



## Implementation of Extracurricular Activities and Additional Season Olympiad Class to Enhance Learning Achievement

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### Abstract

Extracurricular is a program that can be implemented to serve as a platform for students to enhance their abilities outside of the regular class. The research strives to indentifying the impact of the implementation of extracurricular activities and extra class for Olympiad preparation on students' academic performance at MAN 2 Semarang City. The research was conducted at MAN 2 Semarang City, using a quantitative research method, with data collection through questionnaires and documentation. The activities available at MAN 2 Kota Semarang include: PMR, Pencak Silat, Dance Arts, Rebana, Music/Band, Futsal, Cinematography, Volleyball, English Club, MTQ, Basketball, KIR, Scouts, and Paskibra. The additional lesson is carried out daily for students in the Olympiad class with the subjects including geography, economics, English, and earth sciences from the social field, and physics, mathematics, chemistry, and biology from the science field. Based on the research findings, the implementation of the extracurricular activities and the additional lesson has an impact on students' learning achievements.

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## INTRODUCTION

Students require extracurricular activities to support their development of achievements and talents. Programs implemented to support activities outside the curriculum have benefits for enhancing students' abilities. Activities that serve as a platform for nurturing students in schools are extracurricular activities. According to Ren et al. (2020), these activities aim to improve students' achievements and broaden their perspectives, enhance the spirit of community service, and foster their interests and talents.

Other activities that can be undertaken to assist students in understanding the material include in-depth material reinforcement through the additional lessons of the subject. Additional lesson is able to encourage students to enrich their literacy in order to enhance the knowledge, which ultimately can improve their academic performance. This is supported by the study by Kusuma et al. (2022) that students' academic performance can be influenced by literacy skills. The learning experiences of students significantly determine the learning outcomes achieved. This aligns with the opinion that the academic performance of each student certainly needs to be improved to achieve the optimal results. The improvement in learning outcomes and academic performance of an individual is influenced by both external and internal factors.

Factors that encourage students in achieving academic success, apart from the motivation to learn, include external factors such as encouragement from parents and learning facilities. The improvement of students' academic performance can be supported by extracurricular activities and additional lesson of the subject. According to Yudha (2016), learning outcomes are positively and significantly influenced by extracurricular activities. This is also consistent with the research by Nofianti (2018), which indicates that extracurricular activities significantly affect the academic performance of students at SMA Negeri 1 Prambon Nganjuk.

Research on the implementation of extracurricular activities and additional lesson to enhance learning achievement has been studied by several researchers. The study conducted by Inriyani et al. (2017) titled "The Role of

Extracurricular Activities in Improving Social Science Learning Achievement" shared similarities regarding the implementation of extracurricular activities, while the difference lies in the absence of additional lesson variable in the previous research. Another study conducted by Faridah, et al. (2021), found that religious extracurricular activities can improve students' learning achievement in the subject of PAI. The similarity in this research was the sample used, which was the class XI of high school students and the application of extracurricular activities, while the difference is the presence of additional lesson activities and the overall extracurricular activities taken.

The Olympiad class at MAN 2 Semarang serves as a platform to develop students' talents and interests in both science and social studies. Students participating in the social and science Olympiad class program receive intensive guidance through additional hours, referred to as additional lesson. The subjects provided for additional lesson include social (Geography, Economics, and English) and science subjects (Physics, Chemistry, Biology, and Mathematics). The additional lessons are guided by experienced teachers (Data from interviews with the Curriculum Deputy of MAN 2 Semarang). Additional lesson was conducted from Monday to Thursday, from 2:30 to 4:00 PM.

The Olympiad class conducted by MAN 2 Semarang certainly has objectives that can support the students in that class. The Olympiad class is expected to enhance students' motivation to excel academically. Strong motivation, characterized by high energy, ambition, and a strong desire for independence, can be referred to as achievement motivation (Sarangi, 2015). The children in the Olympiad class are certainly expected to perform better compared to those in the non-olympiad class.

