



A CORRELATIONAL STUDY ON LIFE SKILLS AND LEARNING EFFICACY AMONG ADOLESCENTS

Nursing

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ABSTRACT

Adolescence is the transition between childhood and adulthood. Objectives of the study were to assess the Life skill of adolescents, learning efficacy of adolescents to determine the correlation between life skill and learning efficacy of adolescents, to find out the association between life skill and selected socio demographic variables. Research Methodology adopted for the present study was quantitative research approach with descriptive design. By using convenient sampling technique 110 first year Bsc nursing students from selected Nursing Colleges Trivandrum was selected. Socio demographic proforma, Multi dimensional life skill assessment scale and Academic self efficacy scale was used for Data collection. Result showed that out of 110 students majority (52.70%) of adolescents have average Learning efficacy (Mean = 167, SD = 17.629) and 60.90% have average Life skill (Mean = 340.87, SD = 33.335). There is a moderate positive correlation between life skill and learning efficacy (0.587, $p < 0.05$). There is a significant association between life skill and socioeconomic status of adolescents ($\chi^2 = 25.721$, $p < 0.05$). This study concluded that life skill is directly proportional to learning efficacy of adolescents.

KEYWORDS

Life skill, Learning efficacy, Adolescence

INTRODUCTION

WHO defines "Adolescence as individuals in the 10 to 19 years age group. There are about 360 million adolescents comprising about 20% of the population in the countries of the South East Asia Region. About one – fifth of India's population is adolescents the second decade of life which is a vital phase in human development as both physiological and psycho-social changes happens during this phase.

Students are going through a transitional phase from adolescence to adulthood. They typically view their enrolment in college as an opportunity to acquire the knowledge and life skills. University students have to manage their time and also look for sources in order to accomplish their assignment is a challenging job to handle, in particular, for first year students. Failure in such condition would lead to poor chances of academic success. Success for the first year student is more than merely gaining sufficient academic credit to progress to the next year of study, but also involves educational and personal development.

Learning efficacy deals with how to optimize the learning that an individual student can achieve in a given environment. Self efficacy is defined as the belief in one's capabilities to achieve a goal or an outcome. Students with a strong sense of efficacy are more likely to challenge themselves with difficult tasks and be intrinsically motivated. These students will put forth a high degree of effort in order to meet their commitments, and attribute failure to things which are in their control, rather than blaming external factors.

Life skill based on education is known to play a crucial role in youth health promotion, education and overall development by enabling them to adopt healthy personal behavior, improving educational outcomes and earning potential. National Service Scheme Wing, Department of Youth empowerment and sports, Government of Karnataka supported by department of Epidemiology, Center for public health, National Institute of Mental Health and Neuroscience (NIMHANS) initiated youth focused Life skill education and Counseling services programme for promoting mental health and well being of the Youth in the state.

Life skills offer the nurse an opportunity to acquire self knowledge, to take a positive approach to self and to develop personal growth and enrichment. Interpersonal skills place emphasis on the individual as a unique person, in the family, group and community. Personal growth and enrichment will support the nurse in pursuit of professional growth. They will enable the nurse to act effectively in relation to other people and to render holistic nursing care by applying life skills while supporting the patient in the pursuit and maintenance of physical, mental, and spiritual health. Life skills empower the nurse to develop and enhance a caring attitude in the nursing of Patients. Researches

related to assessment of learning efficacy and life skill among nursing students are few. Hence the researcher would like to conduct a correlation study of life skills and learning Efficacy among adolescents in selected Nursing Colleges, Trivandrum district.

MATERIALS AND METHODS

The present study is aimed to assess the life skill and learning efficacy and find out the correlation between life skill and learning efficacy and determine the association between like skill and selected socio demographic variables of adolescents in selected nursing colleges Trivandrum. The research approach adopted for the study was quantitative research approach and the design was descriptive design. Socio personal variables are age, sex, education of parents, occupation of parents, type of family, religion, place of residence, family income, socio economic status. By using convenient sampling technique 110 first year Bsc nursing students from selected Nursing Colleges Trivandrum was selected. Socio demographic proforma, Multi dimensional life skill assessment scale and Academic self efficacy scale was used for Data collection.

