

## **DEDICATION**

I dedicate this work to my family and my beloved son, dor, who is a great source of my inspiration.

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## ABSTRACT

The purpose of this study was to determine the relationship between extra-curricular activities and pupil discipline in High Schools. The objectives were: (i) to find out common offences committed by pupils, (ii) types of extra-curricular activities in high schools, (iii) relationship between involvement in extra-curricular activities and pupil discipline, and (iv) strategies that can be used to reduce indiscipline among High School pupils.

The study used a descriptive survey design. A total of 178 pupils and 13 teachers took part in the study. The respondents were drawn from 4 high schools: a Boys' Mission School, Girls' Mission School, Co-Education Day School and a Co-Education Boarding School. Data were collected using questionnaires, semi-structured interview guides and school disciplinary records. Data were analysed quantitatively using the Statistical Package for Social Sciences (SPSS) and qualitatively using the thematic approach.

The study found that the most committed offences by pupils were reporting late for class, dodging class, absenteeism and insulting. Pupils mostly participated in sports, Junior Engineers Technicians and Scientists (JETS) club, Anti-Acquired Immuno-Deficiency Syndrome (anti-AIDS) club and debating club. The study further revealed that pupils who generally participated in extra-curricular activities were less likely to commit offences such as, insulting, drinking alcohol, fighting, dodging class, rudeness to teachers, absenteeism, vandalism and bullying. The results also revealed that sporting activities had a greater impact on reducing the likelihood of pupils committing offences compared to non-sporting activities. There were five extra-curricular activities, namely: sports, anti-AIDS, anti-drugs, JETS and Scripture Union that reduced the likelihood of pupils committing offences. It was further revealed that most of the five extra-curricular activities, with the exception of Scripture Union, reduced the chances of dodging class. Scripture Union reduced the chances of pupils cheating in examinations. The study also found that there were more male pupils than female pupils who dodged class, whereas grade 11 pupils were mostly absent from school compared to grade 10 and 12 pupils.

The study recommended that: the High School curriculum should incorporate some extra-curricular activities on the academic time table to ensure that all pupils participated. Extra-curricular activities should be supervised by teachers who have adequate knowledge in specific extra-curricular activities as this would make the activities more meaningful and encourage pupils to participate. It was also recommended that, guidance and counselling units in schools should be run by full-time professional guidance and counselling personnel in order to assist pupils with psychosocial problems, especially that pupils in high schools were mostly in their adolescence. It was further recommended that a multi-modal approach was needed to enhance discipline among pupils as there were different causes of pupil discipline.

## TABLE OF CONTENTS

Author's Declaration.....	i
Copyright Declaration.....	ii
Approval.....	iii
Dedication.....	iv
Acknowledgements.....	v
Abstract.....	vi
List of Tables .....	x
List of Acronyms.....	xi
<b>CHAPTER 1: INTRODUCTION.....</b>	<b>1</b>
1.1 Introduction.....	1
1.2 Background.....	1
1.3 Statement of the Problem.....	3
1.4 Purpose of the Study.....	4
1.5 Objectives.....	4
1.6 Research Questions.....	4
1.7 Significance of the Study .....	5
1.8 Limitations and Delimitation of the Study.....	5
1.9 Operational Definitions of Terms.....	6
1.10 Summary.....	6
<b>CHAPTER 2:LITERATURE REVIEW.....</b>	<b>7</b>
2.1 Introduction.....	7
2.2 Common Offences Committed by High School Pupils.....	7
2.3 Types of Extra-Curricular Activities in Schools which Pupils are Involved in.....	13
2.4 The Relationship between Involvement in Extra-Curricular Activities and Pupils' Discipline .....	16
2.5 Strategies that Help Reduce Indiscipline among High School Pupils.....	20
2.6 Summary .....	24
<b>CHAPTER 3: METHODOLOGY .....</b>	<b>25</b>
3.1 Introduction.....	25
3.2 Research Design.....	25
3.3 Population.....	25
3.4 Sample .....	26
3.5 Sampling Procedure.....	27
3.6 Data Collection Instruments.....	28
3.7 Pilot Study .....	29
3.8 Data Collection Procedures.....	30
3.9 Data Analysis .....	31
3.10 Summary .....	31

