

# **Efficacy of extracurricular activities on students of Hotel Management Colleges in India**

## **Authors**

1. Dr. Hemraj Patil, Assistant Professor, AISSMS College of Hotel Management and Catering Technology, Pune, Maharashtra, India
2. Mr. Sunder Srinivasan, AISSMS College of Hotel Management and Catering Technology, Pune, Maharashtra, India

## **Abstract**

Extracurricular activities are those which are not part of the academic though it is important and some students are keener in participating in it. Current study was conducted in Hotel management colleges from all over India. It is descriptive study and sample size was 160 which include students, teachers, professionals and entrepreneurs. The purpose of the study was to find out efficacy of extracurricular activities on students of Hotel Management Colleges.

The outcome of the study reveals that colleges are aware of benefits of the extracurricular activities but need to have separate period, dedicated faculty members and resources available for conducting extracurricular activities.

## **Keywords**

Extracurricular Activities, Hotel Management Colleges, Academic

## **INTRODUCTION**

Hotel Management courses are very different as compared to other technical and traditional graduation courses like Arts, Science and Commerce. Since the courses are technical and practical oriented more emphasis has been given to completion of syllabus and co-curricular activities. During the period of course, majorly four subjects are taught such as Food Production, Food and Beverage Service, Housekeeping and Front Office along with some ancillary subjects such as Human resource management, French, Accounts etc. The idea of finding the reasons was generated through the observation and experience of the researcher.

An extracurricular activity (ECA) is an activity, performed by students, that falls outside the realm of the normal curriculum of school, college or university education. Such activities are generally voluntary (as opposed to mandatory), social, philanthropic, and often involve others of the same age. Students and staff direct these activities under faculty sponsorship, although student-led initiatives, such as independent newspapers, are very common. (Wikipedia, the free encyclopedia)

The frequencies of the extracurricular activities conducted in Hotel Management colleges are to bare minimum because probably they are busy with conducting practical, assignments and activities related to curricula. Some activities which are mandatory are organized such as, health checks up camp, physical fitness camp etc.

## **LITERATURE REVIEW**

Rafiullah, Fakhar Zaman, Jehanzaib khan (2017) examined the positive impact of extracurricular activities on University students in Lahore, Pakistan. The findings of the current study showed that the university students of Lahore, who had participated in the extracurricular activities, had been improved their academic performance and self-concept. The study also suggested that there is a minor alteration in the behaviour of the students who had participated in extracurricular activities.

Armanda Gonzalez, Joanna Mirecki Millunchick (2016) compared the admissions, demographic, and academic data for students from eight engineering-based student organizations (representing 12% of the total engineering students at UX). It was found that women and URM's participate at nominally similar levels across most organizations, except for those teams that cater to those specific groups. Furthermore, women participate at higher rates in altruistic and honors societies. There is no real difference in incoming academic promise between participants and nonparticipants, as indicated by admissions data such as college entrance and advanced placement exams, but there appears to be a difference in the socioeconomic status.

Mohsen Karami, Hasan Safikhani, Shahab Bahrami, Salah Naghshbandi (2012), examined the effectiveness of extracurricular sport activities in Razi University and Islamic Azad University Kermanshah branch. Effectiveness demonstrates the satisfaction of customers (students) about extracurricular sport activities. The Effectiveness Questionnaire was used which developed by authors originally evoked from instrument of Weese (1997). The reliability was desirable (Cronbach  $\alpha = 0.87$ ). Significance of hypotheses was measured by Mann-Whitney U test. The effectiveness of extracurricular sport activities were not significantly different between Razi

University and Islamic Azad University of Kermanshah branch. However, the effectiveness of extracurricular sport activities were significantly different between males in Razi University and Islamic Azad University Kermanshah branch.

