

SYSTEMATIC LITERATURE REVIEW

Analysis of The Influence Of Extracurricular Dispensation Activities on Students' Academics.

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ABSTRACT

This study aims to explore the impact of extracurricular activities on students' academic performance using the systematic literature review method. The data used are derived from previous studies that were analyzed and synthesized to provide a comprehensive overview. Descriptive and regression statistical techniques were employed to identify the relationships between these variables. The results of the study indicate that extracurricular activities have both significant positive and negative effects on students' academic performance. Students who actively participate in these activities tend to achieve higher academic grades due to their effective time management and sense of responsibility towards assigned tasks. The implications of these findings for the development of educational policies and practices in schools are also discussed.

Keywords : *extracurricular, dispensation, systematic literature review,*

INTRODUCTION

Learning is a natural process that occurs in every individual, resulting in changes within the individual that encompass three main aspects: cognitive, affective, and psychomotor. The cognitive aspect refers to an individual's internal ability to acquire, understand, apply, analyze, and evaluate received information. The affective aspect involves an individual's sensitivity to their environment and their ability to behave according to prevailing values and ethics. Meanwhile, the psychomotor aspect entails training to change behavior and make appropriate decisions in daily life.

Psychologically, learning is defined as the process of acquiring changes in behavior (both cognitive, affective, and psychomotor) to efficiently respond to the environment. However, various challenges can arise in learning activities, both for students' and teachers.

For students' themselves, common learning issues they often experience include time management for studying, choosing study methods, using textbooks, group study, preparing for exams, and so on. These learning challenges arise partly due to insufficient preparation before engaging in learning activities.

To achieve learning goals, one must be prepared. Good learning readiness makes it easier for students' to follow the learning process, as it facilitates their ability to receive and understand the material presented by teachers and encourages them to respond positively. The success of students' in preparing before lessons can determine their success in learning. However, the

success of a lesson depends on how the learning process experienced by students' takes. (Yuliani 2022).

Extracurricular activities are educational activities undertaken by students' outside of regular class hours, supervised and guided by the educational institution, with the goal of fully developing students' potential, talents, interests, abilities, personalities, cooperation, and independence to support educational objectives (Ministry of Education and Culture Regulation Number 62 of 2014 concerning Extracurricular Activities, 2014). From the explanation above, it is understood that extracurricular activities are an integral part of the curriculum that should be planned and incorporated into the annual/educational calendar of the institution. By implementing character education through habit-based extracurricular activities, it aims to address the diverse developmental needs of students', including differences in moral values, attitudes, skills, and creativity. Participation in extracurricular activities enables students' to learn and cultivate better character. (Mustika Abidin 2018)

Dispensation is permission or exception granted by authorities to individuals or groups to violate or bypass existing rules or policies. This permission is often granted when the current rules are impractical or cannot be followed, thereby allowing flexibility for individuals to participate in certain activities. Common examples of dispensation in an educational setting include permission to participate in extracurricular activities outside normal study hours, or extensions for academic assignments due to reasons such as health or emergencies.

Dispensation in schools is a policy that grants permission to students' to participate in extracurricular activities or address specific issues that interfere with their classroom attendance. This policy is often granted to allow students' to remain active in activities such as sports teams, choirs, or debate clubs without compromising their studies. Common examples of dispensation in schools include permission to leave classes early or arrive late due to practice or competitions, or permission to not take exams on the same day as competitive events. This dispensation policy is important to support the balance between academic and extracurricular activities for students', ensuring they have equal opportunities to develop their talents outside of the classroom.

RESEARCH METHODS

This research was designed using a systematic literature review (SLR) method, which involves gathering research sources from multiple journals to explore the impact of digital technology on secondary school learning. The method includes identifying, reviewing, evaluating, and interpreting all available studies systematically and in a structured manner. Researchers focused on reviewing relevant periodicals that corresponded to the research topic, following predefined steps. (Triandini 2019)

The SLR technique consists of five main steps: formulating the research questions, mapping and searching for articles related to the research topic, selecting and evaluating articles based on inclusion criteria, presenting and analyzing the collected data, and interpreting the findings and drawing conclusions based on the reviewed articles.

By utilizing this method, the researchers ensured a thorough and organized review of the literature on how digital technology affects secondary school learning, providing a solid basis for the research conclusions.

RESULT AND DISCUSSION

The low motivation of students' is often considered a cause of the poor quality of school graduates, especially in private schools, which face a dilemma. When students' have low motivation to learn, they struggle to master subjects well but still need to pass to progress to the next level, indirectly supporting them. The main goal for students' becomes obtaining a diploma rather than truly mastering knowledge. On the other hand, many schools implement the concept of customer satisfaction in education to help students' achieve graduation. (Mahardika 2022).