<b>CHAPTER 4: PRESENTATION OF FINDINGS.....</b>	<b>32</b>
4.1 Introduction.....	32
4.2 Common Offences Committed by High School Pupils.....	32
4.2.1 Pupils' Responses on Offences Committed by Pupils.....	32
4.2.2 Teacher Responses on Offences Committed by Pupils.....	33
4.2.3 Relationship between Pupils' Age, Sex and Grade, and Offences Committed by Pupils.....	34
4.3 Types of Extra-Curricular Activities in Schools which Pupils are Involved in.....	36
4.3.1 Pupils' Responses on the Types of Extra-Curricular Activities in Schools.....	36
4.3.2 Teacher Responses on Participation and Supervision of Pupils during Extra- Curricular Activities.....	37
4.4 The Relationship between Involvement in Extra-Curricular Activities and Pupil Discipline.....	38
4.4.1 Perceptions of Pupils on the Relationship between Involvement in Extra- Curricular Activities and Pupils' Discipline.....	41
4.4.2 Perceptions of Teachers on the Relationship between Involvement in Extra- Curricular Activities and Pupils' Discipline... ..	44
4.4.3 Findings from School Disciplinary Record.....	45
4.5 Strategies that Help Reduce Indiscipline among High School Pupils.....	45
4.5.1 Pupils' Responses on Strategies that Help Reduce Indiscipline.....	45
4.5.2 Teacher Responses on Strategies that Help Reduce Indiscipline.....	46
4.6 Summary.....	46
<b>CHAPTER 5: DISCUSSION OF FINDINGS.....</b>	<b>48</b>
5.1 Introduction.....	48
5.2 Common Offences Committed by High School Pupils.....	48
5.2.1 Relationship between Pupils' Age, Sex and Grade, and Offences Committed by Pupils.....	49
5.3 Types of Extra-Curricular Activities in Schools which Pupils are Involved in.....	51
5.4 The Relationship between Involvement in Extra-Curricular Activities and Pupils' Discipline.....	54
5.4.1 Perceptions of Pupils and Teachers on the Relationship between Involvement in Extra-Curricular Activities and Pupils' Discipline.....	58
5.5 Strategies that Help Reduce Indiscipline among High School Pupils.....	61
5.5.1 Strategies being Used.....	61
5.5.2 Strategies Suggested by Pupils and Teachers.....	64
5.6 Summary.....	67
<b>CHAPTER 6: CONCLUSION AND RECOMMENDATIONS.....</b>	<b>69</b>
6.1 Summary.....	69
6.2 Conclusion.....	69
6.3 Recommendations for Various Stakeholders.....	70
6.4 Recommendations for Further Research.....	72
<b>REFERENCES.....</b>	<b>73</b>

<b>APPENDICES.....</b>	<b>78</b>
Appendix A: Pupil’s Questionnaire.....	78
Appendix B: Teachers’ Interview Guide.....	84
Appendix C: Chi-Square Tests on Pupils’ Sex and Age, and Offences Committed by Pupils.....	87
Appendix D: Chi-square Tests on Involvement in Extra-Curricular Activities and Offences Committed by Pupils.....	88
Appendix E: Chi-square tests on Involvement in Specific Extra-Curricular Activities and Offences Committed by Pupils .....	92

## LIST OF TABLES

Table 1: Distribution of Questionnaires.....	26
Table 2: Characteristics of Pupils.....	26
Table 3: Characteristics of Teachers.....	27
Table 4: Pupils' Responses on Types of Offences Committed in Schools.....	33
Table 5: Pupils' Responses on the Offences they Committed .....	33
Table 6: The Relationship between Pupils' Age and Offences Committed .....	34
Table 7: The Relationship between Pupils' Sex and Offences Committed.....	35
Table 8: The Relationship between Pupils' Grade and Offences Committed.....	35
Table 9: Pupils' Responses on the Types of Extra-Curricular Activities Found in Schools...36	
Table 10: Pupils' Responses on Extra-Curricular Activities they Participated in.....	37
Table 11: The Relationship between Involvement in Extra-curricular Activities and Pupils' Discipline.....	38
Table 12: The Relationship between Involvement in <i>Specific</i> Extra-Curricular Activities and Offences Committed by Pupils .....	40
Table 13: Pupils Views on Whether or not Extra-Curricular Activities Help Reduce Indiscipline.....	42
Table 14: Reasons Given by Pupils on how Extra-Curricular Activities Help, or do not Help Reduce Indiscipline among High School Pupils.....	42
Table 15: Perceptions of Pupils on the Relationship between Involvement in Extra-Curricular Activities and Pupils' Discipline (Positive Statements).....	43
Table 16: Perceptions of Pupils on the Relationship between Involvement in Extra-Curricular Activities and Pupils' Discipline (Negative Statements).....	44
Table 17: Strategies that Help Reduce Indiscipline According to Pupil Responses .....	46

## **LIST OF ACRONYMS**

<b>ACC</b>	Anti-Corruption Commission
<b>AIDS</b>	Acquired Immuno-Deficiency Virus
<b>HIV</b>	Human Immuno-Deficiency Virus
<b>JETS</b>	Junior Engineers, Technicians and Scientists
<b>FAWEZA</b>	Forum for African Women Educationalists in Zambia
<b>RTSA</b>	Road Traffic and Safety Agency
<b>SPSS</b>	Statistical Package for Social Sciences
<b>ZYCS</b>	Zambia Young Christian Students