



THE EFFECTIVENESS OF DANCE EXTRACURRICULARS IN ENCOURAGING PROGRESS ACADEMIC AND NON-ACADEMIC STUDENTS AT THE LEADING AL- AZHAR HIGH SCHOOL IN MEDAN

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Abstract

This research is a study of the effectiveness of extracurricular dance, which is a form of activity that is currently scheduled and is a routine activity every Monday and Wednesday at Al-Azhar Superior High School, Medan. The aim is to examine the effectiveness of extracurricular programs in advancing academic and non-academic students at Al-Azhar Medan Superior High School. The research method chosen was a qualitative descriptive approach by conducting a survey of 4 out of 35 students who played an active role in participating in dance extracurricular activities. The research results state that participation in extracurricular activities has a positive and significant impact on increasing academic achievement, developing non-academic skills such as memory, teamwork, and focus for students who are active in implementing them. Apart from that, it also describes increased learning motivation and a greater sense of involvement in activities in the school environment. This explains the importance of extracurricular programs as a means of encouraging the development of the achievements of every student who is active in their implementation.

Keywords: *Dance, Effectiveness, Extracurricular, academic and non-academic.*

Introduction

To create a generation of quality, strong character, critical thinking, creativity and high scientific insight, it is necessary to have quality education to prepare the nation's children to continue their education at a higher level. Basically, the educational process always coexists with learning, which is an interaction between teachers and students in order to achieve the goals of education itself. Various methods are used in the process of developing each individual's achievements. One of them is taking part in extracurricular programs available at each educational institution. Extracurricular activities are generally carried out outside of standard curriculum study hours and are carried out under school guidance with the aim of increasing and broadening knowledge, increasing interests and talents, and encouraging students' academic and non-academic achievements. There is also the purpose of extracurricular activities, namely meeting students' needs, providing opportunities to expand the learning environment, and enabling students to become more creative and innovative in the fields they master. With this aim, all kinds of potential can be developed in every student so that they can create extraordinary achievements. However, apart from the positive value obtained from the availability of extracurriculars, there are also assumptions that consider extracurriculars to be less effective to implement. Such as the assumption that students'

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ability to learn will decrease because extracurricular activities are considered to take up too much time and override main tasks that should be prioritized. Using time productively allows students to coordinate and utilize the time they have according to their needs. The better the management of study time by paying attention to the balance of time for various activities, the better the impact on study achievement. Therefore, students, especially those involved in extracurricular activities, are expected to be able to manage their time productively so that the time they have can be utilized properly according to their needs. In the implementation of dance extracurricular activities at SMAS Unggulan Al-Azhar Medan itself, it has been able to achieve various achievements. Both achievements benefit the individual and also the school that facilitates it. On this basis, this study aims to examine the level of effectiveness of dance extracurriculars at the Al-Azhar Superior High School in Medan. This research refers to the big impact of extracurricular activities as forming the character of students to develop their abilities so that they are able to achieve achievements according to their interests and talents.

Research Methods

In this research, descriptive qualitative methods were used to produce written and unwritten words originating from the sources being observed. Therefore, the descriptive qualitative research method does not involve calculating numbers in the research process. Rather, it focuses more on data obtained from observations in the form of researchers' interviews with sources which are then rewritten using standard language so that it is easy for readers to understand. This research is based on several questions that will be presented to the resource person on the basis of "what" and "how". So the use of this descriptive qualitative research method can make it easier for the author to examine the level of effectiveness of dance extracurriculars in increasing academic and non-academic achievements.

Result and Discussion

Implementation of Extracurricular Activities at AL-Azhar High School Medan

In general, extracurricular activities are carried out by students outside of main learning hours. This activity essentially encourages students to be interested and talented in the sense of developing one of the fields that each individual is skilled at, for example arts, sports, religion and various other types of skills. Each school usually has different times for carrying out extracurricular activities based on the level of the school's ability to facilitate and the school's awareness of how important extracurricular activities are for students. SMAS Unggulan Alazhar Medan provides its students with time for extracurricular activities twice a week, namely on Monday and Wednesday in the last two hours before the scheduled return from school. Dance extracurriculars at school generally focus on dance skills training. The system usually starts with selecting students' interest in Al-Azhar Superior High School by filling in a form given by the homeroom teacher, where interested students will register at the beginning of the school year.

Dance Extracurricular Activities

Dance extracurricular activities involve regular practice which is held once or twice a week. Students are taught basic dance techniques, such as body posture, flexibility, and basic movements. Apart from basic techniques, they also learn choreography which can be traditional dance such as Saman dance, Jaipong dance, or Piring dance, or modern dance such as hip hop or contemporary. Appearing at various school events, such as celebrating holidays or performing arts, is an important part of this extracurricular activity. Apart from that, students often take part in dance competitions and festivals outside of school, which is an opportunity for them to hone their skills and show their talents. Art activities are also very effective in increasing self-confidence. The following arts



extracurriculars also provide opportunities for achievement, arts also train critical thinking and problem solving skills, involvement in traditional arts also opens up insight into understanding and appreciating culture. The learning process that students receive face-to-face in class cannot be sufficient to develop students' interests and talents. In fact, the progress and success of a school or educational institution is sometimes only seen from how well students understand school material. At Al-Azhar Medan Superior High School, teaching and learning activities are carried out in an integrated manner. Not only studying formally, Al- Azhar Superior High School also carries out regular extracurricular activities. Researchers will explain several points of extracurricular dance activities, namely:

1. The dance extracurricular activities carried out at the superior high school Al Azhar Medan have a very good impact on female students who take part in dance extracurriculars
2. Dance extracurricular activities are extracurricular activities that involve physical activity so that by participating in dance extracurricular activities you can increase your body's endurance.

