yet rewarding.

Importance of balancing Academics and Co-curricular Involvement

While academic achievement is important, participation in co-curricular activities adds depth to a student's educational experience. Co-curricular involvement allows students to develop new skills, explore their interests, and forge lifelong friendships and professional networks that extend beyond the classroom. Moreover, participating activities outside the classroom promotes responsibility, self-discipline, time management which are valuable for the future. By achieving a balance between academics and Co-curricular activities is the path to a well-rounded education and personal development.

Challenges in balancing Academics and Co-curricular involvement

Balancing Academics and Co-curricular activities provide students with various challenges that they need to focus on.

- ▶ **time management.**

Students need to manage their limited time between attending to lectures, studying and participating in co-curricular's.

- ▶ **Prioritization.**

They are required to identify the academic priorities and give more time to subjects that needs extra attention while balancing the co-curricular activities. Self-care is also important factor in balancing academics and Co-curricular activities. Getting enough sleep, taking breaks when needed and eating healthily are essential for both academic success and active involvement for co-curricular activities.

Strategies for balancing Academics and Co-curricular involvement

Strategically managing both academics and co-curricular activities can navigate students for their success. Developing a schedule, set up the priorities, get support from educated people, finding good study tools are the essential components for a balanced and successful academic and co-curricular experience. By improving these strategies, student can create their educational path accurately and efficiently.

The impact of Co-curricular Involvement on Employability

The students who are involved in co-curricular activities in college are more likely to be satisfied with their institutions, are more likely to gain important leadership skills and qualities that are important by employers and necessary for job success.

Here are some of the impacts of co-curricular involvement on employability;

- Skill Development
- Leadership experience
- Problem solving and adaptability
- Networking Opportunities
- Enhance resume/cv
- Improved confidence and communication skills

There are some important skills that get developed by co-curricular activities. Communication skills were developed by activities like debating, public speaking or presenting in clubs, or organizations can enhance verbal communication skills. Written communication can improve through activities like writing for news letters or managing social media accounts for clubs.

Participating in team sports, group projects, or organizing events in clubs fosters teamwork and collaboration skills, which are highly valued in professional settings.

Holding leadership positions in clubs or organizations provides opportunities to develop skills in decision making, problem solving, delegation, and conflict resolution. Balancing academic commitments with co-curricular activities teaches individuals how to manage their time effectively, essential skills in the workplace.

Co-curricular involvement exposes individuals to adapt diverse environments, teams & situations. This adaptability is crucial in navigating dynamic work environments where change is constant. In clubs or organizations individuals often need to take different roles and responsibilities based on the needs of the group. This flexibility builds adaptability and willingness to learn new skills which are valuable in the work place.

Involvement in relevant clubs' organizations allows individuals to network with professionals in their field of interest, which can lead to internships, mentorships or job opportunities. Building

relationships with peers through co-curricular activities can create a support system for sharing job search strategies, interview tips and professional development opportunities.

Including co-curricular involvement on a resume can make it more dynamic and compelling. It provides additional context about an individual's skills, experiences and interests, helping them stand out among other candidates. Highlighting leadership roles, achievement and contributions in co-curricular activities demonstrates confidence in one's abilities and experience. Employers often look for well-rounded candidates who bring more than just academic qualifications to the table.

Co-curricular activities often provide platforms for individuals to practice public speaking, whether it's delivering presentations, leading meetings or speaking events. Regular exposure to become more comfortable and confident in expressing themselves in front of an audience. Also participating in co-curricular activities often involves receiving feedback and constructive criticism from peers, mentors or coaches. Learning to accept and incorporate feedback helps individuals develop resilience and confidence in their abilities.

In summary, co-curricular involvement can significantly enhance employability by providing opportunities for skill development, leadership experience, problem solving and adaptability, networking opportunities, enhancing resume and confidence and communication skills, which are essential for success in the workplace. Employers recognize the value of these experiences and often view candidates with a strong co-curricular background favorably during the hiring process.^[4]

Methodology

The survey was created as a google form which made it easy for the students to select the answers and submit. Students took part in the poll and eagerly answered the majority of the questions. The only challenge was a suitable environment and free time for them to answer the questionnaire, as they are already loaded with lots of university work. WhatsApp, telegram, and emails were used as the platforms to conduct this survey among the university students. And the survey was conducted for a period of one month from 2023.08.07 to 2023.09.07. Students from various faculties pursuing professional courses like engineering and computer science took part in this survey. They are from various areas of the country.