Extracurricular activities are activities that develop various aspects of the curriculum but are presented in a different way. Practically, these activities involve the direct application of knowledge learned by students' according to their life needs. For example, arts and music activities help students' develop their creativity and self-expression, while sports activities improve physical health and fitness. By participating in extracurricular activities, students' can explore their interests beyond the classroom and develop skills that they may not acquire in a formal learning environment.

The purpose of extracurricular activities is to broaden students'' learning experiences and enhance their skills outside the academic environment. Through these activities, students' can learn about teamwork, leadership, and conflict resolution, which are essential skills in life. Additionally, extracurricular activities can help students' discover their hidden interests, face challenges, and expand their social networks. Therefore, extracurricular activities not only provide opportunities to develop specific skills but also offer valuable experiences that contribute to students'' character development.

No.	Researcher	Research Title	Research Analysis
1.	Ruslan Gunawan (2023)	The Influence of Religious Extracurricular Activities on the Formation of Religious Character among Students' at SMAN1 Margaasih	The religious extracurricular program at SMAN 1 Margaasih includes a series of processes such as needs analysis, evaluation of facilities and infrastructure suitability, implementation strategies, financing, activity implementation, evaluation, and program assessment. The activities encompass congregational prayers, Quranic reading and writing arts, Quran memorization (takhfidzul Quran), Islamic holiday commemorations, Ramadan retreats, Islamic studies, leadership training, social service activities, and sacrificial worship (ibadah kurban), conducted on a daily, weekly, and annual basis. The evaluation of this religious extracurricular program shows a highly positive impact in helping to build religious character among students', as well as playing a role in reducing juvenile delinquency and other negative influences.
2.	Hilda Yuliani (2022)	Readiness to Learn Among Student Participating Extracurricular Activities at School	Based on the research findings, most students' participating in extracurricular activities demonstrate a moderate level of mastery in learning readiness indicators, suggesting they need guidance to improve further. Some students' show a high level of readiness across most indicators but require ongoing support to maintain consistent behaviors. Conversely, there are

			<p>students' with a low level of readiness who need significant guidance to enhance their indicators. The analysis reveals minor variations across the twelve learning readiness indicators. Notably, indicators such as clear goal setting, access to diverse reading materials, good physical health, self-confidence, effective communication with family members, and high motivation to learn have the highest percentages. In contrast, consistent study habits, strong motivation for learning, access to learning support materials, responsibility for tasks, effective interaction with teachers, and positive social interactions with peers have the lowest percentages. Overall, participating in extracurricular activities positively influences students' learning readiness, but ongoing guidance and support are crucial to strengthening and maintaining these indicators consistently.</p>
3.	I Ketut Mahardika (2022)	The Influence of Extracurricular Activities on Students' Learning Motivation at SMAN 4 Probolinggo	<p>Based on the research findings, it can be concluded that most students' at SMAN 4 Probolinggo are actively involved in non-academic extracurricular activities. Through observation, it was noted that they participate in extracurriculars that align with their talents, ensuring their learning process remains undisturbed. Moreover, the extracurricular activities they</p>

			engage in have a positive impact on their learning motivation. For example, when students' participate in extracurricular activities that match their talents and interests, their motivation to learn is enhanced.
4.	Susi Yaningsih (2019)	Self-Regulated Learning Moderates The Influence Of Social Media, Extracurricular Activities, And Peer Influence On Academic Procrastination.	Students' who are highly active in extracurricular activities and demonstrate good self-regulated learning skills may still engage in academic procrastination. This can be influenced by various other factors beyond just self-regulated learning within the students' themselves. Additionally, the weak application of theory and the lack of research on how self-regulated learning moderates the impact of students' extracurricular activity on academic procrastination contribute to this phenomenon. This contrasts with social cognitive theory (Bandura in Schunk, 2012), which suggests that individuals seek to "control events that influence their lives" and perceive themselves as agents of their behavior. Human behavior is shaped not only by external stimuli but also by internal factors.
5.	Ani Nofianti (2019)	The Influence Of Extracurricular Activities And Learning Motivation On Students' Academic Achievement.	Based on the research findings presented, the following conclusions can be drawn: (1) The analysis of data on extracurricular activities (X1) yielded a T-value of 2.339. The significance value for the influence of extracurricular activities on academic achievement was 0.021, which is