Hsien-Hsien Lau, Hsien-Yuan Hsu, Sandra Acosta & Tze-Li Hsu (2013) examined college graduates' evaluations of their employability skills associated with graduate participation in various extra-curricular activities including being a core member of: (a) student government (such as student councils), (b) service (such as scouts clubs), (c) sports, (d) music and (e) arts clubs. The final sample comprised 28,768 business school graduates who hoped to enter the workforce immediately upon graduating in the 2008 school year. Results from propensity score matching analyses demonstrated that students who had been core members of extra-curricular activities were more likely to positively evaluate their communication, leadership, creativity and self-promotion skills. Furthermore, results suggested that different types of extra-curricular activities could unequally influence the employability of graduating college students.

#### **RESEARCH GAP:**

After extensive literature review researcher found gap in research on extracurricular activities conducted in Hotel Management colleges. Many research papers have been published on positive effect of extra-curricular activities on students going to primary school, secondary school and even going to junior and senior college. Some research are done on engineering, pharmacy and other graduate students but there is not even single research conducted on Hotel management and catering technology students more particularly in India.

#### **IMPORTANCE OF THE STUDY**

Current study would help the academicians and stakeholders to understand the benefits of the extracurricular activities conducted in colleges. Colleges are busy in completing their prescribed syllabus university syllabus but have forgotten that only healthy students can excel in the studies. The study is conducted in many states of India hence the outcome of the research would help to take decision about organizing activities in all over India colleges.

#### **OBJECTIVES OF THE STUDY**

1. To study types of extracurricular activities conducted in colleges
2. To explore the benefits of activities to the students of catering colleges

3. To determine the potentialities of the students through activities
4. To enumerate resources & resource persons available in catering colleges

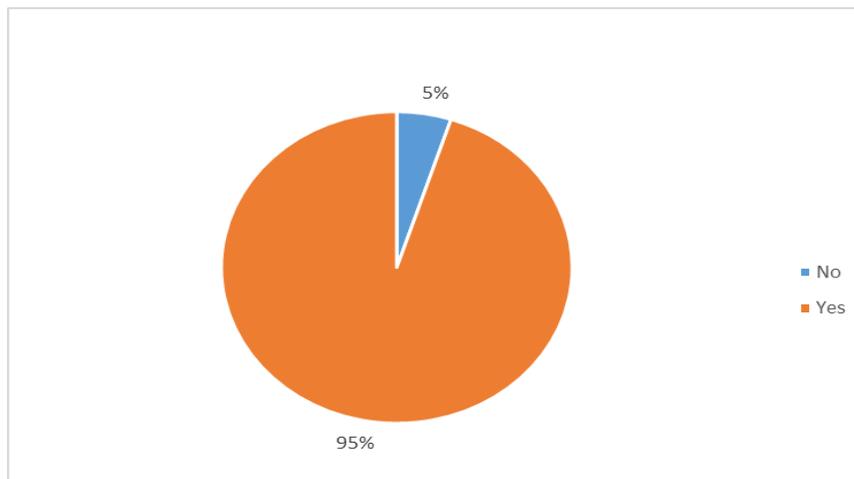
## RESEARCH METHODOLOGY

The research is descriptive in nature which examines importance of extracurricular activities in Hotel Management and Catering Technology colleges. Primary data was collecting through questionnaire which was made in Google form and circulated to various states of India such as Andhra Pradesh, Gujarat, Karnataka, Kerala, Madhya Pradesh, Maharashtra, Tamil Nadu and West Bengal. Feedbacks from 160 respondents had been received. Secondary data was collected using internet. The respondents selected for the study were students, teachers, entrepreneurs and hospitality personnel.