The secrecy of the students was guaranteed, and they were informed that the document would not include their identities. Below is a list of the survey questions that were posed.

The parameters were based on the purpose of and goals of the survey. (Faculty wise, demographic information, general stress assessment, source of stress, physical & emotional symptoms of stress)

Questionnaires Used

1. Name

2. University that you are currently Studying

- Malabe Campus
- Metro Campus
- SLIIT Academy
- Mathara Center
- Kandy Center
- Kurunegala Center
- Northen UNI
- Kandy UNI

3. What is your Faculty?

- Faculty of Computing
- Faculty of Business
- Faculty of Engineering
- Faculty of Humanities and sciences
- William Angliss Institute
- School of architecture

4. What age group do you belong to?

- 18-20
- 20-22
- 22-24
- above 24

5. Gender

- Male
- Female

6. What is your academic Year

- First year
- Second year
- Third year
- Fourth year
- Post Graduate

7. Are you currently involved in any extra-curricular activities at SLIIT?

- Yes
- No

8. If Yes , Please specify which activities

- Sports
- Clubs and societies
- Other

9. If you choose other Please mention what the activity is

10. On an average, how often you do extra-curricular activities?

- Never
- Occasionally
- Sometimes
- Often
- Always

11. What motivates to participate in extra curricular Activities

- personal interest
- Skill Development
- Leadership Development
- Interested in Volunteering
- Other

12. Do you believe that participating in extra-curricular activities positively impacts your overall university experience?

- Yes
- No
- Maybe

13. What barriers or challenges prevent you from participating in extra-curricular activities?

- Lack of time
- Finance
- Lack of information
- Physical limitations and disabilities
- Academic pressure
- Language barrier
- Other

14. If you pressed other please mention the following reason

15. How did you find out about the extra-curricular activities available at SLIIT?

- Social Medias
- Lectures
- Friends
- Seniors
- Stalls
- Orientation Day
- Other

16. How satisfied are you with the current range of extra curricular activities offered by SLIIT?

- Very dissatisfied
- dissatisfied
- satisfied
- very satisfied

17. Would you be more likely to participate in extra-curricular activities if they were offered during different times or on different days?

- Yes
- No
- Maybe

18. How do you think SLIIT could better promote existing extra-curricular activities to students?

19. Are there any specific skills or interests you would like to develop through extra-curricular activities?

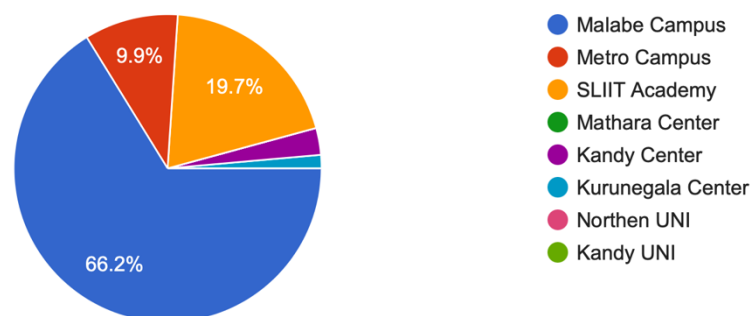
- Leadership and Teamwork
- Communication skills
- Time Managment
- Athletic abiliies
- professional development
- other

Data Analysis and Discussion

- Questions 1-7 are used to collect the personal details of the student.
- Questions 7-8 are used to know whether the students engage in extra curricular activities.
- Questions 9 is used to know how often they participate in extra curriculars.
- Question 10-13 are used to know the motivations ,positive impacts and the barriers that prevent them from participating in extra curricular activities.
- Questions 14- 18 are used to know their awareness of SLIIT offered activities, how satisfied they are with the offered activities and ,their intake on whether they would be more willing to participate if offered differently and how SLIIT can spread more awareness on these activities.
- Question 19 is used to know their gain through extra curricular activities.