		<p>less than the alpha value of 0.05, leading to the rejection of H0 and acceptance of H1. This indicates that extracurricular activities significantly influence students' academic achievement at SMA Negeri 1 Prambon Nganjuk. (2) The analysis of data on learning motivation (X2) yielded a T-value of 2.593. The significance value for the influence of learning motivation on academic achievement was 0.010, also less than the alpha value of 0.05, leading to the rejection of H0 and acceptance of H1. This shows that learning motivation significantly affects students' academic achievement at SMA Negeri 1 Prambon Nganjuk. (3) The F-test resulted in an F-value of 5.493 with a significance value of 0.005, which is less than the alpha value of 0.05. Therefore, H0 is rejected and H1 is accepted, indicating that extracurricular activities and learning motivation together significantly influence students' academic achievement at SMA Negeri 1 Prambon Nganjuk. The combined influence of extracurricular activities and learning motivation on students' academic achievement is 6.4%.</p>
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Extracurricular activities are an integral part of the learning process that focuses on meeting students' needs, as both intracurricular and extracurricular activities are intertwined. Extracurricular activities are seen as an extension or reinforcement of intracurricular activities, aimed at nurturing students' talents and promoting the development of their potential to achieve their maximum capabilities or to improve further. These activities are educational undertakings conducted outside regular classroom hours (intracurricular) with the goal of

developing students' abilities in accordance with their needs, potential, talents, and interests, overseen by educators or educational staff who have the authority or capability within the school.

Based on the research findings, it is observed that students' who participate in extracurricular activities and do not receive additional attention in their academic areas tend to experience a decline in their learning readiness, especially those who initially had high readiness levels. Conversely, students' who start with low readiness levels also struggle to improve their learning readiness. Therefore, understanding that the learning readiness of students' involved in extracurricular activities generally falls within the moderate category, it is crucial for guidance counselors to provide guidance to ensure that students' learning readiness not only remains steady but also improves.

Understanding that students' learning readiness involved in extracurricular activities generally falls within the moderate category, the role of guidance counselors becomes crucial. They can help develop guidance strategies tailored to the individual needs of students', so they can excel both in extracurricular activities and academically. Guidance counselors can provide the necessary guidance and support to enhance students' learning effectiveness and manage their time effectively between extracurricular and academic activities. (Yuliani 2022)

Furthermore, collaborative approaches involving guidance counselors, students', and parents are essential in maintaining a balance between extracurricular activities and academic education. Effective communication among all parties can help identify issues early and find appropriate solutions. Thus, guidance counselors not only play a role in directing the development of students' learning readiness but also act as facilitators in creating a conducive educational environment for holistic student development.

This aligns with social cognitive theory, which posits that individuals tend to desire control over events that impact their lives and view themselves as active agents. Human behavior is influenced not only by external stimuli but also by internal factors within themselves. When students' learn, they are capable of cognitively representing or transforming their experiences. Students' who are cognitively active can self-regulate and direct themselves, adjusting and controlling their behavior, particularly in challenging tasks. In this context, allowing dispensation for extracurricular activities enables students' to engage more actively in these activities (Mahardika 2022).

CONCLUSION

The impact of extracurricular dispensation activities on students' academics can be analyzed from various perspectives, both positive and negative. Here is a detailed analysis of these effects:

1. Positive Impact

a. Leadership and Responsibility

Activities like the flag-raising team teach students' about leadership and responsibility. These skills are crucial and can be applied in academic contexts and daily life.

b. Teamwork and Collaboration

Students' learn to work in teams, enhancing their collaboration skills. This can assist in group projects and other classroom activities.

c. **Time Management Skills**

Students' involved in extracurricular activities often need to manage their time more effectively to balance practice and academic tasks. This teaches them to be more organized and disciplined in completing academic assignments.

d. **Motivation and Achievement**

Involvement in extracurricular activities can boost students' motivation. Students' who feel successful in non-academic activities often carry that enthusiasm into their academic achievements.

2. Negative Impact

a. **Reduced Study Time**

Students' who frequently miss classes for extracurricular practices may miss a lot of subject matter. This can lead to delays in understanding the curriculum and potentially lower academic performance.

b. **Stress and Fatigue**

Intensive training can cause stress and fatigue, which can affect students' concentration and academic performance in class. Physical and mental fatigue can reduce students' ability to learn and retain information.

c. **Imbalanced Focus**

Students' may become overly focused on extracurricular activities and pay less attention to academic tasks. This can result in lower grades and academic achievements.

To mitigate the adverse effects of extracurricular activities, schools can implement several strategies. They can offer additional academic support, such as peer tutoring or extra sessions with teachers, to help students' make up for missed content. Adjusting academic and extracurricular schedules can also reduce conflicts between these activities, ensuring students' have enough time for both. Effective communication among teachers, students', and parents is crucial for coordinating and balancing extracurricular and academic commitments. Additionally, providing time management education through training or workshops can assist students' in better organizing their schedules and improving their learning efficiency. These measures enable schools to help students' handle the challenges posed by extracurricular activities while maximizing their benefits.

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