## RESULTS AND DISCUSSIONS

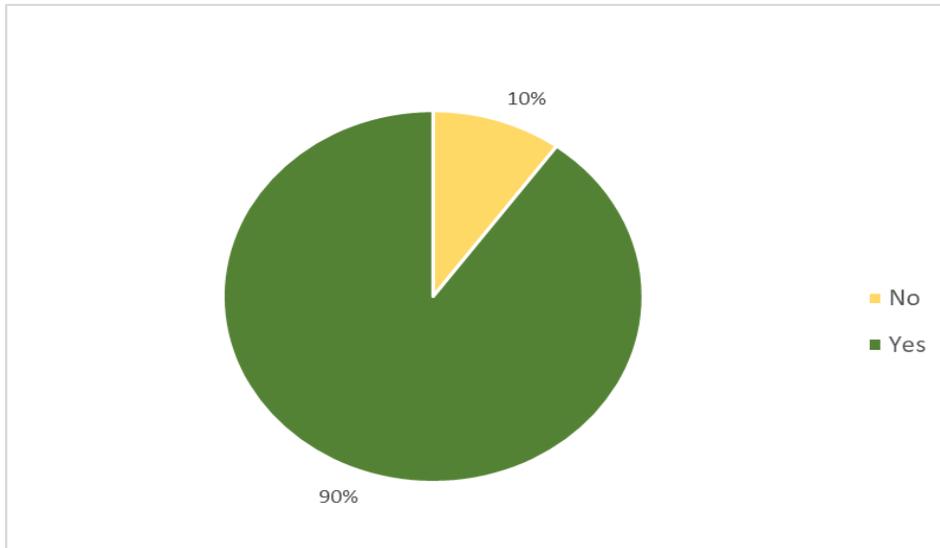
Data was collected from the respondents and tabulated. It is graphically presented and illustrated as follow:

**Graph no. 1- Colleges oraganizing extracurricular activities**



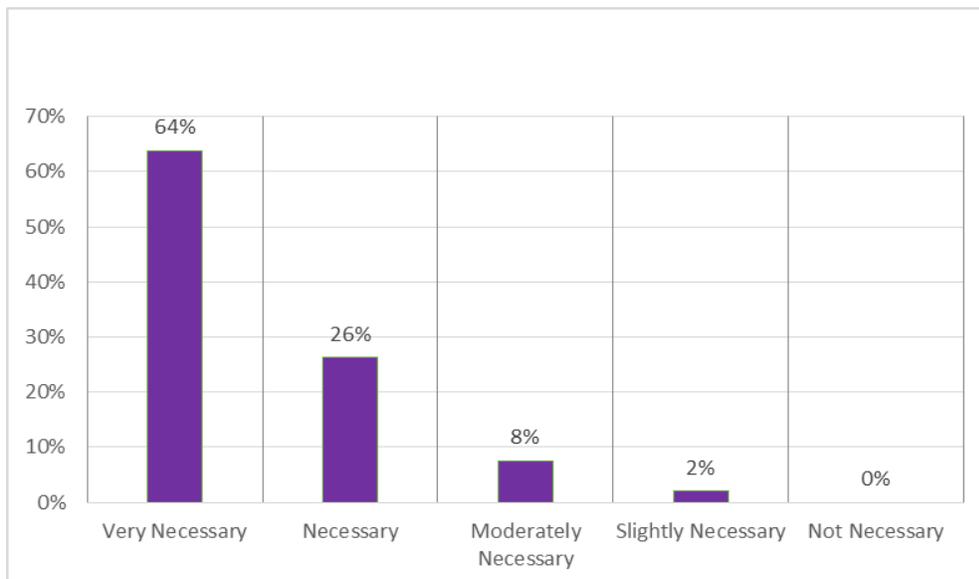
Most of the hotel management colleges oraganizes extracurricular activities in their campuses. As per the pie chart 95 percent colleges organizes extracurricular activities and only 5 percent colleges do not organize activites. It shows that institutes are aware of the importance of the extracurricular activities.

