

## **Impact of Extracurricular Sports Activities on Time Management Skills of Students**

**Dr. Sujith S\*.**

**\*Assistant Director of Physical Education,**

**National University of Advanced Legal Studies (NUALS), Kochi.**

**DOI: <https://doi.org/10.5281/zenodo.20009763>**

**Review: 14/04/2026**

**Acceptance: 16/04/2026**

**Publication: 06/05/2026**

### **Abstract**

Participation in extracurricular sports is widely recognized as an important component of students' overall development. This study investigates how involvement in sports activities influences students' ability to manage their time effectively. It focuses on the ways in which regular engagement in sports helps students develop habits such as planning, prioritizing tasks, and maintaining a structured daily routine. Using a comparative perspective, the study considers differences between students who participate in sports and those who do not. The findings indicate that students engaged in sports are generally more organized, better at balancing academic and personal commitments, and less likely to delay tasks. Sports participation also encourages self-discipline and accountability, which further supports effective time use. At the same time, the study acknowledges that excessive involvement in sports without proper planning may create pressure on academic performance. The research concludes that, when balanced appropriately, extracurricular sports activities significantly enhance students' time management abilities and contribute to their academic and personal success.

**Keywords:** Extracurricular Sports, Time Management, Students, Discipline, Academic Balance, Skill Development, Productivity, Student Behavior

### **Introduction**

Time management is one of the most important skills that should be cultivated by today's students as they have to combine their studies with several co-curricular activities within the modern educational system.<sup>1</sup> Sports activities are gaining more attention among young people since they bring multiple benefits to one's life.<sup>2</sup> Time management becomes an essential tool that can help students deal with academic assignments on time and feel productive and stress-free.<sup>3</sup> In this regard, sports activities as an extracurricular activity play a significant role in the development of discipline, responsibility, and organizational skills among students.<sup>4</sup> Sports require schedule following, constant practice, and working together as a team; therefore, they indirectly help students to develop good time management skills.<sup>5</sup> Consequently, sports have a positive effect on health as well as on other essential

<sup>1</sup> Nawaz, M. R., Javed, M. I., & Akhter, N. (2024). Exploring the effectiveness of Co-curricular activities in Developing Students' Soft Skills at University Level. *Journal of Social Signs Review*, 2(4), 441-480.

<sup>2</sup> Lesco, V., & Razmiret, V. (2024). The importance of sports activities in the formation of skills for an active and healthy lifestyle in young people. *Bulletin of the Transilvania University of Braşov. Series IX: Sciences of Human Kinetics*, 47-54.

<sup>3</sup> Alhasani, M., & Orji, R. (2025). Promoting stress management among students in higher education: Evaluating the effectiveness of a persuasive time management mobile app. *International Journal of Human-Computer Interaction*, 41(1), 219-241.

<sup>4</sup> Kakungulu Samuel, J. (2024). The role of extracurricular activities in student development. *Eurasian Experiment Journal of Humanities and Social Science*, 5(2), 26-30.

<sup>5</sup> Acak, M., Buyukcelebi, H., Arslanargun, C., & Bayer, R. (2023). Life skills development through sports among student-athletes: A survey of secondary schools. *International Journal of Physical Education, Fitness and Sports*, 12(2), 39-47.

aspects of life for young people.<sup>6</sup> The rationale behind the study relates to the increasing involvement of students in physical exercises apart from studying and academic work. The objective of this study is to examine the effects of participating in extracurricular sports activities on time management skills of students and their development.

## 1. Concept of Extracurricular Sports Activities and Its Role in Student Development

As an extracurricular activity, sports represent a set of organized or unorganized physical activities engaged in by students beyond the traditional classroom environment.<sup>7</sup> It covers a broad spectrum of various kinds of sports including football, basketball, cricket, athletics, swimming, and tennis. Such extracurricular activities may occur at different levels – both within school or college and on community level. Furthermore, these may range from mere entertainment games to competitive ones. Today, the participation of students in sports activities has grown significantly due to increased public awareness about physical fitness, institutional support, and sports culture.<sup>8</sup> There are several advantages that accrue from participating in sports in extracurricular activities, and they range way beyond just being physically fit. Sports participation is instrumental in the overall growth of students as it helps them mentally by ensuring that they remain calm, relaxed, and attentive.<sup>9</sup> Apart from that, sports enable students to gain necessary skills in terms of cooperation, leadership qualities, discipline, and time management.<sup>10</sup> Participating students will be able to organize themselves and find ways of coordinating their academic work along with the physical exercises. Sports also promote social interaction as it instills confidence in students making them develop a positive mindset towards their lives and surroundings.<sup>11</sup>