Distribution of the university students who have participated in the survey (classified according to the university studying)

University that you are currently Studying
71 responses

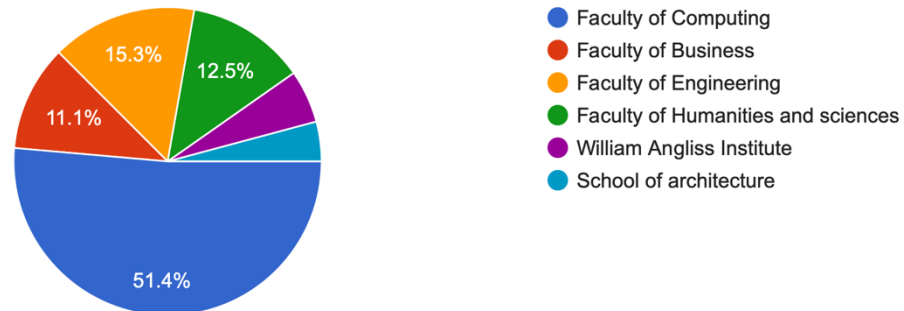


The above grap depics the university the survey participatnts studying in. The majority of students are from the SLIIT malabe campus which is 66.2% in precentage. 19.7% of respondents are from the SLIIT Academy and 9.9% are from metro campus. The reason for the high amount of responses from malabe is this surevey was majorly distributed in malabe university.

Distribution of the university students who have participated in the survey (classified according to the faculty of the student).

What is your Faculty?

72 responses

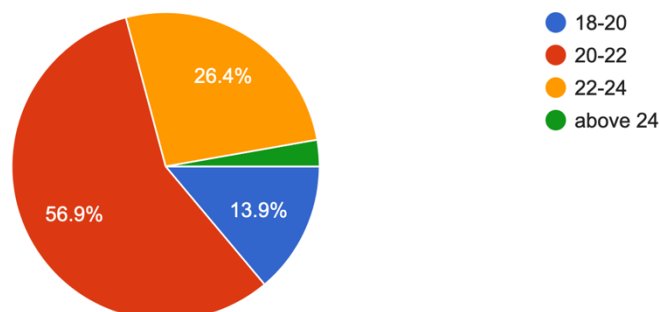


As per the above pie chart, FACULTY OF COMPUTING has the majority of respondents which is 51.4%. Other respondents are from the FACULTY OF BUSINESS, FACULTY OF ENGINEERING, SCHOOL OF ARCHITECTURE, FACULTY OF HUMANITIES AND SCIENCES. The reason for the majority of participation by computing students is because this survey is majorly distributed and shared among computing students, which has many students within the faculty itself.

Distribution of the university students who have participated in the survey (classified according to the age of the student).

What age group do you belong to?

72 responses

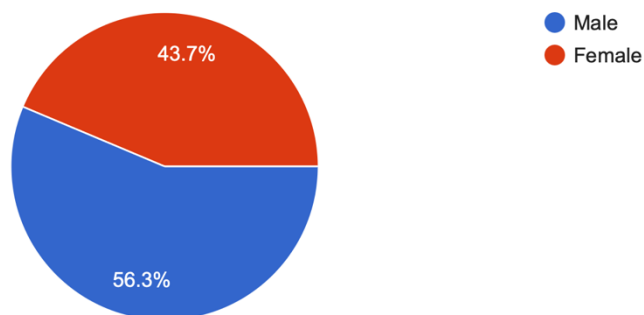


The above chart showcases the age group which the respondents belongs to. As per the survey majority of respondents fall within the age group 20-22 which is approximately 56.9% in total. while 26.4% belongs to the age group 22-24, 13.9% of respondents belongs to the category 18-20.

Distribution of the university students who have participated in the survey (classified according to the gender).

Gender

71 responses

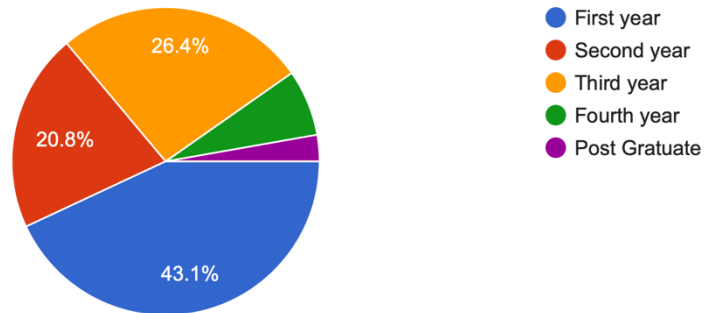


The above pie charts depicts gender the respondents belongs in to. As per the survey 56.3% which is the majority between the two genders belongs to male category. While the remaining 43.7% belongs to the female category.

