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Research Paper

Impact of Life Skills Among Adolescents: a Review

Social Science

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ABSTRACT

The end of twentieth century can be considered as both the best and worst time for adolescents. It provided maximum opportunities to grow independently. But at certain extend unimaginabledevelopments of technologies diverted their capabilities to unfertileengagements. The psycho-social factors of adolescents itself is a contributing factor to their misbehavior. Being the turning period of life this is the right time to take right decision. In this condition life skills have important role in their future determination. Life skills are those psycho-social skills that enable individuals to cope effectively with their life challenges. This article draws how the life skills contribute to the individual development of adolescents does.

INTRODUCTION

Adolescence is popularly known as the age of transition. According to WHO; adolescence is the period from ten to nineteen years old. It is marked by rapid growth and development. In this time individuals are pigeonholed by drastic changes in physical, psychological and social maturities. Hormones in conjunction with social phenomena like culture, gender etcfosters the transition. It is the period in which he/she starts to integrate himself as a part of society and is resulted in the realization of morality and ethical principles.Identity seeking is the key phenomena of adolescence. They have also a tendency to watch life through rose-tinted glass. They see others rather than what the people are. So it is concluded that it is a period of unrealism.

Adolescence is also known as the period of stress and storm. Because their mind is pooled with limitless thoughts;results in stress and frustration. They have to satisfy certain needs. Successful consultationof those needs upshot better social adjustment.

Needs of adolescents

Security Love Approval Freedom

Now we are living in a complex society. The academic skill alone does not contribute whole to the psycho social development of children in the present scenario. Life skills are those psycho social skills that equip the individuals to perform better social functioning. These skills are sketchily presented as indispensable skills for life. It empowers individual's physical, psychological and social well-being and makes them choose the right lifestyle. WHO defines life skills as "abilities for positive and adaptive behavior to deal effectively with demands and challenges of everyday life." Adaptive stands for the person's ability to adjust with the different life circumstance. Positive behavior means the capacity to perceive situations with a forward looking attitude. These skills are supported by Bandhura's social learning theory which interprets the learning from experiences. It empowers the Psycho-social competence of individuals. It can be also mentioned as the capacity to keep up a state of comfort while interacting with others.

Core life skills

The WHO has recommended ten important life skills necessary to our day today life. They are self-awareness, empathy, critical thinking, creative thinking, decision making,problem Solving, effective communication, interpersonal relationship, coping with stress and coping with emotion. The importance of these skills in the life of individuals is following.

Self- awareness is the ability to understand his/her worth and weakness. It helps to bring out better communication with society and to have a feeling of empathy. Individuals can set out their goal according to their strength and weakness.

Empathy is better described as the ability to 'get in to the shoes of others'. This means the capability of understanding other's problems with all its magnitudes. It enables individuals to accept others.

Effective communication is the talent to keep an effective verbal and nonverbal communication with others. Individuals will be able to express their feelings and opinion in front of others and to ask help and advice at need.

Interpersonal relationship helps us to relate with others in a positive way and to form healthy relationship with others. It means a constructive relationship with fellow beings.

Decision making is a skill which strengthens individuals to take correct decisions at right time. It avoids the problem of confusion regarding a particular situation. This skill enables adolescents to reduce risk behavior and to take correct decisions without the influence of peer groups.

Problem solving skill is very essential in the adolescents or young adulthood. Problems are to be critically evaluated and found out the correct solution.

Creative thinking contributes to both decision making and problem solving. It lights to available alternatives and helps to respond adaptively with situations of daily life.

Critical thinking is the future oriented analysis of events and situations. It enables individuals to think the exact consequences of crisis situations and to take correct decisions.

Coping with emotions is the ability to realize emotions of themselves and others. It helps individuals to have a control over their behavior.

Coping with stress is the skill to understand the source of stress and to reduce the intensity of their stress.