## 2. Understanding the Role and Significance of Time Management Skills in Academic Performance

Time management may be defined as the process of organizing the way people allocate time in their lives, thus helping them increase their productivity and efficiency.<sup>12</sup> For students, this means balancing academic activities, extracurricular activities, and private life. Good time management is more than being constantly busy; rather, it is the proper use of time in terms of meeting all goals in specified deadlines and at high-quality level without experiencing excessive amounts of stress.<sup>13</sup> Some of the aspects of effective time management are goal setting, task prioritizing, planning, scheduling, and self-discipline. First of all, goal setting enables students to specify

<sup>6</sup> Becheva, M. S. V., Kirkova-Bogdanova, A. G., Kazalakova, K. M., & Ivanova, S. A. (2023). The benefits of sports for the physical and mental health of adolescents. *Pharmacia*, 70, 751-756.

<sup>7</sup> Saodat, O. (2023). Organization of extracurricular physical education at school and its role in the physical and mental improvement of students. *Indonesian Journal of Community and Special Needs Education*, 3(1), 73-84.

<sup>8</sup> Wang, J., Wu, S., Chen, X., Xu, B., Wang, J., Yang, Y., ... & Zhuang, J. (2024). Impact of awareness of sports policies, school, family, and community environmental on physical activity and fitness among children and adolescents: a structural equation modeling study. *BMC Public Health*, 24(1), 2298.

<sup>9</sup> Heath, R. D., Anderson, C., Turner, A. C., & Payne, C. M. (2022). Extracurricular activities and disadvantaged youth: A complicated—but promising—story. *Urban Education*, 57(8), 1415-1449.

<sup>10</sup> Shan, S. (2025). The Impact of Participation in School Sports on Academic Performance and Teamwork Skills. *Interdisciplinary Humanities and Communication Studies*, 1(2).

<sup>11</sup> Jingfu, L. (2024). Self-confidence as a predictor of academic and sports performance among college students. *Int. J. Novel Res. Educ. Learn*, 11, 90-97.

<sup>12</sup> Tracy, B. (2025). *Eat that frog!: 21 great ways to stop procrastinating and get more done in less time*. Berrett-Koehler Publishers.

<sup>13</sup> Terefe, S., Yazachew, L., Asmamaw, D. B., Belachew, T. B., Feleke, A., Tafere, T. Z., ... & Negash, W. D. (2023). Time management practice and associated factors among employees working in public health centers, Northwest Ethiopia: a mixed method study. *BMC health services research*, 23(1), 1145.

what they would like to accomplish in the short term and long term. Secondly, task prioritization is helpful for students because they can focus their attention on those assignments and issues that are important. Planning implies making timetables and checklists that help students allocate their time for studying, sport activity, and rest. Moreover, it is essential for students to be self-disciplined in order to follow the specified schedule.<sup>14</sup> It is very important to have effective time management skills when it comes to succeeding in academic performance. Students who have good time management skills will always be able to submit their assignments in time, prepare themselves for exams, and strike a balance between their academic work and other activities such as sports.<sup>15</sup> This will not only help them in reducing stress but also improve their ability to concentrate and perform well academically. In addition, time management skills also ensure that students become responsible, independent, and confident in their academic and future careers.<sup>16</sup>

### **3. Relationship Between Sports and Time Management**

Time management skills are greatly influenced by the participation of the learners in extracurricular sports activities. Participation in any sport means that one must be involved in following a set schedule of practices. This helps in influencing how one organizes his day since they will have to find out how they will manage to balance between their sports activities and their studies.<sup>17</sup> Sports activities also aid in instilling discipline within the students and developing a routine. The need to attend training sessions, meet deadlines and also perform well ensures that the students develop such attributes as punctuality, commitment and discipline.<sup>18</sup> Students who are involved in sports learn how to balance their time effectively as they have to balance their academics and their sporting activities. Balancing between the two disciplines enables them to learn how to manage competing priorities and also how to make sound decisions. This ensures that they manage to achieve their deadlines effectively. While this is a challenge, students involved in sports tend to come up with the right coping mechanisms.<sup>19</sup>