Distribution of the university students who have participated in the survey (classified according to the academic year)

What is your academic Year

72 responses

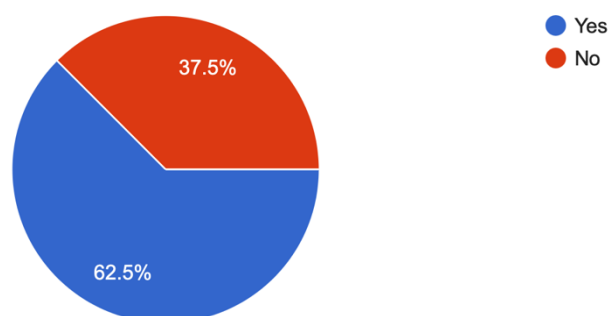


The above pie chart showcases the classification according to the academic year. In accordance to the pie chart 43.1% which is the highest amount belongs to First year. 26.4% of respondents belongs to second year while 20.8% belongs to second year

Distribution of the university students who have participated in the survey (classified according to involvement in extra curricular activities)

Are you currently involved in any extra-curricular activities at SLIIT?

72 responses

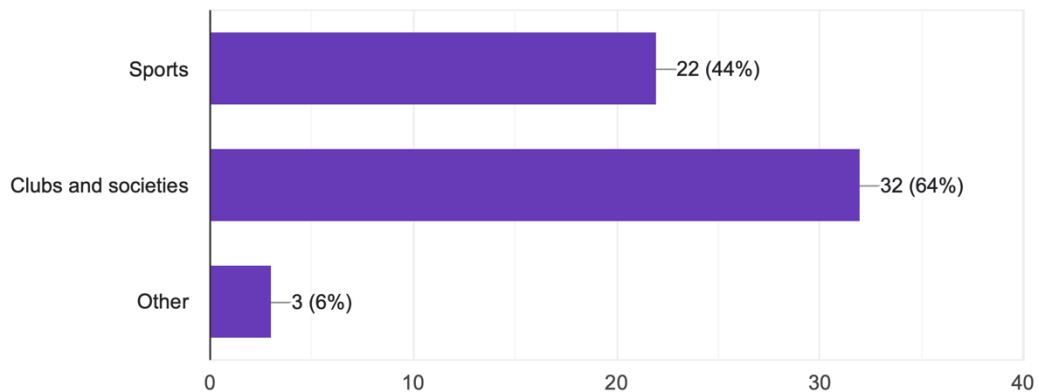


The above chart shows the involvement of students in extra curricular activities. majority which is 62.5% has voted as involving in extra curricular activities. 37.5% of respondents has voted againts participating in extra curricular activities.

Distribution of the university students who have participated in the survey (classified according to the responses in participating in extra curricular activities).

If Yes , Please specify which activities

50 responses

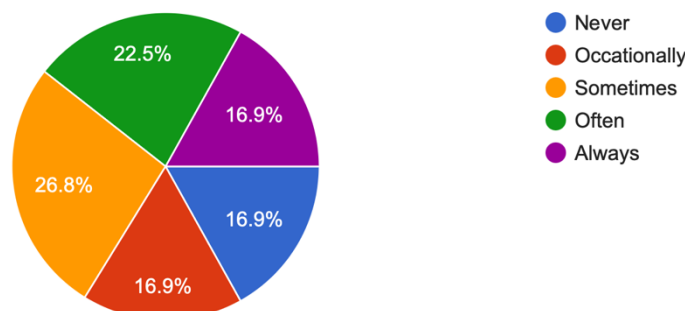


The above bar graph depicts whether the respondents participate in extra curricular activates. According to the bar graph more than half of the students participate in clubs and societies as their extra curricular activity which is 64% in total.while 44% participate in sports. And another 6% has responded as engaging in other kinds of activities as their extra curricular activity.

Distribution of the university students who have participated in the survey (classified according to how often students engage in extra curricular activities).

On an average, how often you do extra-curricular activities?