The purpose of the research is to examine the intensity of the extracurricular activity schedule and additional lesson in order to examined whether it had been implemented optimally and structurally so that it can support students' learning achievements. The research strives to indentifying the impact of the implementation of extracurricular activities and additional lesson in the olympiad class program on students' learning achievements at MAN 2 Semarang City.

## METHOD

This research was conducted at MAN 2 Semarang City, located at Jalan Bangetayu Raya No.1 Bangetayu Kulon, Genuk District, Semarang City, Central Java (50115). The population in this study consists of the eleventh-grade students of MAN 2 Semarang who have participated in extracurricular activities and additional lesson of the olympiad class program. The sample taken includes the entire active population, totaling 72 students from the social and science olympiad classes of the eleventh grade for the 2024/2025 academic year at MAN 2 Semarang.

The research method used is a quantitative method, with data collection utilizing questionnaires and documentation. The questionnaire method is useful for measuring numerical or quantitative data. Documentation is a method of data collection from document sources. In this research, documentation is conducted to obtain preliminary data. The collected data comes from student grade archives, student name lists, and schedules of extracurricular activities as well as additional activities for Olympiad class students. The use of data is intended to ascertain the facts, phenomena, and abilities of the respondents. The questionnaire is used to measure the independent variables, namely extracurricular programs and additional lesson, as well as to measure the dependent variable, which is student learning achievement. The analysis used is Spearman's rank to determine the relationship between extracurricular activities and additional lesson on students' academic achievement.

## RESULT AND DISCUSSION

### Extracurricular Activities

Extracurricular activities at MAN 2 Semarang City are held from Monday to Saturday. The extracurricular activities at MAN 2 Semarang City generally starts at 3:00 PM WIB and concludes at 5:00 PM WIB. The schedule of extracurricular activities is presented in Table 1.

**Table 1.** Extracurricular Activities at MAN 2 Semarang City

Extracurricular Activities	Activity Schedule	
	Day	Time (WIB)

PMR	Senin	15.00 – 17.00
Pencak Silat	Senin, Rabu, Sabtu	15.00 – 17.00
Dance Art	Sabtu	15.00 – 17.00
Rebana	Selasa	15.00 – 17.00
Music/Band	Selasa	15.00 – 17.00
Futsal	Selasa	15.00 – 17.00
Cinematography	Selasa, Kamis, Jumat	15.00 – 17.00
Volleyball	Selasa, Kamis	15.00 – 17.00
English Club	Selasa, Rabu	15.00 – 17.00
MTQ	Rabu	15.00 – 17.00
Basketball	Rabu	15.00 – 17.00
KIR	Rabu, Sabtu	15.00 – 17.00
Scouting	Jumat	15.00 – 17.00
Paskibra	Jumat	15.00 – 17.00
	Sabtu	15.00 – 17.00

Source : Primary Data (2024)

Based on Table 1, extracurricular activities at MAN 2 Semarang City take place every day. The activities available at MAN 2 Semarang City include: PMR, Pencak Silat, Dance Arts, Rebana, Music/Band, Futsal, Cinematography, Volleyball, English Club, MTQ, Basketball, KIR, Scouts, and Paskibra. Students in the Olympiad class who participate in extracurricular activities certainly have their own burdens as the end of the Olympiad class coincides with the start of extracurricular activities.

The implementation of extracurricular activities and the additional lesson for the olympiad class program at MAN 2 Semarang City needs to be analyzed. According to the Great Dictionary of the Indonesian Language, implementation refers to the execution or application. According to the opinion of Tsuraya et al. (2022), the means provided to carry out something that has an impact or consequence on a matter is called implementation. Implementation means the application or execution of a suggestion that can lead to an impact or consequence on a matter. Implementation can be interpreted differently based on its academic discipline.