REVIEW OF LITERATURE

Shanivaram Reddy K (2008) studied the level of problem solving and interpersonal skills among students in relation to the socio-economic factors. He adopted descriptive design with 90 samples. The study reveals that there is no difference in the problem solving skill with regard to gender, age, birth order and type of family but students in science stream shows high problem solving skill than that of arts and commerce. The researcher couldn't find out any difference in the interpersonal skill with respect to gender, stream, economic condition domicile but first born students show comparatively high interpersonal skill.

Jeffrey and Blannie,(1993) has done a study to examine the self-perceived competency, coping and contributory life skill among adolescents. He assessed the life skill with a seven point Likert-type scale. The result was that most of the samples had medium to high level of competency, coping and contributory life skill and there is a positive correlation between life skill and self-esteem.

Jessy,(1998) studied the effectiveness of life skill education to improve the knowledge about life skill among high school stu-

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dents. She conducted the study among 45 students and after the intervention improvements have been found out.

Anna Kavaga&Dimitrios,(2009) studied the nursing students opinion with regard to the existence of life skill and how that impact. 144 samples were taken from Greece and evaluated with questionnaire. The result shows that large percentages of nursing students are in need of sufficient life skills. Both the male and female students are to be improved in the sector of emotions, thought professional etc.

Michale.C,(2001) conducted an experimental study with two life skills such as decision making and problem solving. The result shows that there are remarkable improvements in decision making and problem solving ability after the intervention.

.CecillaMoya explains that life skill approach is an interactive educational methodology that emphases on acquiring knowledge, attitudes and interpersonal skills. It means to enables youngsters to take life responsibility and to lead healthy life style. The author also reveals that life skills has important role in improving the reproductive health of younger adults.

Mr. Raveendra H.N, (2012) has mentioned that Life skill education is very effective in educating the youth about prevention of drug, sexual violence, teenage pregnancy, suicide prevention, consumer education etc.

DISCUSSION

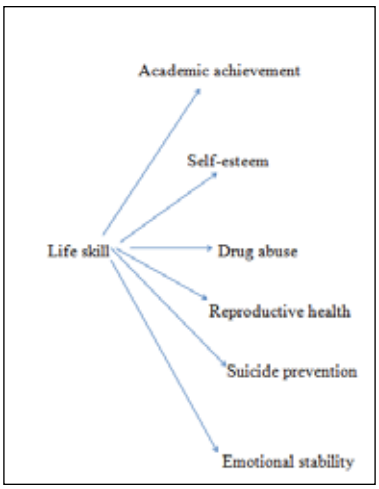
All the above mentioned reviews justify that life skills are very essential to the holistic development of children. In one stage or another stage life skill helps individual to cope with their problem effectively.

Why life skills are important?

Every individual has innate power to solve their problem and satisfy their needs. But only a few percentages are capable to deal with their problems critically. Here theimportance of life skills is imminent.Sometimes certain conditions get up; "I know but I can't help it".Even though the cause of problem is known individuals may fail to solve it. It means the necessary skills are lacking. Adolescence is one of the turning periods of life and is pooled with different problems and needs.The occurrence of required skill in this period helps them to lead a fruitful life.

Who requires Life Skills?

Life skills are required throughout the life span of an individual. From the review it is understood that life skill education has significant impact on certain areas. It is shown in the figure given below.



How it is educated?

Life skill education strictlytracks the Social learning theory of Albert bandura; that is learning from environment by experience and observation. Usually one educator with group of students are involved in life skill education programme. As recommended by the Central Board of Secondary Education the Life skill training should have four basic components.

- Practical events
- Feedback sessions
- Consolidation
- Practical application to day to day life.

Role plays, Brain storming, group discussion, storytelling, case studies, audio-visual activities etc are the commonly used methods for providing life skill education.

CONCLUSION

It is evidently clear that Life skills have inevitable role in the development of adolescents. Life skill education is the most cost effective way to empower the psycho-social skills of adolescents. Now education is institutionalized in India. Schools need to be recognized as the most important medium to reach out to young people. Like ways any programme designed to influence the adolescents, should be incorporated to the educational system. The teachers are the next-door resources to the children. They have to be trained effectively to offer the life skill programme to the students. It is the duty of society to empower the students to help themselves.

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