**Graph no. 2 - Students attending extracurricular activities outside campus**



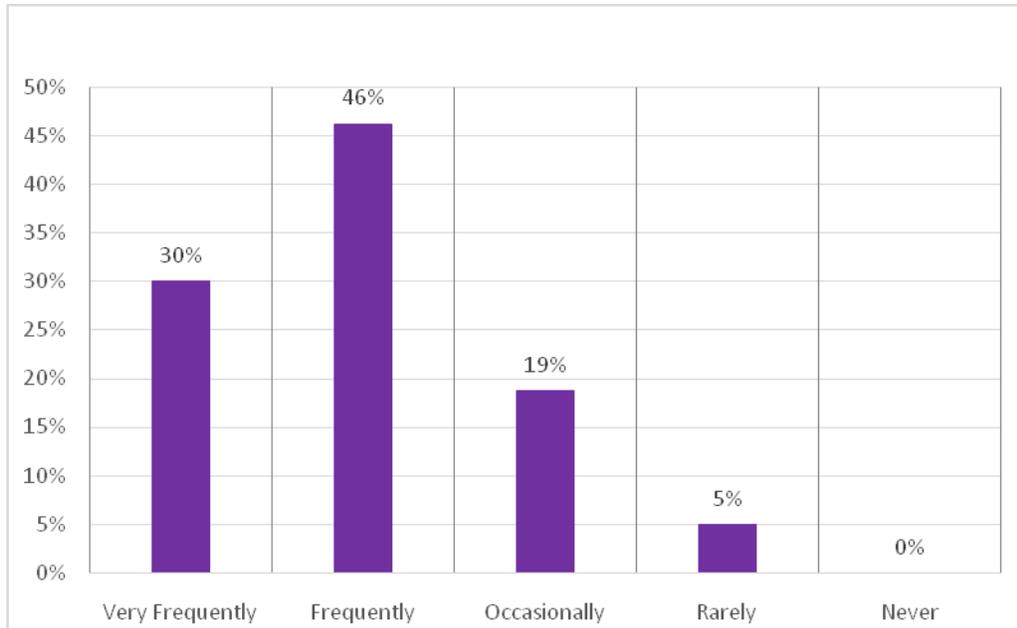
It very clear from graph no.2 that colleges send their students for attending ECCA in other colleges also. Graph chart shoes that 90% respondents said yes and only 10% respondents said no.

**Graph no. 3 - Necessity of participate in extracurricular activities**



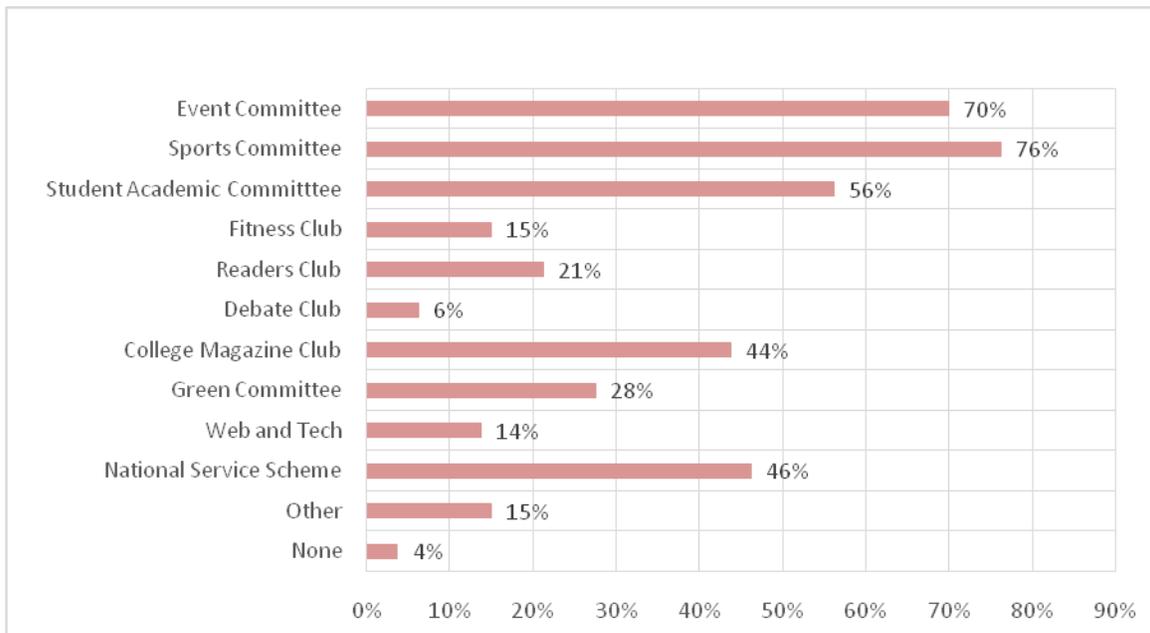
As per the coloumn chart most of the respondents (95%) agreed that it is very necessary to participate in extracurricular activities since it is very beneficial for them. There was not even single respondent who accpeted that extracurricular activities not necessary