Based on the results obtained in Table 1, the first extracurricular activity at MAN Kota Semarang is the Youth Red Cross (PMR). The PMR activities have many benefits, according to Muliani et al. (2022) regarding the numerous benefits of PMR extracurricular activities. The implementation of extracurricular activities at MAN 2 Semarang City certainly hopes that its students can develop. According to Amalia et al. (2022), the implementation of the PMR activities can influence students' attitudes towards social concern, tolerance, and responsibility.

The Pencak Silat activities conducted at the school are beneficial for training both the physical and mental health of the participating students. This aligns with the opinion of Dewi et al. (2021) that physical activity through martial arts is equivalent to sports in order to enhance physical and mental health, thereby creating the best athletes in Indonesia. The implementation of the karate extracurricular activities according to Dangur et al. (2020) through karate extracurricular activities, it is also expected that education or character formation in students by instilling discipline, starting from the strategy of giving examples, laying a strong character foundation, and habituation, through internalizing values in physical education, building a strong personality foundation, peace-loving attitudes, social, cultural, religious, skills to carry out physical activities and sports, fostering emotional intelligence and respect for the human rights of others through experience.

Dance art held in extracurricular activities in addition to training students in terms of art, these activities can foster students' souls in preserving local culture. This is in accordance with the opinion of Cahyaningrum (2023) that extracurricular dance practice can help students get closer to their social qualities, dance art is also consistent in preserving one of Indonesia's cultures. The implementation of dance extracurricular activities in school activities, according to Purwitasari et al. (2022) that dance extracurricular art is able to increase students' kinesthetic intelligence after the programs and habituations carried out.

The tambourine is a musical instrument of patting, beating, percussion, and Islam. The tambourine musical instrument itself does not

originate from Indonesia. According to Sari et al. (2021), the development of tambourine musical instruments in Indonesia began when Islamic influence entered Indonesia. The implementation of tambourine extracurricular according to Ramadhan et al. (2022) that the existence of religious extracurricular activities can create religious added value for a person, religious extracurricular activities have the core of instilling religious values with the construction process.

The next extracurricular activity available at MAN 2 Semarang is Music/Band. According to Assa'diyah et al. (2024), music education is a form of education that provides the ability to express and appreciate art creatively to develop the personality and balance of attitudes or feelings of students. The implementation of the music/band extracurricular program according to Fathurrahman et al. (2022) that students participating in music can strengthen the values of love for local culture, especially those who develop local music.

The purpose of the futsal activity is to score as many goals as possible against the opposing team. This aligns with the opinion of Basri et al. (2023) that the essence of futsal is to score as many goals as possible into the opponent's net. The implementation of the futsal extracurricular program according to Ningrum et al. (2020) that the implementation of the futsal extracurricular program must pay attention to organizational indicators in managing extracurricular activities, the interest and participation of students in the futsal extracurricular program, facilities and infrastructure, the execution of extracurricular activities, and funding. The value that can be gained from futsal is having high self-confidence.

The extracurricular activity available at MAN 2 Kota Semarang is Cinematography. According to Pratiwi et al. (2019), the presence of the cinematography extracurricular is highly favored by students as it reflects a strong reality of life, which is then expressed through film works that narrate the realities of life. The implementation of the cinematography extracurricular according to Fuadi (2021) opinion that supervisors need to pay attention to the progress of the cinematography extracurricular in order to create commendable works.

The extracurricular activity available at MAN 2 Kota Semarang is Volleyball. According to Maliki et al. (2017), volleyball is a type of game or sport that is popular among the community, both from the upper and lower classes. Irwanto & Nuriawan (2021) added that there are several basic techniques in volleyball, namely service, passing, smash, and block. The implementation of extracurricular sports such as volleyball according to Dahaluddin et al. (2022) that the implementation of sports activities always instills the values of honesty, sportsmanship, responsibility, and continuous effort to achieve success. To achieve success, it is necessary to have adequate supporting facilities.