71 responses

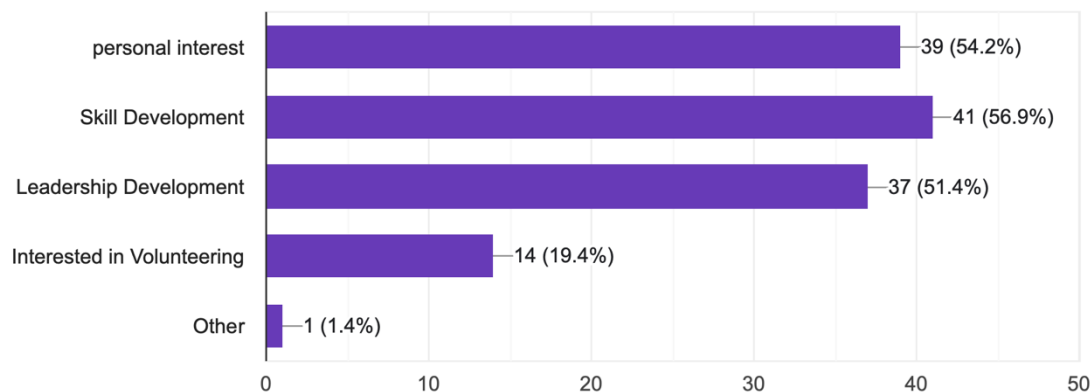


As per the above chart 26.8% of students only engage in extra curricular activities sometimes only.16.9% of students has voted to engaging in extra curricular activities as occasionally ,always and never and another 22.5% of students has voted to as engaging in extra curricular activities often.

Distribution of the university students who have participated in the survey (classified according to what motivates to participate in extra curricular activities).

What motivates to participate in extra curricular Activities

72 responses

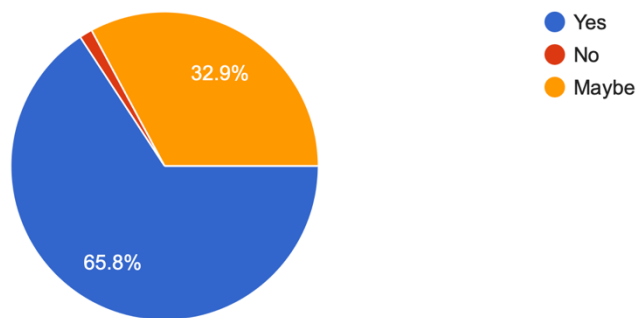


According to the bar graph ,56.9% of students nearly gets motivated to do extra curricular activities with the purpose of skill development.And another 54.2% particpate in these activities as a personal interest.while a 51.4% do exta curriculars to develop their leadership qualities.Another 19.4 % are interested in volunteering thus they engage in extra curricular activities.

Distribution of the university students who have participated in the survey (classified according to positive impact of extra curricular activities).

Do you believe that participating in extra-curricular activities positively impacts your overall university experience?

73 responses

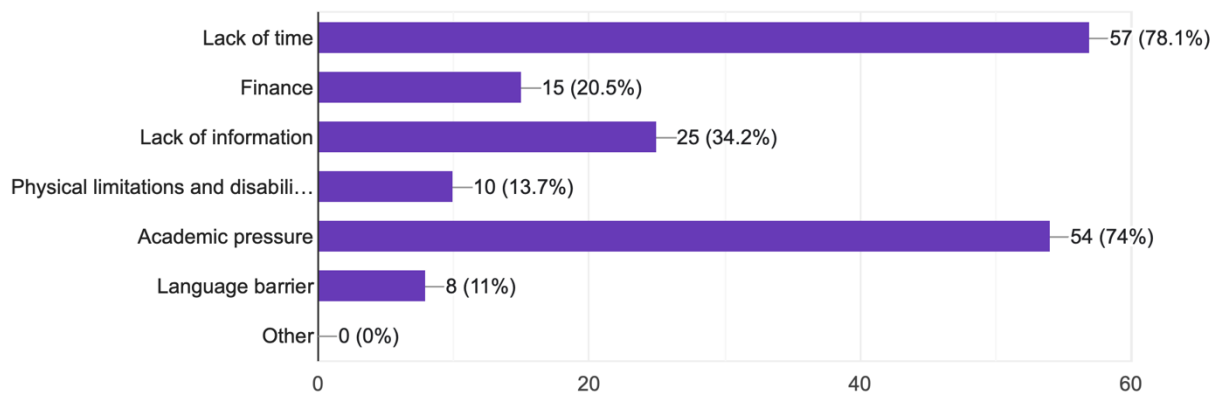


Depicted by the above a pie chart highest percentage 65.8% of students thinks occupying themselves in extra curricular activities positively impacts their overall university experience. 32.9% of students however thinks there is no significant impact from these activities to the overall university experience

Distribution of the university students who have participated in the survey (classified according to what barriers or challenges prevent you from participating in extra-curricular activities?).

