
Extracurricular Activities Impact On Self-Esteem

Studies have demonstrated that Self-esteem is an integral part of the growth of both teachers and students who interact in varied capacities daily. Teachers' self-esteem would also be linked to self-concept because self-concept hinges on how we think and how we evaluate ourselves (Brookover, Thomas, & Paterson, 1964; Rosenberg, Schoenbach, & Rosenberg, 1995). When as educators we are aware of who we are, then we have a self-concept of ourselves. Unfortunately, if teachers have a distorted self-image of themselves, it is possible that they become incapacitated in their teaching career.

Unfortunately, progress is often disrupted by a failure and discouragement to meet lower level needs. Maslow (1962) growth needs do not stem from a lack of something, but rather from a desire to grow as a person. Once these growth needs have been reasonably satisfied, one may be able to reach the highest level called self-actualization. The growth of self-actualization (Maslow, 1962) refers to the need for personal growth and discovery that is present throughout a person's life. Thus, every person is capable and has the desire to move up the hierarchy toward a level of self-actualization. In self-actualization, a person comes to find a meaning to life that is important to them. Self-esteem is pre-requisite towards self-actualization. Being able to accept on who you are is a great impact on human's life.

In order to enhance their students' self-esteem and academic achievement, teachers should be engaged in unconditional teaching of all students.

Self-esteem is enhanced when teachers use their preferred teaching style (Cohen, Marion, & Morrison, 2004; Rogers, 1969). Stanford's (2014) study on The Effects of Teacher's Teaching Styles and Experience on Elementary Students' Mathematical Achievement, found that there is "a statistically significant difference in the AABE mathematical achievement scores of students who were taught in classrooms with teachers who reported delegator or facilitator as their predominant teaching style" (p.77). In scouting, you become facilitator to your co-teachers or scouts during camps. When you are capable in facilitating rigid activities like scouting, it will enhance your facilitating skills which is a premium weapon to deliver quality teaching.

One weapon that can be used to change the world is Education (UNESCO, 2013), and Scouting is one of the educational movements that promotes self-progression with a holistic view on youth development. It is an education in good citizenship (Kueh, 2016) teaching young people values such as uprightness and loyalty, respect for others, camaraderie towards others, protection of life and nature, a positive, attitude, and sense of dignity. It is a movement for young people, led by young people, supported by adults, and guided by teachers. It is a movement that, through friendship, adventure, community service, international and international meetings, and value-based leadership, prepares young people for life (Karsberg A., 2009).

Scouting is education for life as it discovers the world beyond the classroom, it is about building confidence and self-esteem as the child learns important life skills and acquires it through rescue first-aid training. It also develops their leadership skills being the leader of a certain patrol as well as learn the value of teamwork and cooperation in different team games

(Celestino, 2008 as cited by Cepedoza, 2016).

As cited in Boys Scout of the Philippines (BSP) National Office Memorandum No. 20, s. 2016, the mission of the BSP is to help the youth develop values and acquire competencies to become responsible citizens and capable leaders anchored on the Scout Oath and Law.

A study conducted by Hancock et al. (2012) revealed that youth perceptions of their leadership skills are influenced by extracurricular activity involvement and support of their parents and other adults. He suggested that educators should consider facilitating youth leadership through extracurricular activities involving younger high school students. Scouting program is one of the extracurricular activities that outside the normal curriculum of school. The benefits of extracurricular activities such as: learning time management and prioritizing; getting involved in diverse interests; learning about long term commitment; making a contribution; raises self-esteem; building solid relationship skills; and looks great on school applications. Thus, if perceptions of the youth's leadership skills is influenced by extracurricular activity involvement and scouting is one among the extracurricular activities and it could become an advantage of the teacher in teaching learners through incorporating skills in scouting to the lesson like introducing protocols which are present in scouting like hand signaling, songs and yells, and life skills which could bring fun and enjoyment inside the learning environment.

According to Dr. Moreillon (2010), Secretary General of the World Organization of the Scouting Movement, "fun with a purpose is education for life". Scouting is, in fact, an educational process and it could be the most effective companion of the home and the school in the proper upbringing of the children facing distractions in their own growth and development. Thus, participation of teachers in scouting is necessary to acquire learnings in scouting to integrate this knowledge of scouting activities and games to classroom setting which are relevant to the needs of the pupil.

Hoxie (2012), confirms her study with John Dewey's Learning Experience Theory that learners learn best if they are active constructors of meaning. The worth of an educational experience is measured by the degree to which it functions in meeting the actual life needs of the individual. Thus, learning needs personal involvement in meaningful activities. Likewise, teacher should engage in scouting activities to learn the skills and the share it to the learners at school. By attending diverse seminars and trainings as well as camps it will bring forth pertinent knowledge and understanding on scouting movement. Though, the primary concern of having scouting is to promote extracurricular activities involvement of the pupils which serves as catalyst of upbringing total formation to human being bounded with necessary skills and knowledge to compete and survive in this competitive world.