**Graph no. 4 - Frequency of Participation in Extracurricular Activities**



The highest percentage for frequency of participation in extracurricular activities was to frequently (46%) option and the least is zero. It show that there is more scope for the colleges to participate in activities and good thing is that there was not even single college who don't participate in extracurricular activities.

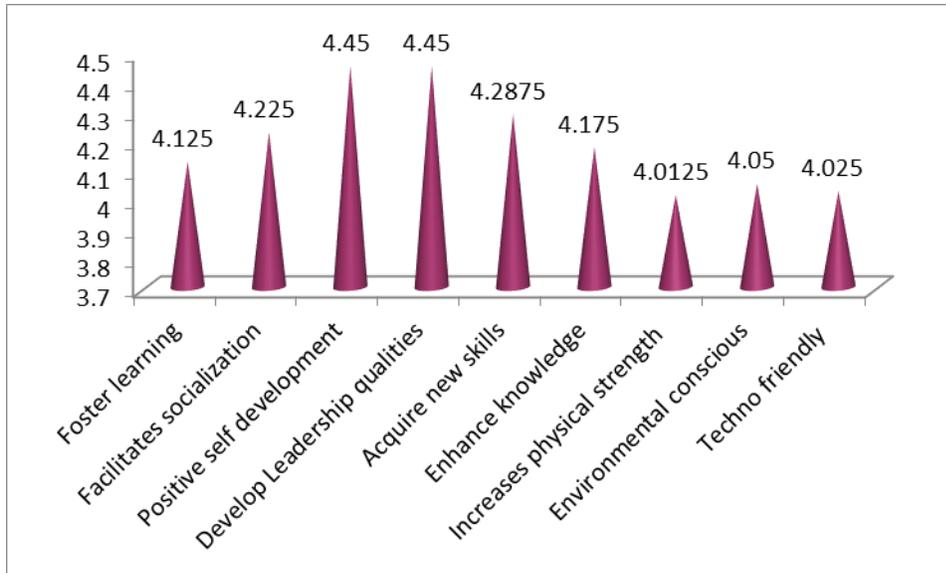
**Graph no. 5 - Clubs / Committees present in Colleges**



Firstly, many colleges have the sports committee (76%) it means sport activities and events are organized very frequently. Secondly, event management committees are present because many events are conducted around the year, it is responsibility of the event committee. Other option

