

Abstract

Title: The Effect of Joining Competitions and Co-Curricular Activities to the Self-Development of Selected GEANHS Students

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This study was conducted to find out the effect of joining competitions and co-curricular activities to the self-development of selected GEANHS students in order to make recommendation for strategies and action plans that will promote co-curricular activities for the improvement of student's self-confidence, social skills and academic achievement. Only selected 50 students were the respondents of this study.

Quantitative method specifically descriptive type of research was used to determine the effect of competitions and co-curricular activities towards self-development of students. It was also utilized to recognize what activities can be proposed by the school to make students increase self-development.

The major instrument used in data gathering was a validated researchers' made questionnaire which is divided into two parts. The statistical treatment used after data had been gathered are frequency and percentage, weighted mean, pearson correlation coefficient and z - statistics.

Based on the results, it came out that co-curricular activities have positive impact in self-development especially in enhancing skills and abilities of a student. Moreover, the data clearly shows that female are more motivated in regards in participating in co-curricular activities. From the data gathered, it was also proved that there is no significant relationship between students' gender and co-curricular activities involvement. These results was been supported by the researchers secondary sources from literature and other research studies.

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Part I. Personal Information/ Demographics

Information	
Name (optional)	
Gender	

Part II. Level of Agreement

irections: Read the statements below. Put check mark (/) if you are strongly agree (5), agree (4), undecided (3), disagree (2) and strongly disagree (1).

Item/ Question	5	4	3	2	1
Joining in co-curricular activities strengthened my self-confidence					
Joining in co-curricular activities improved my leadership on how to cooperate and co-ordinate in different situations					
Joining in co-curricular activities turn me into goal oriented person					
Joining in co-curricular activities helped me to develop my talents and skills					
Joining in co-curricular activities helped me to showcase my hidden potentials					
Joining in co-curricular activities enhanced my creativity					
Joining in co-curricular activities enhanced my creativity					
Joining in co-curricular activities made me independent					
Joining in co-curricular activities helped me to have ethics and good moral character					
Joining in co-curricular activities helped me to be more responsible and discipline person					
Joining in co-curricular activities helped me to developed the spirit of healthy competition					
I can socialize and better communicate with others after joining co-curricular activities					
I feel loved and accepted after joining in co-curricular activities					
I learned to respect other beliefs and values after joining co-curricular activities					
I express myself freely when I join co-curricular					

	activities				
16	I learned to speak in public after joining co-curricular activities				
17	I can adapt my learning and ideas from co-curricular activities in my academic subjects				
18	I can set and assess my future goals after joining co-curricular activities				
19	I feel motivated to attend classes every day after joining co-curricular activities				
20	I can actively participate in any performance activities and academic subjects after joining co-curricular activities				
21	I can balance my time in doing academic activities and preparation for co-curricular events				
22	I can use my experiences in co-curricular activities as an advantage in doing academic tasks				
23	I became active and energetic that help me in academics after joining co-curricular activities				