What barriers or challenges prevent you from participating in extra-curricular activities?

73 responses

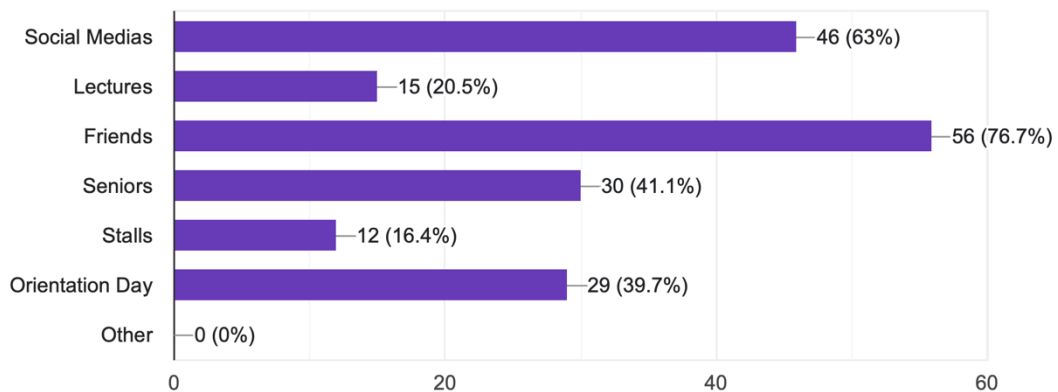


The above bar graph depicts the the barries and challenges that's prevents stidents form eing in any kind of extra curricular activitiy.Majority of students ,78.1%, have voted lack of time as a reason.while another 74% has reasoned academic pressure to be a reason.34.2% to lack of information,20.5% finances,13.7% physical limitation and 11% to language barriers are the other barrier that prevent students from engaging.

Distribution of the university students who have participated in the survey (classified according to how students found out about the extra-curricular activities available at SLIIT).

How did you find out about the extra-curricular activities available at SLIIT?

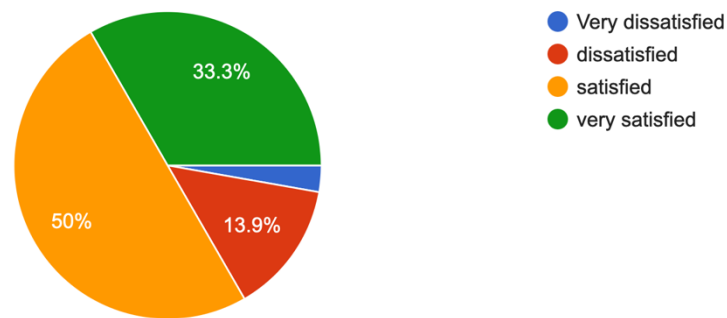
73 responses



This bar graph showcases how students found out about extra curricular activities available in SLIIT. As per the votes friends were a main mean of awareness about these activities which is 76.7%. Another way students had got to know about extra curricular activities are social with a percentage of 63%. 41.1% had got to know about extra curricular activities via seniors while 39.7% from orientation day.

Distribution of the university students who have participated in the survey (classified according to satisfaction regarding the current range of extra curricular activities offered by SLIIT)

How satisfied are you with the current range of extra curricular activities offered by SLIIT?
72 responses

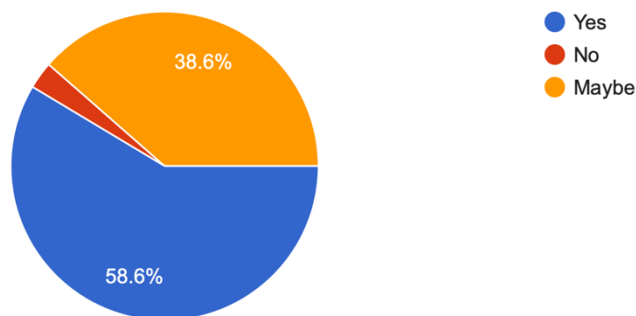


This pie chart illustrates the satisfaction toward the curriculums offered by SLIIT. Half of the students has voted as being satisfied with the current range of extra curricular activities. 33.3% is very satisfied with the offerings. But a 13.9 % is dissatisfied the current range of extra curricular activities and think there could be an improvement with the offered curricular activities.