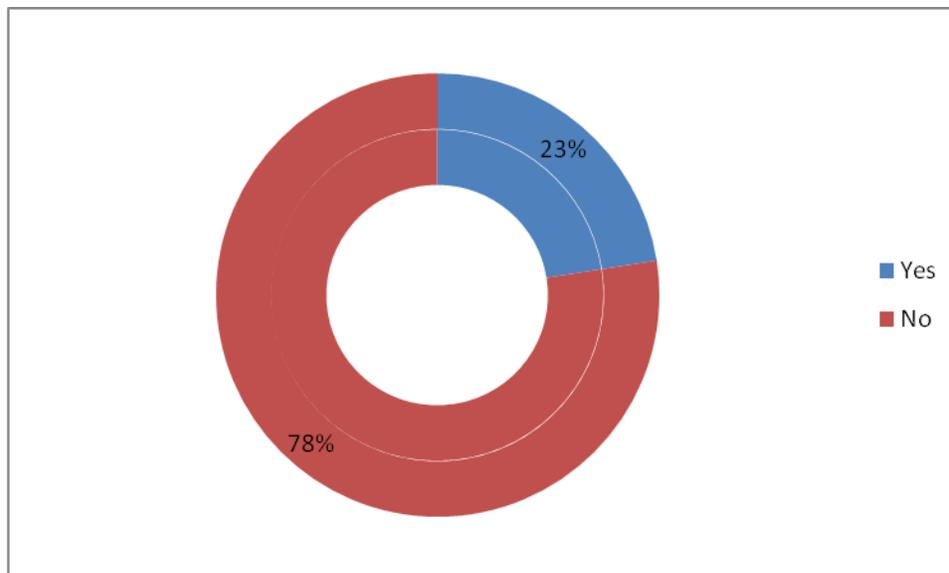
includes the committees apart from above such as anti-ragging committee, Library committee, Media committee, Art’s Circle and Womens grievance cell. There were only 4% college who do not have any committes.

**Graph no. 6 - Benefits of extracurricular activities**



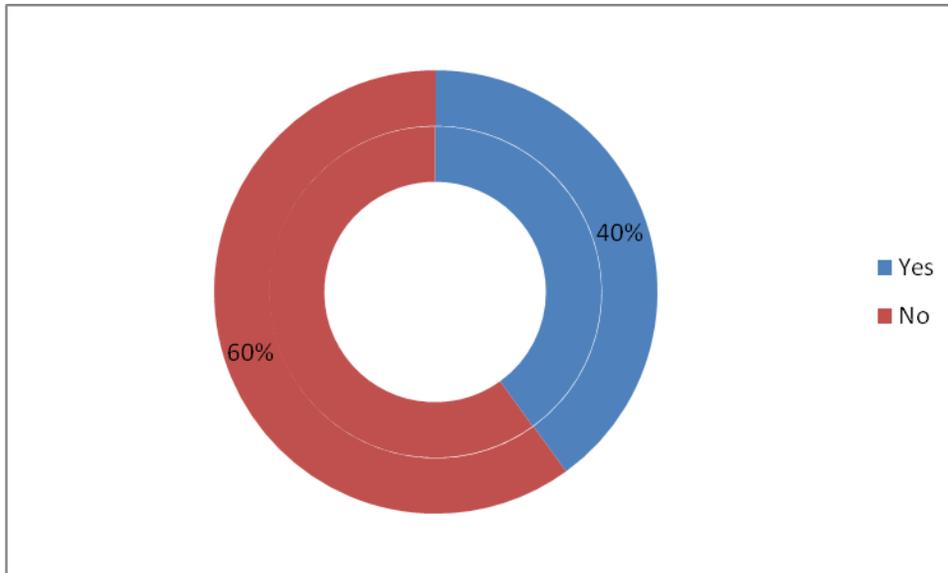
It indicates that all hotel management colleges accepts that conducting of extracurricular activities benefits the students. The most prominent benefits are positive self development and develop leadership qualities in students.