The extracurricular activity available at MAN 2 Semarang City is the English Club. The English Club teaches its students to learn English properly and correctly, covering all aspects such as listening, speaking, reading, and writing. The implementation of the English Club extracurricular activity needs to be monitored to ensure that the activities align with their objectives. According to Mas'udah et al. (2020), the development of students' linguistic intelligence through the English Club extracurricular activity includes listening skills, speaking skills, writing skills, and reading skills. Students participating in the English Club are expected to develop further in the field of English.

MTQ extracurricular is one of the extracurriculars engaged in the religious field which has the goal of creating students with noble character. This is in accordance with the opinion of Astria & Rahmah (2024) that religious extracurricular activities can develop a spiritual attitude to make students who have noble morals. According to Andriani et al. (2020), one of the popular extracurriculars at the Madrasah Ibtidaiyah education is Musabaqah Tilawatil Qur'an (MTQ).

The next extracurricular activity at MAN 2 Semarang City is Basketball. According to Ayiriga et al. (2022), basketball is a group sport consisting of two teams of five people each who compete with each other to score points by putting the ball into the opponent's basket. Basketball extracurricular has a purpose in addition to training students' physical and talent but can also be used to train students' social development. This is in accordance with the opinion

of Muthmainnah et al. (2022) that there are many functions of extracurriculars, including developmental and social functions.

The next extracurricular activity in MAN 2 Semarang City is KIR. According to Ernawati et al. (2024), KIR's extracurricular activities can be accommodated intensively in developing students' critical thinking skills and creativity, as well as improving students' knowledge and skills in writing scientific papers. According to Ramdhani et al. (2021) that the KIR extracurricular makes students want to improve their literacy by reading and writing scientific papers. According to Zafi et al. (2024), in order to implement KIR as an effort to develop interests and talents, support from various parties is needed, including teachers, students, parents, and schools.

Scout extracurriculars certainly aim to enable students to form character and have a fighting spirit. This is in accordance with the opinion of Aji (2016) Scout extracurricular activities are used to provide education for students to have a clear cultural character and have a fighting spirit. The implementation of extracurricular activities for scouts according to Tajudin et al. (2021) scouting education is a learning activity that is carried out by implementing educational, challenging, recreative, and fun activities under the guidance of adults, scouting activities are carried out naturally and packaged according to the group or unit of students

Extracurricular paskibra is carried out outside of learning hours and has the goal of fostering a spirit of love for the homeland in students. According to Sulistyo et al. (2018), extracurricular activities that are carried out outside of class hours have the goal that students have noble ethics, discipline, increase the spirit of nationality, defend the country, love the homeland, and have a leadership spirit. This is in accordance with the opinion of Rosida (2023) extracurricular paskibra which in the implementation of its activities reflects national insights, attitudes to defend the country, and nationalism. Students who take part in paskibraka can feel a positive impact in terms of discipline.

The implementation of extracurriculars certainly has a useful purpose for students. According to Lestari (2016), the purpose of

implementing extracurricular activities in schools is to expand students' knowledge, apply knowledge further, and develop students' attitudes and values. According to the results of observations, the supporting factors in the implementation of extracurricular activities according to students are support from schools and adequate facilities and infrastructure for these activities. The inhibiting factor for the implementation of extracurricular activities at MAN 2 Semarang City in the Olympiad class is the student's schedule that is too tight so that students feel burdened. This is in accordance with the opinion of Asrivi (2020) the factor that inhibits student development in extracurricular activities is teaching and learning activities that are very time-intensive.

#### Additional Lesson Activities

The additional lesson activities carried out at MAN 2 Semarang City are especially for students who are in the Olympiad class. The Olympiad class is a special class chosen by students from the beginning of entering MAN 2 Semarang City. Students who want to join the Olympiad class must take the entrance test for MAN 2 Semarang City which is different from the regular class, the difference is in the test that uses English. The difference between the Olympiad class and the regular class is that the Olympiad class has more complete facilities and has access to tutoring for preparation for entering university. Additional lesson is one of the special facilities in the Olympiad class. Additional lesson is expected to be able to better understand the material that has been given. The materials and schedules provided by teachers for additional lesson in the Olympiad class can be seen in Table 2.