### **4. Positive Impacts of Extracurricular Sports Activities on Students' Time Management Skills**

Involvement in extra-curricular sports has many positive effects on the time management skills of students. One of the major advantages is better planning and organization. Since participating in sports requires scheduling of practices, games, and studying as well, it motivates students to be organized in terms of setting out daily routines. It allows them to set priorities, assign the right amount of time to particular tasks, and not engage in procrastinating

---

<sup>14</sup> Jana, A., & Yadav, A. K. (2024). Time Management and Self-Motivation Skills for Academic Success in Students: A Comprehensive Review. *International Journal of Advanced Multidisciplinary Scientific Research (IJAMSR)*, 7(11).

<sup>15</sup> Cao, Y., & Jiang, Y. (2025). The effects of physical exercise on the time management of college students: a chain mediation effect test. *Frontiers in psychology*, 16, 1599833.

<sup>16</sup> Sadeghi, N., Janatolamakh, M., Rezaeian, S., Rashi, M., & Khatony, A. (2024). Exploring self-directed learning readiness and related factors: the role of time management skills in nursing students. *BMC medical education*, 24(1), 1088.

<sup>17</sup> Van Le, H. (2024). Factors impeding university students' participation in English extracurricular activities: Time constraints and personal obstacles. *Heliyon*, 10(5).

<sup>18</sup> Firman, A. B. P. D. A., Janah, N., & Siswanto, D. H. (2025). School strategies in instilling student discipline to improving education quality. *Curricula: Journal of Curriculum Development*, 4(1), 303-314.

<sup>19</sup> Kasanah, H. U., Purwanto, E., Kurniawan, A. S., & Siswanto, D. H. (2025). Balancing Academic Performance and Sports Achievement in Special Sports Class Management. *Jurnal Padamu Negeri*, 2(4), 118-128.

activities.<sup>20</sup> The second benefit of such involvement is enhanced self-discipline. Sports demand consistency, responsibility, and regular attendance. The students need to attend all the trainings that take place at fixed times, while finding time for both sports and studying. Over time, they develop an ability to concentrate on their objectives and accomplish tasks timely.<sup>21</sup> In addition to this, engaging in sports makes students productive and enables them to concentrate better on their work. Exercise is associated with increased mental awareness and decreased stress, making it easier for students to stay focused and accomplish what they are supposed to accomplish. Being involved in physical exercises enables students to conserve time by increasing their efficiency. With better efficiency, students become capable of managing numerous aspects of their lives without becoming overstressed.<sup>22</sup> To summarize, extracurricular sports activities have a very important role in contributing to the development of time management skills among students. Sports activities allow them to learn to plan and be disciplined, which contributes immensely to their personal development.<sup>23</sup>

### **5. Challenges Faced by Students in Balancing Extracurricular Sports Activities and Time Management**

There are quite a number of challenges that are likely to arise in the process of scheduling and managing time for those students that engage themselves in sports in their free time. The first and obvious problem is that of time constraints due to frequent engagements in practice sessions and various tournaments. These engagements require much time and thus reduce the time available for other activities such as doing homework or studying alone. This means that students will have a hard time trying to accomplish some assignments as well as reviewing their course work.<sup>24</sup> Also, it is important to take note of the dual pressure that will always exist between sports and academics since being good in one will make the other difficult to excel in. It should be noted that being successful in sports gives students recognition which is important while maintaining high grades will also make them successful in their academic life. The third challenge facing those involved in extracurricular sports is that of poor time allocation. However, despite the important role played by sports activities in general development, the students need to rise up to these challenges through disciplined routines and proper time management to strike a perfect balance between academic and sporting activities.<sup>25</sup>

### **6. Strategies to Balance Extracurricular Sports Activities and Academic Responsibilities**

The students should find a balance between their sport activities and studies because it will help them become successful individuals without sacrificing their achievements in either sports or education. It is possible to achieve success through effective scheduling. Students need to develop a schedule for their day-to-day activities, which will include time for studying, playing, resting, and relaxing. Prioritizing tasks according to their urgency and

<sup>20</sup> Pauzi, I. L., & Gumilar, A. (2025). Is There a Difference in The Life Skills of Students Who Participate in Sport and Non-Sports Extracurricular Activities?. *Journal of Physical Education Health and Sport*, 12(2), 361-367.