RESULTS

Sample Characteristics

- Majority of adolescents (95.50%) were in the age group of 19yrs and 4.50% were in the age group of 18yrs. Most of adolescents (89.10%) were belongs to female group and 10.90% were belongs to male groups.
- Majority of Education of father (54.60%) were belongs to high school certificate, 23.69% were belongs to intermediate or diploma education, 10.00% were belongs to graduate education, 8.20% were belongs to middle school certificate, 3.60% were belongs to primary school certificate.
- Out of 110 adolescents 35.50% of education of mothers belongs to intermediate or diploma education, 14.60% belongs to graduate education, 43.6% were belongs to high school certificate, 0.90% were belongs to professor and honors and also 0.90% were belongs to primary school certificate.
- 34.50% of the adolescents fathers were skilled workers, shop market and sales workers, 15.50% were plant, machine operators and assemblers, 9.10% were craft and related trade workers, 4.50% were professors, 5.50% were technicians and associated professors, 1.80% were legislators, managers, senior officials, 0.90% were clerk in out of 110 adolescents.
- Majority (79.20%) of mothers of adolescents were unemployed, 6.40% were professionals, 3.60% were skilled workers shop, market and sales workers, 2.70% were elementary occupation, 1.80% were craft and related trade workers, 1.80% were clerk and 0.90% were legislators, managers, senior officials. 96.40% of type of family of adolescents were belongs to nuclear family, 3.60% were belongs to joint family.

- 70.90% of place of residence of adolescents were in rural place, 28.20% were in urban place and 0.90% were in urban slum.
- 30.00% of adolescents were in the income group of 3,908 to 11,707, 18.20% were in the income group of 19,516 to 29,199, 14.50% were in the income group of 39,033 to 78,062, 15.50% were in the income group of, $\leq 3,907$, 13.60% were in the income group of 11,708 to 19,515, 6.40% were in the income group of 29,200 to 39,032 and 1.80% were in the income group of $\geq 78,063$.
- 41.80% of adolescents were Hindus, 41.80% of adolescents were Christians and 40% of adolescents were Muslims. Majority (50.90%) of adolescents were belongs to lower middle 3 class, 35.50% were belongs to upper middle 2 class, 10.00% were belongs

Table 1: Frequency, Percentage, Mean and Standard deviation of Life skill

Life skill	Frequency	Percentage(%)	Mean	SD
Very high	2	1.80	340.87	33.33
High	8	7.30		
Average	67	60.90		
Low	26	23.60		
Very low	7	6.40		

Table 1 shows that majority (60.90%) of adolescents had average Life skill, 23.60% had low Life skill, 7.30% had high Life skill, 6.40% had very low Life skill and 1.8% had very high life skill. Mean score of Life skill among adolescents was 340.87.

Table 2: Frequency, Percentage, Mean and Standard deviation of learning efficacy

Learning efficacy	Frequency	Percentage	Mean	SD
Low	1	0.90	167	17.6
Average	58	52.70		
High	51	46.40		
Total	110	100		

Table 2 shows that majority (52.70%) of adolescents had average Learning efficacy, 46.40% of adolescents had high Learning efficacy and 0.90% of adolescents had low Learning efficacy.

Correlation between Life skill and Learning efficacy

Scatter plot shows that there is moderate positive correlation ($0.587, p < 0.05$) between life skill and learning efficacy of adolescents. This results reveals that life skill is directly proportional to learning efficacy among adolescents. Higher life skills improves the learning efficacy among adolescents.

DISCUSSION

The present study found that majority (60.90%) of adolescents had average Life skill, 7.30% had high Life skill, 1.80% had very high Life skill. Out of the 110 students 23.60% had low Life skill and 6.40% had very low Life skill. Data were collected using Multi dimensional Life skill assessment scale. So majority of the adolescents had average Life skills such as in self awareness, empathy, critical thinking, creative thinking, decision, making, problem solving, communication, interpersonal relationship, coping with stress and coping with emotion. The present study result is in accordance with the result of a Cross sectional study conducted to assess the life skill among first year BSc Nursing students of selected nursing college, Tamil Nadu. Descriptive survey design was used to assess life skills among 40 first year nursing students of selected College of Nursing by using The Life Skills Assessment Scale. The results revealed that mean life skills score was 369 ± 23 . In relation to global life skills score majority 30 (75%) of them were having average life skills and 2 (5%) of them having very low score in life skills. There was no association between life skills scores and socio demographic variables of students. The study concluded that majority of first year nursing students 30(75%) were having average life skills scores. They need some mode of training to enhance their life skills.

The present study found that 52.70% of adolescents had average Learning efficacy, 46.40% of adolescents had high Learning efficacy and 0.90% of adolescents had low Learning efficacy was found in present study. The samples were selected through convenient sampling technique. Data were collected using Academic self efficacy scale. So majority of adolescents had average learning efficacy such as perceived control, competence, persistence, self regulated learning. The present study is in accordance with a study conducted in

Ghaziabad district of UP to assess the effectiveness of life skill training on enhancing study skill among school going adolescents. It was a quasi experimental research design. Through purposive sampling technique selected the adolescents between the age group of 12 to 15 years (studying in 8th standard). Total sample taken is 188. Data collection done by Multidimensional study skill inventory by Daisy P J. The scale measures 11 dimensions of study skills such as association, concentration, comprehension, consultation with teacher, homework, learning motivation, memory, preparation for examination, time management, taking notes and text book reading. The study result shows that the mean study skill inventory score is 266.8042 and standard deviation is 19.473.

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