**Table 2.** Additional Lesson at MAN 2 Semarang City

Field	Subject
Social	Geography
	Economics
	English
	Earth Science
Science	Physics

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Mathematics

Chemistry

Biology

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Source : Primary Data (2024)

Based on Table 2. It can be seen that the additional lesson carried out at MAN 2 Semarang City covers all aspects of the subject. Additional lesson is carried out every day for students who are in the Olympiad class. Subjects that have additional lesson include: Social fields, geography, economics, English, and earth science, while for science fields include physics, mathematics, chemistry, and biology.

The additional lesson was carried out to increase students' understanding of the material that had been delivered. According to Dewi et al. (2022), additional lesson is a series of important activities that are targeted by students, especially students at the final level of one level of learning intended to prepare students. The additional lesson held at MAN 2 Semarang City is in the Olympiad class which is specifically held. The additional lesson of the material for students in the Olympiad class is expected to increase student understanding or can increase the achievement of the students who participate. This is in accordance with the opinion of Cahyati et al. (2021) that additional lesson is effective in improving students' ability to understand teaching material. According to Wulantina et al. (2022), additional lesson needs to be carried out because the explanation of the material in learning is not optimal, causing a lack of delivery of all the material in the curriculum.

The school has innovations to improve the learning achievement of its students with excellent programs. Increased student achievement is certainly beneficial for students, parents, and for schools. Innovation to improve learning achievement is also carried out at MAN 2 Semarang City by implementing a flagship program, namely social and science olympiad classes. The Olympiad class program is designed to prepare students for regional and national Olympiads, as well as to improve their understanding of subject matter related to the field.

### The Effect of Extracurricular Activities and Additional Lesson on Student Learning Achievement

The analysis was conducted to determine the relationship between extracurricular effectiveness and additional lesson on learning achievement using spearman rank analysis. The analysis is useful to see how strong the relationship between variable x and variable y is. The results of the spearman rank analysis can be seen in Table 3.

Table 3. Spearman Rank Analysis Results

		LA	
Spearman Rho	KE	CC	.427**
		Sig	.000
		N	72
	DM	CC	.731*
		Sig	.016
		N	10

Keterangan : EA : Extracurricular Activity, PM : Deeping of Material, LA : Learning Achivement, CC : Correlation Coefficient, Sig : Sig (2-tailed). \*\*. Correlation is significant at the 0.01 level (2-tailed), \*. Correlation is significant at the 0.05 level (2-tailed).

Source : Data Processed (2024)

Based on the results of the spearman rank analysis, it was obtained that the effectiveness of extracurricular activities and the additional lesson had an effect on student learning achievement. Based on Table 3. It is known that the correlation value between extracurricular activities and learning achievement is 0.427 which means that the relationship is sufficient, while for the additional lesson variable has a strong correlation (0.731) on the learning achievement of MAN 2 Semarang City students. The results obtained show that extracurricular activities carried out by MAN 2 Semarang City students in the Olympiad class can affect the results of learning achievement. The influence of extracurricular activities is a positive and significant influence on students at MAN 2 Semarang City. This is in accordance with the statement of Yudha, (2016) extracurricular activities have a positive and significant influence on learning outcomes. Extracurricular activities held by schools are activities outside of student learning hours that have the goal of developing student potential.

Based on the observation results, extracurricular activities and additional lesson at MAN 2 Semarang City can increase student

achievement. The increase in student achievement is suspected because the extracurricular activities that are followed can support students' knowledge in learning. The additional lesson carried out is also a factor in increasing student achievement. This increase is because the material taught in the additional lesson is more detailed so that students better understand the material presented.

### CONCLUSION

Extracurricular activities at MAN 2 Semarang City can develop students' abilities in terms of non-academics, namely improving cooperation, leadership, and student discipline. Additional lesson activities at MAN 2 Semarang City can help students better understand the material being taught. Based on the results of the study, it was obtained that the implementation of extracurricular activities and additional lesson had an effect on student learning achievement.

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