Distribution of the university students who have participated in the survey (classified according to whether students are more likely to participate in extra-curricular activities if they were offered during different times or on different days).

Would you be more likely to participate in extra-curricular activities if they were offered during different times or on different days?

70 responses

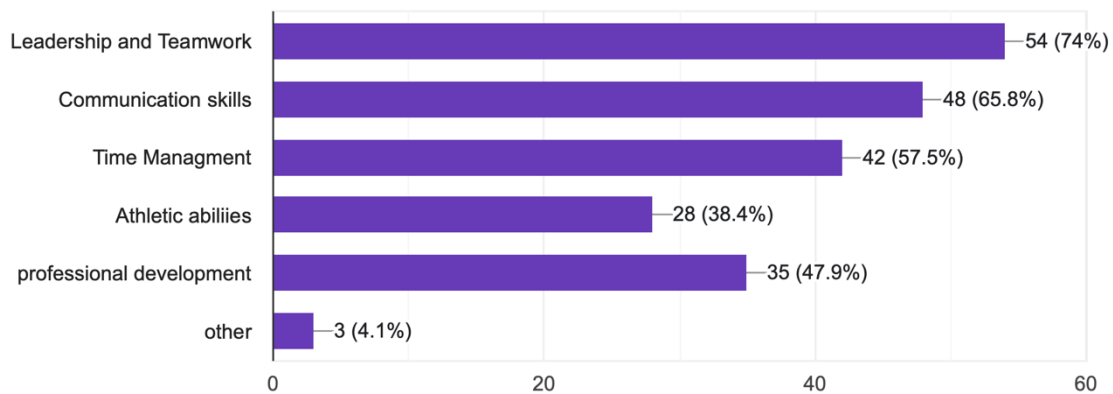


The above pie chart depicts the responses to a statement yes or no the likeability of students participating in extra curricular activities if offered during different times. According to the pie charts many majority of students agree (yes) they are more likely to participate in extra curricular activities if offered in different times. But 38.6% of students feel uncertain with their participation even though the times and days are allocated to different days and times. Only 2.9% has voted to not participating in curriculars even if the times and days are different.

Distribution of the university students who have participated in the survey (classified according to specific skills they would like to develop through extra curricular activities.).

Are there any specific skills or interests you would like to develop through extra-curricular activities?

73 responses



In accordance to the above bar graph 74% of students anticipate to horn their leadership and teamwork skillset participating in extra curricular activities. Another 65.8% would like to enhance their communication skills. 57.5% want to improve their time management skills .47.9% are hoping to exceed in their professional development and a 38.4% are intending to improve their athletic abilities.

Recommendations

Here are recommendations for extra curricular activities -

- Join a club ,society related to your personal interest or related to career path. This gives you an exposure to explore interest as well as establish connection that will come in use for your career in the future.
- Participate in physical activities like a sport to promote healthy lifestyle ,discipline and teamwork.
- Getting involved in community service or voluntary works enhance the sense of civic responsibility and gives satisfaction .
- Taking leadership roles in clubs and societies ,this allows students to explore sided they didn't know that exists within them ,also gives them the sense of responsibility.
- Pursue artistic outcomes like drama ,painting,dance helps students to keep in touch with their creative side.

Being involved in some kind of an extra curricular activity let students to cherish personality outside the classroom work.

Appendices

Appendix 1 – questionnaire used..... pg 10- pg11

References

1. wikipedia-[<https://en.wikipedia.org/wiki/Sport>]
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Individual contribution

Student Name	StudentD	Contributions
Ahamed M.N.I	IT23389656	<ul style="list-style-type: none"> • Data Collection • Questionnaires used to collect data • Chart description(22-24) • Clubs and societies
Fernando B.S.N	IT23382244	<ul style="list-style-type: none"> • Analysed the data • Chart description (24-26) • Methodology • Introduction • Data collection
Bagya R.M.S	IT23394124	<ul style="list-style-type: none"> • Sports • Data collection • Recommendations • Chart description(27-29)
Perera K.D.S	IT23391468	<ul style="list-style-type: none"> • Chart description(29-30) • The impact of co-curricular involvement on employability • Data collection
Nethsarani P.A.T	IT23388284	<ul style="list-style-type: none"> • Recommendations • Impact of co curricular activities

		<ul style="list-style-type: none">• Chart description(31-33)
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