

LIFE SKILLS EDUCATION: A SIGNIFICANT ROLE IN HOLISTIC DEVELOPMENT OF AN ADOLESCENT

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Abstract

Adolescence is a phase of development that falls between puberty and maturity and is characterized by changes in physical, cognitive, and psychological traits. According to Hall, Adolescence is a period of "Storm and Stress" and states "conflict at this developmental stage is normal". It is very crucial period of various emotions like anxiety, fear, love and danger and characterized by complex changes both mentally and physically. They are unable to understand the emotional turmoil. In many cases adolescents are not utilising their abilities positively in right direction. Most common psychosocial disorders include depression and anxiety, delinquency, aggression, educational difficulties, and truancy (Ahmad A. et al, 2007) and psychological problems like neglection, suicidal behaviour, sexual behaviour and bullying are occurs among adolescents so they need proper guidance and orientation. If given the chance to get prepared to face their future responsibilities as parents, employees, managers, volunteers, and entrepreneurs, today's kids can rise to the difficulties of the future. Young people will need to acquire a wide range of life skills in order to reach their full potential as adults. Life skills are the capacity for adaptable and constructive conduct that enables people to successfully navigate the responsibilities, difficulties, and stress of daily life (WHO).

The present paper focuses on the importance of life skills education and how it is helpful in holistic development of an adolescent. Schools are failing to teach real life skills that are crucial to success and fulfilment. There is a need to incorporate life skills education in our curriculum so that our future generation become productive member of society.

Keywords

Life, skills, education, Holistic, development, Adolescent

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Introduction

Today our society is making continuous progress in every field like urbanization, industrialisation, modernization, globalization, development in science & technology, communication and space technology. Extensive high quality research is continuously being carried out in the fields of agriculture, science, medicine and education. No doubt, we have made a lot of progress but on the other hand we are facing many physical, mental and emotional problems. Adolescence is a period of rapid physical, social and psychological changes. Adolescents face many problems as bullying, alcoholism, smoking, drug abuse, sexual abuse and juvenile delinquency. In ancient times, the aim of education was all round development of the child so that he could be successful in his life. Nonetheless, India's educational system is today more goal-oriented than child-oriented. It doesn't cover the life skills that every youngster needs to survive in this world. Education in life skills fills up the gaps between fundamental talents and functioning. Life skills enable us to know how to simplify our lives and make decisions in a variety of challenging circumstances. Better outcomes can be obtained by incorporating life skills into the school curriculum for the pupils.

Review of Literature

(Esmaelinasab Maryam et al, 2011) that research group participants' self-esteem increased significantly more from life skills training than did the subjects in the control group.

R. Mohammadi .et.al, 2014) examine the impact of life skills training on high school girls' subjective well-being. The results show that Life skills instructions were effective in decreasing the neurosis and stress- depression of students. It is also concluded that life skills instructions are effective in increasing the vitality and life determination of students.

Smith et al. research indicated that teaching life skills to young people greatly reduced their use of drugs and alcohol.

Kaur Jasraj and Singh Gurpreet (2022) conducted a research and the results of the study show that life skills training has significant effect on social competence of students.

Karimi S, (2017) in his study showed that life skills training had a significant effects on increasing the spiritual intelligence among the nursing students.

K Vashishtha, (2015) conducted a research to investigate the impact of life skills on leadership development. The findings indicate a notable improvement in the decision-making and problem-solving skills of the leaders.

The important life skills identified by UNICEF, UNESCO, and WHO are:

1. Self-awareness
2. Critical thinking
3. Creative thinking
4. Decision making
5. Problem Solving
6. Effective communication
7. Interpersonal relationship
8. Empathy
9. Coping with stress
10. Coping with emotion

Life Skills Education:

Life skills education includes a set of interrelated skills that are very important for future generation to live life successfully (WHO, 1994, WHO, 2003, UNICEF, 2019). This education help in think creatively and critically, communicate effectively, empathize with others, solve problems and help in decision making. Life skills helps young people to avoid overreacting, miscommunication and misinterpretation.

Importance of Life Skills Education:

We all know that all factors like individual behaviour, cultural norms, social pressure and abusive relationship may contribute to the health and lifestyle problems of young people. Life skills are important because they provide a healthy life to everyone with better understanding. The importance of life skills are as follows:

- * It is necessary for promotion of self-esteem, peace and self-confidence among the adolescents.
- * It helps adolescent to stay away from using drug substances, tobacco and alcohol.
- * It is also necessary for adolescents to make rational decisions in their life.
- * Life skills bring positive effect to the individual.
- * Life skills is an essential part of being able to meet the challenge of everyday life.
- * Being able to handle the challenges of daily life requires having certain life skills.
- * Pupils require new life skills, such as the capacity to handle stress and frustration.
- * Acknowledge the consequences of their behavior and teach them to accept accountability for their acts instead of placing blame elsewhere.