**Graph no.7 - Serepare preiod for extracurricular activities**



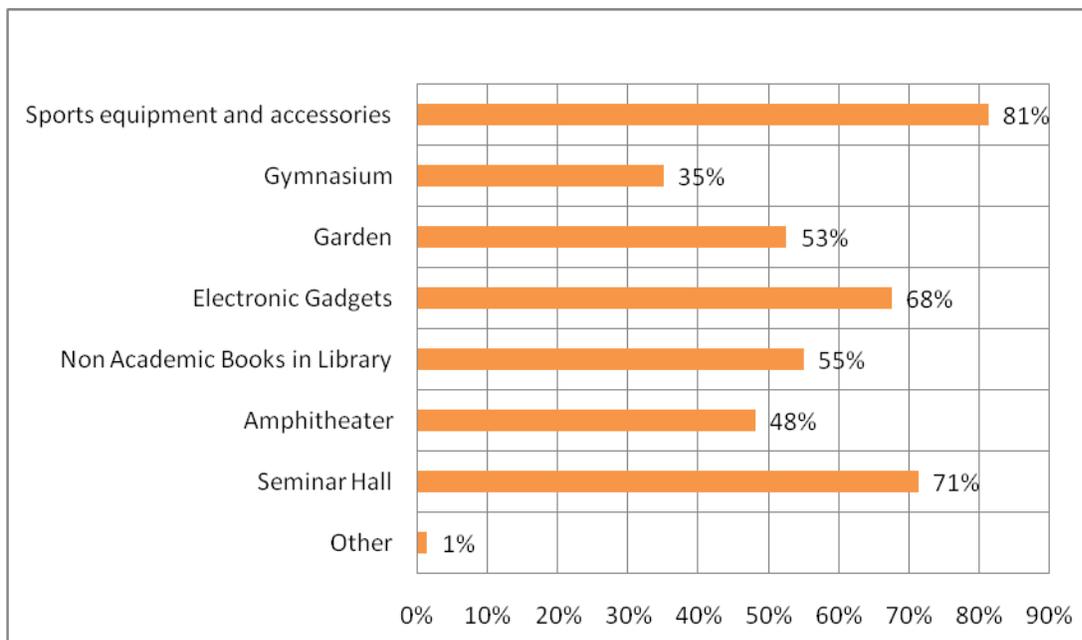
Very few colleges (23%) have separate period for conducting extracurricular activities and most of the colleges do not have periods for ECCA. There is need for having least few lectures for such activities.

**Graph no. 8 - Dedicated faculty member for conducting extracurricular activities**



We can illustrate from above graph that colleges need to have dedicated faculty members for conducting extracurricular activities because more colleges do not have assigned faculty members.

**Graph no. 9 - Resources available in colleges**



Most of the colleges have sports equipment and accessories and seminar hall but still can concentrate on other facilities like gymnasium, garden etc. Sports is commonly played in colleges that is why the requirement of the sports equipment is on higher side.

## CONCLUSIONS

In India, there many hotel management colleges which are affiliated / run by central government, state government, private universities, deemed to be university or automonous. But none of the colleges/ university have extracurricular activites in their syllabus. Extracurricular activites play important role for the over all growth of the students. Developed countries has understood the efficacy of the activies on the students. Though colleges organize extracurricular activites in campus, send students to other colleges, understood the necessity of activites but need to increase the frequency of participation in extracurricular activities. Colleges give more importance to physical activities like sports, event management along with that colleges should take initiatives to increase the knowledge of the students by having readers club, debate club etc. and make students environmental conscious by forming green cell. All the colleges are aware of benefits of conducting extracurricular activities but need to have dedicated faculty member and separate period for extracurricular activities. Colleges should provide all sort of resources for organzing extracurricular activities and making college life more enjoyable.

## SUGGESTIONS AND RECCOMENDATIONS

1. Study is conducted in eight states of India so research can be conducted in more number of states.
2. Research can be conducted by taking feedbacks only from the students instead of taking from faculty members and entrepreneurs.
3. It is reccomended to have atleast one period for the extracurricular activites in a week under the supervision of the faculty member.
4. According to the interests of the students they should be allowed to participate in various activies irrespective of the colleges inclination.
5. Stakeholders are suggested to make infrastrcture available for condcuting extracurricular activites taking into consideration benefits of it.

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