



# Correlation of Life Skills and Academic Achievement of High School Students

## KEYWORDS

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**ABSTRACT** *The purpose of the study was examined the Correlation of Life Skills and Academic Achievement of high school students. The investigator has randomly selected the sample of high school students in different area of karaikudi region. The investigator was chosen Normative Survey method. The Life skills of students at high school level and Academic Achievement of students at high school level was standardized by the investigator were used to collect the data. Statistical Techniques used by Pearson product moment correlation method, t- test and F- ratio was employed for analyzing the data. The result reveals that there significant Relationship between life skills and academic achievement of high school students in karaikudi region. Hence the result showed that the students who had received life skills and Academic training gained significantly higher scores in life skills and academic achievement observed. It seems that analysis the student knowledge based on life skills and academic achievement needs especially in the first year of their study (9th standard) is very essential.*

## INTRODUCTION:

Education aims at an all-round development of students' life skills and academic Achievement in high school level. But if we consider in its broader sense it will be seen that life skills aims not only at physical development and organic health but also at developing social maturity and academic excellence which cultivate social qualities in the students.

The **World Health Organization (WHO)** defines **Life skills** as "the ability for adaptive and positive behaviors that enables individuals to deal effectively with the demands and challenges of everyday life".

**Achievement** is an essential aspect of human life especially in school life. Socially mature individuals have confidence to face reality for their integrity and are well developed in discriminating power to make appropriate decisions about their personal and social life **Academic Achievement** is the demonstrated ability to perform, achieve and excel in scholastic activities. Academic excellence has been identified with achieving high grades and superior performance.

## Objectives of the study:

- To study the relationship between Life Skills and Academic Achievement of high school students.
- To find out the significant difference between the mean scores of life skills of high school students in terms of their sex medium of instruction, and type of the school.
- To find out the significant difference between the mean scores of Academic achievement of high school students in terms of their sex medium of instruction, and type of the school.

## Hypotheses of the study:

- There is no significant Relationship between the mean scores of Life Skills and Academic Achievement of high school students.
- There is no significant difference between the mean scores of life skills of high school students in terms of their sex, medium of instruction, and type of the school.
- There is no significant difference between the mean scores of Academic achievement of high school students in terms of their sex medium of instruction, and type of the school.

## Sample of the study:

The investigator has chosen Randomly 162 students from

various schools in karaikudi region, Tamil Nadu state for the Investigation.

## Methodology of the study:

**Normative Survey method** of research way employed to investigate the relationship and difference in various variable of the study.

## Research Tools:

The present study used the following Tools

1. Life Skills scale developed and standardized by the Investigator.
2. Academic Achievement scale developed and standardized by the Investigator.

## Statistical techniques used:

1. Karl Pearson's product moment correlation Technique to study the Relationship between the variable.
2. Differential analysis (t-Test) to find out the significant difference between the variable.

## Analysis and Interpretation:

### Hypothesis: 1

**There is no significant Relationship between the mean scores of Life Skills and Academic Achievement of high school students.**

**Table: 1.1**

Variables	N	Mean	S.D	D.f	Coefficient of correlation	Level of significance
Life Skills	162	16.82	2.68	158	0.83	Significant at 0.01 level
Academic Achievement	162	15.04	2.85			

From the table 1.1, it is found that the calculated  $r$ -value (0.83) is greater than the table value at 0.01 level of significance. Hence our null hypothesis is rejected. So it is concluded that there is a significant relationship between the mean scores of Life Skills and Academic Achievement of high school students.

### Hypothesis: 2

There is no significant difference between the mean scores

of life skills of high school students in terms of their sex, medium of instruction, and type of the school.

**Table: 1.2**

Variable	Category	Sub-group	N	Mean	S.D	t-value	Level of significant.
life skills	sex	Male	80	15.72	2.67	4.22	Not significant at 0.05 level.
		Female	82	14.86	2.94		
	Medium of instruction	Tamil	90	16.28	2.01	4.35	Not significant at 0.01 level.
		English	72	15.23	3.12		
	Type of the School	Govt.	104	15.64	3.28	4.27	Not significant at 0.01 level
		Private.	58	16.78	2.80		

From the table 1 .2, it is found that the calculated t- value (4.22), (4.35)and (4.27) are greater than the table value (2.58) at (0.01) level of significance. Hence our null hypothesis is rejected. So it is concluded that there is significant difference between the mean scores of life skills of high school students in terms of their sex, medium of instruction, and type of the school.

**Hypothesis: 3**

There is no significant difference between the mean scores of Academic achievement of high school students in terms of their sex medium of instruction, and type of the school.

**Table: 1.3**

Variable	cat-egory	Sub-group	N	Mean	S.D	t-value	Level of significant
Aca- demic Achieve- ment	sex	Male	80	16.28	4.01	3.86	Not significant at 0.01 level.
		Female	82	15.04	4.32		
	Me- dium of Instruc- tion	Tamil	90	16.92	4.48	4.65	Signifi- cant at 0.01 level.
		English	72	15.40	4.52		
	Type of the school	Govt.	104	15.25	4.74	4.31	Not sig- nificant at 0.01 level.
		Private	58	14.74	4.35		

From the table 1 .3, it is found that the calculated t- value (3.86), (4.65)& (4.31) are greater than the table value 2.58 at 0.01 level of significance. So it is concluded that there is significant difference between the mean scores of Academic achievement of high school students in terms of their sex , medium of instruction and type of the school.

**Findings of the study:**

1. Significant Relationship exists between the mean scores of Life Skills and Academic Achievement of high school students.
2. This means Life Skills and Academic Achievement are dependant on each other.
3. Male and female high school students significantly in their life skills of high school students in terms of their sex, medium of instruction, and type of the school.
4. A significant difference exists between the mean scores of Academic achievement of high school students in terms of their sex, medium of instruction and type of the school.

**Educational implications:**

- ❖ Knowledge of suitable life skills would provide an opportunity for individuals to act normally in their daily life and effortlessly and positively conform to social environment and culture when dealing with other people.
- ❖ In addition, life skills would help individuals boost their level of adaptability and psychological capacity.
- ❖ Life skills are essential for a productive life and should be promoted throughout every age span, including childhood, adolescence and adulthood.

**CONCLUSION:**

In a situation where young students benefit from life skills, they take responsibility for their well-being, make healthy decisions, and generally lead a safe and sound lifestyle throughout adolescence and adulthood, which ultimately enables them to perform taking advantage of their potentials and become prepared to encounter future needs and changes. Lack of information about appropriate lifestyles endangers students' health.

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