

IMPORTANCE OF LIFE SKILL EDUCATION IN PRESENT DAY

Ramandeep Kaur

Abstract

Today's world is moving towards modernity, just as the world is played by violence conflict, stress. Currently our real society is played by gender and ethnic discrimination crimes against women and children, health problems, sexual problems, HIV, AIDS etc. The whole world is struggling with these deadly realities. However, frustration and despair are particularly affecting the youth of today due to anti-social pressures. In particular, adolescence is an important stage of rapid development of children physically in all its forms. Adolescence makes wrong decisions about various behaviours and sexuality as a result of their negative psychological pressures. They are usually strongly influenced by the outside world. Due to mental excitement and lack of decision-making maturity they engage in various anti-social activities and lead themselves to destruction. The only purpose of making this life of adolescence healthy, beautiful and empowering is education. This education must be life skill education. It is belt that the basic activities of life skills education will meet the needs and demands of the present society. It will help you to cope with all the mental, emotional and physical problems of adolescence in a healthy way. This paper emphasizes the importance and benefits of life skill education. Life skills education will help the students of the present society to develop their social and emotional thinking and become competent citizens.

Keywords: - Life skill education, Adolescent, Present Day.

Introduction

A life style is a skill or efficiency enhancement system that enables a person to perform any task during his or her life time. It gives the person the thrill of living a meaningful and successful life. Life strategy refers to the solution of various problems during our life time which help each person to manage his personal affairs with appropriate responsibility. These are the set of healthy solutions in the human activities of the individual that are acquired through learning. These techniques are used to solve problems that arise in people's daily lives.

Life skills are also called targeting life skill. This model was introduced in 1996 by Hendricks. He said, "Life skill education facilitates a complete and integrated development of individuals to function effectively as social beings."

Life skills have been defined by the World Health Organisation (WHO) as abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.

Life skill education is a value addition programme for the youth to understand self and able to assess their skill, abilities and areas of development.

Life skill education has been described by many psychologists as the most necessary educational system during adolescence.

Life skill education is essential during adolescence. Life skill education can benefit the society through the full development of a human child by highlighting the skills, abilities etc. of the next generation.

The concept of life skills education is a genuine attempt

to achieve the full and meaningful development of life for every human life in the modern day.

Life skills education is an efficient tool to empower young people to act responsible, take initiative and take control. Life skills are basically the abilities that promote the overall well being and skills of young people. Today's education system is more one-sided on concepts of knowledge than on skills, attitudes and values. When we look at the problems and needs of the complex life of today's society, we need practical knowledge rather than simple knowledge.

This knowledge we can easily apply in practical social life. The emerging problems faced by the youth such as poverty, suicide, famine, population explosion, social emotional, physical and mental problems. Unemployment lack of job security are a major concern of the youth. This thought keeps them in a mad race. Most of them are unable to use their potential property in real situations due to lack of proper guidance and motivation. As a result, social problems such as alcoholism, drug abuse, sexual abuse, smoking adversely affect them. Therefore, it is essential to make the present education system skills based and focus on skills development of students. Only by developing the skills of the students can they face all the challenges of the future.

Objectives of the Study

To Study importance of life skill education in present Day.

Significance of the Study: - If the current education system can be transformed into life skill education,

all the problems faced by the youth in their daily lives will be solved. Life skills education helps students to enhance their skills to cope healthily with changing society. They help the youth who are involved in anti-social activities day by day to introduce them to their skills and make healthy adjustment.

Methodology: - Analytical methods has been used for this study. Data are collected from secondary sources like books, magazines, journals, internet etc.

Importance of Life Skills Education: - Life skills education plays an important role in the full development of children's personalities and improvement of health. The 1986 UN Ottawa Charter described life skills as the process of 'healthy health choices.'

The 1989 conference on the Rights of the child defined life skills education as education for the full quality development of children.

We need a good attitude in all areas of our lives. Without a good attitude, a person can never succeed in life. Acquiring life skills helps to develop a positive attitude towards one's work and guides one to the higher path. Adolescence is an important stage in human life. During this period, life skills education can be acquired to fully develop the personality and contribute to the development of the society. Life skills education helps in solving all the problems that arise in a person's life. Adolescence helps in the full development of various skill such as team leadership qualities, responsibility, communication skills, intellectual skills, self-control etc. For a person, determination is a force that helps to make a person extraordinarily talented. Life skills education helps in creating this determination.

The journey to success is not easy. In this journey, a person has to overcome various obstacles. Life skills education enables us to overcome these obstacles with determination. Determination is the best way to make a decision. A person who walks the path of life without any purpose can never succeed. A person's determination depends on his intentions. Life skills education helps in creating determination in our minds towards work.

In addition, humans are social creatures to survive as human beings in society, we need to master certain social skills such as respect for the elderly, respect for the younger, empathy, humanity, patience, trust, agility, ability to achieve independence, self-esteem, interpersonal relationships, peace values need. Life skills education helps in acquiring these social skills.

A person's future depends on the skills he acquires. These skills include practical skills such as acquiring business qualifications, handicrafts, making small

items, painting, making musical instruments etc. Life skills education helps in acquiring skills. Life skills required to successfully acquire these skills include discipline, conscientiousness, loyalty, respect for work and commitment to work. Similarly, we need to learn some life skills to live healthy and strong daily lives. They are not taking drugs practicing yoga, eating regular food, maintaining cleanliness, listening to music, reading books, having a positive attitude in all aspects of life etc.