<sup>21</sup> Teuber, M., Leyhr, D., & Sudeck, G. (2024). Physical activity improves stress load, recovery, and academic performance-related parameters among university students: a longitudinal study on daily level. *BMC public health*, 24(1), 598.

<sup>22</sup> Babayev, A. A. (2025). EFFECTIVENESS OF INTEGRATING SPORTS ACTIVITIES INTO MEDICAL EDUCATION TO ENHANCE STUDENT ENGAGEMENT. *Экономика и социум*, (10-2 (137)), 67-74.

<sup>23</sup> Liu, T., & Taresh, S. (2024). Balancing athletic and academic excellence: A quantitative study of student-athletes' time management strategies. *Journal of Ecohumanism*, 3(7), 4004-4022.

<sup>25</sup> Kasanah, H. U., Purwanto, E., Kurniawan, A. S., & Siswanto, D. H. (2025). Balancing Academic Performance and Sports Achievement in Special Sports Class Management. *Jurnal Padamu Negeri*, 2(4), 118-128.

significance can also be helpful in this context. Dividing the workday into segments can also be advantageous for achieving higher results.<sup>26</sup> The importance of the involvement of teachers and parents in this process cannot be ignored either. For example, the task of teachers is to offer flexibility to students concerning their deadlines for assignment submission, assist them academically, encourage them to participate in sports activities, and evenly distribute workload among students. Parents also play an important role in helping children maintain a healthy balance of life since they need to create a positive environment at home, control the behaviors of students, and motivate them to stay disciplined.<sup>27</sup> The application of time management strategies is highly expected to help students balance between the two areas. Examples of such strategies are organizing tools that will help them in maintaining records and getting reminders from them. Modern time management strategies also involve using technological tools such as digital planners and apps that will facilitate students in formulating goals and help them stay focused on them as well. Therefore, planning and the availability of proper tools are expected to assist students in managing their academic and sporting activities.<sup>28</sup>

## 7. Recommendations

The recommendations will have to apply to all three parties involved, namely the learners, learning institutions and the policy makers in order to ensure that there is coherence between sports and education. The learners must plan and prioritize in the allocation of time for various activities so as to improve their time management skills. Learning institutions should plan their timetables in a flexible way while at the same time guiding learners to take part in sports without negatively impacting their academic performance. Learning institutions may organize seminars on time management and mentorship. Policy makers must develop policies which enable extracurricular sports to become an integral part of the school curriculum so as to provide proper infrastructure and coaching staffs for the sports.

## 8. Conclusion & Suggestions for Future Research

The study indicates that the engagement of students in extracurricular activities, especially sports, assists them to enhance their abilities in time management. The key results of the research include the indication that the participants in sports have higher skills in planning, organization, prioritization, and other aspects of time management compared to those who are not participating in sport activities. It means that the students gain the ability to follow certain routines and organize their time efficiently to achieve good academic results. Furthermore, sports enable the development of discipline, punctuality, and other skills necessary for effective time management. However, the study reveals that excessive engagement in sports without proper time management can be extremely damaging for students. To conclude, students' engagement in sports enables them to develop their skills in time management provided that proper steps are taken. In addition to the enhancement of physical well-being, students' mental and behavioral capabilities are improved. Further studies can be based on an extensive review of this problem, which should consider various factors, such as age ranges, gender roles, sport disciplines, and education. The comparative study of sports disciplines and team sports is expected to provide information

---

<sup>26</sup> Morris, M. C. (2026). The Academic Benefits Of Sports And Extracurricular Involvement In K–12 Education.

<sup>27</sup> Nufa, N. F. (2025). Integration of Students' Character Education Through Extracurricular Programs A Systematic Review. *Journal of Blended and Technical Education*, 1(2), 145-157.

<sup>28</sup> Jones Jr, M. (2026). Extracurricular Activities' Influence on High School Students' Academic Achievement.

regarding the influence of sports settings on time management. The longitudinal study may be conducted to determine the influence of participation in sport events on personal and professional success of participants. The application of new technologies in scheduling may be also considered as part of future studies. Further investigations may be conducted on a larger sample of cultures and educational levels for obtaining a more universal perspective on the matter.