- * Develop your confidence for speaking in public as well as for cooperating and collaborating in groups.
- * Increase your self-awareness and empathy.
- * Life skills teach people how to deal with feelings that are typically irrational and disgusting in response to a circumstance, such as love, hate, rage, fear, and the need to be accepted.
- * It encourages the settlement of disputes peacefully. Disagreements are unavoidable and occasionally essential. Life skills, however, make sure that disagreements don't turn violent.

Life skills education play crucial role in the holistic development of adolescents in the following ways:

Social Development:

Social development in adolescence plays a crucial role in shaping their personality and future success. Social development refers to the gradual process by which an individual learns to interact with others, form relationship, developing empathy, communicate effectively and find solutions to conflicts. Positive social contacts give children more self-assurance and optimism. This may significantly affect their wellbeing and mental health. Life skills education has positive impact on social development (Roodbari et al, 2013) and social adjustment (Bita Rahmati et al ,2010).

Physical Development

Physical development refers to the growth of body parts, muscles, cells and skeletal structure of the body from infancy to adulthood. Children develop in their minds, their bodies and their feelings at different rates depending upon their personalities, genetics and how they are parented. Life skills education help students to think about how to maintain healthy weight, development of muscles, bones and healthy heart.

Development of Mental Health and Well-Being

Lack of friendliness, over emphasis on school marks, fear of failure, teacher's partiality, excess homework, heavy curriculum, physical and social dysfunction etc cause mental stress, depression and anxiety in children. Life skills training had positive effects on mental health and well-being through the reduction of depression, stress and anxiety (Sherif Y et al 2023).

Moral Development

The method we determine what is right and bad as we mature and enter adulthood is known as moral development. It includes our moral and religious principles and

shapes our conduct and sense of social duty. Life skills enable individuals to translate attitudes, knowledge and values into actual abilities and action (Kumar Pradeep,2017). Moral development aids in children's comprehension of the thoughts and emotions of others, and life skills education helps kids acquire this understanding.

Emotional Development

School-aged children's academic learning, prosocial abilities, and subjective well-being are significantly impacted by their emotional development, which encompasses emotional identification, expression, and management. Children that possess life skills are better equipped to comprehend their inner feelings and effectively regulate them throughout their many life stages. (Soheilimehr & Eshraghi).

Cognitive Development

Cognitive development refers to a child's ability to reason, investigate, and solve problems. Children learn about the world around them through problem-solving, knowledge, and skill development.

Academic Development

There are many research indications that teaching life skills improved school attendance and academic performance of students and better relationships between students and teachers. Life skills motivate healthy behaviour and increase self confidence among students.

Spiritual Development

The process of spiritual development is realizing that we are more than just our bodies and minds, instead, we are souls and coming to understand this. We may make a good impact on the lives of our friends, family, coworkers, and the entire globe by growing spiritually. As we grow physically, mentally, and spiritually, we will discover the ideal balance in our life. Education in life skills aids in spiritual growth.

Imparting Life Skills Education in the Classroom

Different activities that can be used to enhance life skills among students:

1. *Classroom Discussion*: An activity provides amazing open doors for students to learn and creates skills in listening, thinking, decisiveness, empathy and sympathy.
2. *Brainstorming*: It is a group problem- solving method that permits student to produce creative ideas and solutions rapidly and spontaneously.
3. *Role Play*: Through role-playing activities, students can interact with real-world scenarios that can be challenging, stressful, complex, and

contentious, forcing them to consider their own attitudes toward other people and their surroundings. (Bonwell & Eison, 1991,p.47).

4. Educational Games & Simulation: Educational games allow students to enjoy themselves and have fun, active learning and rich discussion while at the same time learning specific content and skills. Effective games let students interact with real ideas and concepts in a simulated setting.

5. Analysis of Situation and Case Studies: It gives us the chance to look into and analyze issues, opens doors for group collaboration, exchanges innovative ideas and fresh knowledge, provides insight, and occasionally even helps us see things from a different perspective. Case studies are similar to powerful catalysts for reflection and debate. Students that participate in this thought process become more adept at making decisions and at thinking critically and creatively.

Conclusion:

Today's society urgently needs a significant and genuine implementation of life skills education. While life skills education prepares our children for living, education in schools prepares them for a job. There is no doubt that life skills education play significant role in holistic development of adolescents. Life skills education prevent early child marriage and unwanted pregnancies. Life skills education enable adolescent girls to think critically about these issues and also increase girl's self-esteem, self-efficacy, cognitive and practical skills. Life skills education play a vital role in shaping the personal and professional lives of boys and girls in rural areas. Rural areas have many challenges, limited excess to quality education, including inadequate resources and limited exposure to diverse career opportunities. Life skills education enable them to overcome these barriers and succeed in their professional journeys. Students with high life skills are national assets, human capital, human investment and problem solvers for national development (Suhardan,2012).

Don't wait any longer, start imparting these life skills lessons now. Today's fast paced and competitive society requires these abilities. There is need of more empirical, comprehensive and qualitative research from future academicians, researchers, and professionals in the related field to demonstrate robust findings. Parents, Teachers, researchers, and policy maker should come together and develop life skills enhancing programme from elementary to higher education. Life skills awareness campaign should run at every village, district and state level so that our future generation become healthy, responsible and productive citizen.

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