As discussed above, it can be said that there is a great need for life skills education nowadays. Life skills education helps us to develop our various skills. These skills have a profound impact on our lives. Some of the most essential and important of these skills are discussed below -

- **Skills in Self-Awareness:** - The ability to accurately recognize one's own performance and conduct be aware of the emotions that affect him and react appropriately to varied social circumstances is known as self-awareness. The ability to be self-conscious also enables a person to be aware of his feelings, comprehend the actions and emotions of others and apply his understanding to make wise and successful judgments.
- **Compassion and Empathy:** - The ability to accurately put oneself in another person's shoes, to comprehend that person's feelings, perceptions and circumstances from that person's point of view and to react appropriately to the situation and to express that knowledge back to that person is known as empathy.
- **The ability to express empathy for another person and manage other people's emotional outbursts** is referred to as the "sympathy talent."
- **Skills in Making Decisions:** - When making decisions a person must be able to recognize the circumstance, they are in pass a specific judgement on it and select on alternative based on their values, beliefs and preferences after carefully weighing their options.

Every process of decision-making results in a final decision, which may or may not suggest action. In the following ways, decision making abilities aid in the development of problem-solving abilities.

- Controlling one's own thoughts, feelings, actions and conduct because one is capable of choosing the proper course of action.
- Making the appropriate choice is a suc-

cess for oneself and the result of constant decision making on the part of the decision maker.

- The ability to make decisions without being swayed by outside stimuli, despite enormous obstacles and significant external effects.
- A person must be clear in his decision making and must know what he wants if he is to succeed. His inner feeling must be full of positivity and the conviction that opportunities still exist to achieve the goals set.
- Talents in Communication: - The ability to speak clearly and persuasively in front of others is one of the most crucial life skills someone can learn.
- A person uses their communication skills when giving and receiving various forms of information. Being able to communicate effectively has several advantages for the individual, including making him more at ease while expressing his views and increasing his self-confidence.
- In addition to having the ability to communicate ideas and ideologies and influenced others via them, people who are skilled at communicating with others can be creative in a variety of enterprises, particularly those involving the sale of various things.
- Like all others life skills, communication skills require ongoing training.
- Stress Reduction Techniques: - As the ability to put one in charge and give him a sense of control is what is meant by the definition of stress management abilities, the capacity to control one's emotions, feelings and wrath against others is also included.
- Psychological pressures are a group of outside influences that have an individual's full or partial impact or compromise the integrity of their personality. Humans who are stressed or exhausted become physically weak, thus it is important to have the ability to relax in order to counteract any stress or exhaustion you may be experiencing.
- Techniques for managing stress contribute to improved quality of life by boosting self-esteem lowering stress, sadness and anxiety and reducing stress. Being healthy and powerful requires the ability to manage stress.
- Criticism Acceptance: A Life Skill: - The ca-

capacity to accept constructive criticism for personal growth is known as the ability to accept criticism. A person's ability to accept criticism is a crucial life skill. Even though it can be challenging for some people to take criticism from other's, it's crucial to keep your emotions and sensitive sentiments out of it.

- One can utilize criticism to better himself and alter his approaches if he accepts it and focuses on the source of the criticism.
- Time Management Ability: - One of the most crucial abilities for anyone to have been time management, especially for those who have a lot of responsibilities and things to complete.
- The key to mastering this ability is committing to accomplishing one activity at a time, thus care must be given to avoid getting distracted and squandering time by multitasking.
- Skills in Interpersonal Relationships: - The life skills that a person utilises on a daily basis to engage and communicate with others, both individually and in groups, are known as interpersonal skills, sometimes known as interaction skills, social skills or social competence.
- No matter what degree of Knowledge or mentality a person has, they can all learn this skill, which makes it unique.
- Characteristics like self-assurance, active listening, critical thinking, communication, abilities, leaderships and delegation are examples of interpersonal skills. The following are crucial pointers for enhancing your interpersonal abilities:
 - Your day should begin with optimism. Being happy or unhappy is a choice that you make for yourself.
 - The soul must be persuaded that today will be better than yesterday. Tomorrow still lies ahead; yesterday is in the past and has passed. You must keep your mind active throughout the day and convey this idea to everyone around you in a positive way.
 - Become familiar with how words are spoken. Whatever one's mood, this is lovely and fosters kindness and excellent relationships.
 - Accept the traits and qualities that other people possess rather criticising them or whining endlessly about what they do. If at all possible, stay away from criti-

cism.

- **Thinking Skill:** - The mental processes that a person employs to analyse information, make sense of events, form relationships, solve issues, make decisions, ask questions and develop new ideas or organise information are known as thinking skills.
- It is important to make that innovation is the possess of using knowledge already known about one thing to come up with something new. This is different from thinking as a description of one thing.
- **Problem-Solving Skills:** - The capacity to define an issue, produce potential solutions, assess and choose the best option, apply the best option and solve problem efficiently and without delay is referred to as having problem solving skills.

We are currently facing rapid changes and a huge revolution in science and technology. This is a time when today's adolescents are under a special exciting pressure. As a result, they are facing various problems in various spheres of society. Their way of working, their behaviour is changing. They need life skills education to cope healthily with every challenge they face. The need for this life skills education is essential for teachers, staff, parents and community conscious people in the current education system. Finally, life skills education is very important for adolescents to integrate healthily with the increasingly technological and modern society.

Conclusion

Overall, life skills education is an effective social and psychological adjustment strategy. This education plays an important role in empowering adolescents physically and mentally. It helps in developing self-confidence, emotional intelligence, problem solving, thinking ability, critical thinking.

It is important to integrate life skills education into the curriculum nowadays. The mental health of students should be enhanced, they should be fully developed and functional to face the challenges of life changing situations.

Life skills education contributes significantly to the overall development of students. It empowers young people to achieve their goals in the 21st century. Life skills education helps in strengthening the mental capacity so that they do not become disoriented and forget their non-existence.

This paper discusses the importance of life skills in building a better life by dealing with various problems faced in the modern context.

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