The following is a table of student effectiveness levels :

Table 1. The Role of Extracurricular Dance in Improving Academic or Non- Academic Achievement

| NO | NAME | How important do you think extracurricular dance plays an important role in encouraging increased academic or non- academic achievement? | |
|----|--------|---|------------------|
| | | SUPPORT | DOES NOT SUPPORT |
| 1 | Inayah | Of course, it played a big role for myself, because a few months ago, I took part in a pocari event, where I was able to display the creativity that I had learned in the dance extracurricular, which had been taught by my tutor. So, it's not just academic achievements that I get but non-academic achievements too. | |
| 2 | Aisyah | It's quite big, because with extracurricular activities we can take part in competitions outside of school and get certificates that can be used for our future. | |

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| | | | |
|---|--------|---|--|
| 3 | Nisrin | Can increase self-confidence and enthusiasm to continue learning dance. As my self-confidence increases, my academic and non-academic achievements also increase. | |
| 4 | Dinda | It's quite big because with this extracurricular I can take part in competitions outside of school and get a certificate. | |

Table 2. Changes in Self after Participating in Extracurricular Activities

| NO | NAME | What changes have occurred in you after taking an active role in dance extracurriculars? | |
|----|--------|---|------------------|
| | | SUPPORT | DOES NOT SUPPORT |
| 1 | Inayah | Firstly, it can increase my creativity, because in this dance extracurricular we are required to hone our own creativity, as well as hone our skills. Then, it can make our bodies fit. At each meeting, we do a dance that sharpens the brain and focuses. So dancing is not just dancing but can sharpen focus too. | |
| 2 | Aisyah | When I took part in dance extracurriculars, my body became healthier, because we practiced regularly. | |
| 3 | Nisrin | I can be more creative in developing the dance taught by the supervising teacher so that I can demonstrate it and can also show my dance to my friends. | |
| 4 | Dinda | When I take part in extracurricular activities, I feel that my body is healthier because I move when dancing. | |

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Table 3. Achievements Achieved After Participating in Dance Extracurriculars

| NO | NAME | What achievements have you achieved after participating in the dance extracurricular? | |
|----|--------|---|------------------|
| | | SUPPORT | DOES NOT SUPPORT |
| 1 | Inayah | I am often selected to perform various Nusantara dance, which I represent my unit, Al Azhar's superior High School. | |
| 2 | Aisyah | I was able to perform the work of ethnic dance at the National Jamboree show 2023. | |
| 3 | Nisrin | So far, the achievements I have had include participating in various dance competitions and taking part in the 'fun Saturday' arts program at school. | |
| 4 | Dinda | I once participated in ethnic dance competitions and I was able to perform ethnic dances at the National Jamboree. | |

Table 4. The Role of Schools in Encouraging Extracurricular Effectiveness

| NO | NAME | How can schools play a role in encouraging the effectiveness of extracurricular activities for the female students who take part? | |
|----|--------|---|------------------|
| | | SUPPORT | DOES NOT SUPPORT |
| 1 | Inayah | Firstly, with adequate facilities, and secondly, by providing freedom to be creative, because everyone has different creativity. | |

| | | | |
|---|--------|---|--|
| 2 | Syifa | Providing dance studio facilities and a regular practice schedule. | |
| 3 | Nisrin | The school provides facilities such as property and rooms for dance practice. | |
| 4 | Dinda | Provides routine training schedule facilities every week. | |

From the tables above, it can be ascertained that dance extracurricular activities are able to encourage the academic and non-academic achievements of the participants. Participation in extracurricular dance activities can lead students to take part in dance competitions at school and outside school. In this way, students have the opportunity to become winners and gain benefits. Therefore, it can be concluded that dance extracurricular activities have a large role in encouraging the achievement of every student who takes part in them. Apart from that, several students acknowledged the positive changes that emerged in them after participating in dance extracurriculars. Among them is making the body healthier because in extracurricular dance activities the students are trained to move a lot. Then, it was discovered that extracurricular dance was able to train students' memory and focus, as one student said in an interview that had been conducted.

There are not only a few achievements made by students who take part in dance extracurriculars. Achievements scored are based on student participation in activities inside and outside school. Some examples include being a representative of the Al Azhar Medan Superior High School unit in an Indonesian dance competition organized by parties outside the school and becoming a participant in the 2023 National Jamboree ethnic dance performance. In order to improve the achievement of students who take part in dance extracurricular activities, support from the school is also needed to facilitate the continuation of these extracurricular activities. Based on the table above, it is known that the school facilitates studios, property, gives each student creative freedom, and gives permission to schedule regular practice. Therefore, apart from students' willingness and seriousness in pursuing extracurricular dance, the driving factor of the educational institution that houses it is also important. With these facilities, dance extracurricular activities will become more effective in driving student achievement.

Conclusion

The effectiveness of extracurricular dance at Al Azhar Medan Superior High School shows that this activity contributes positively to students' academic and non-academic progress. Involvement in dance extracurriculars improves discipline, creativity, and social skills, which in turn supports academic achievement. Apart from that, this activity strengthens self-confidence and the ability to work together, so that students are better prepared to face challenges in various aspects of life. Therefore, extracurricular dance can be considered as one of the important tools in the holistic development of students.

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