Content

Chapter-1
Introduction

1.1 Introduction 1-3
1.1 (a) Significance of Adolescence 3-5
1.1 (b) Co-curricular activities 5-8
1.1(c) Significance of co-curricular activities 8-12
1.2 Self-concept 12-14
1.3 Academic Achievement 14-17
1.4 Need and significance of the study 17-18
1.5 Statement of the Problem 18-19
1.6 Operational Definitions 19-20
1.7 Objectives of the study 21-23
1.8 Hypotheses 23-25
1.9 Population and Sample 25
1.10 Tools for collecting data 26
1.11 Statistical techniques for analysis of data 26
1.12 Delimitations of the Study 26
1.13 Organization of the Thesis 27
Chapter-II

Review of Literature

2.0. Introduction 28

2.1 Studies on the Benefits of Co-Curricular Activities. 29-34

2.2 Studies on Different Types of Co-Curricular Activities. 34-37

2.3 Studies on Students Participation in Co-Curricular Activities. 37-38

2.4 Studies on the Perception/attitude of Students towards Co-Curricular Activities and academic achievement. 38-41

2.5 Studies on self concept and academic achievement. 41-61
CHAPTER-III

METHODOLOGY

3.1 Methodology: A Precept 62
3.2 Locale of the Study 62
3.3 Statement of the Problem 63

3.4 Operational Definitions 63-65
3.5 Objectives of the study 65-67
3.6. Hypotheses 68-70

3.7. Variables of the study 70
3.8. Procedure of the Study 70-71
3.9. Population and sample 71-72
3.10. Tools used for Data Collection 73
3.10.1 Self concept rating scale 73-76
3.10.2 Attitude towards Co-curricular activities 76-77
3.11. Statistical techniques used for Analysis of Data 77

3.12. Summary 78
Chapter IV

Analysis and Interpretation

4.1 Introduction 79

4.2 Descriptive statistics 80-116

Chapter V

Summary, Discussion of Results and conclusion

5.1 Summary and conclusion 117

5.2 Introduction 117

5.3 Statement of the Problem 118

5.4 Operational Definitions 118-120

5.5 Objectives of the study 120-122

5.6 Hypotheses 122-124

5.7 Variables of the study 125

5.8 Procedure of the Study 125

5.9 Population and sample 126

5.10 Tools used for Data Collection 127

5.10.1 Self concept rating scale 127-128

5.10.2 Attitude towards co-curricular activities 128-129

5.11 Statistical techniques used for Analysis of Data 129
5.12 Major Findings of the Study 130-134

5.13. Discussion of results 134-138

5.14. Educational Implications 139-143

5.15 Limitations of the Study 143

5.16 Suggestions 143

Bibliography

Appendix