



Philosophical life skills of adults in the digital world

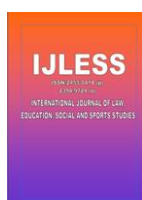
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Abstract

In the current digital era, philosophy is crucial to our ability to comprehend and control how technology affects human existence. We are faced with new ethical, societal, and personal issues as a result of our daily usage of cellphones, social media, artificial intelligence, and digital platforms. Philosophy is a way of looking at life that offers direction and a model for living. Man thinks about morality, responsibility, justice, right, goodness, the world and how it is run, etc., and forms his own judgments when confronted with ambiguous situations. Philosophy, which is shaped by life's experiences, is the lens through which life is seen. Our conceptions of truth and knowledge are likewise called into question by the digit.

Key Words: Philosophy, Digital World, Life skills, Digital Education.

Introduction

Philosophy is a worldview on life that provides guidance and a blueprint on how to live. When faced with uncertain circumstances, man considers morality, duty, justice, right, goodness, the world and how it is managed, etc., and comes to his own opinions. Life is viewed through the lens of philosophy, which is formed from life's events. According to Arnold Reid, Educational philosophy that, in the end, about life, and not only about reported statements concerning life, and that one must live richly in order to think and talk sense".

Even among Indian Philosophers there was not much differences between the philosophy and the way of life. For them life served as a philosophical experiment.

Before the internet, Digital knowledge wormhole would never have been conceivable. To obtain even a small portion of that information would have required hours spent at a library or with your grandparents' collection of Encyclopedia Britannica. Digital learning makes advantage of this readily available material and assists students in making efficient use of it.

Defining philosophy:

Philosophy is the in-depth contemplation and meditation that deals with God, the soul, and nature. This focus and deep thinking are used to uncover the eternal and hidden realities of life, such as: what is the nature of life, where humans have come from and where they are going, how does the outside world affect human life, how does the universe function, how do the heavenly bodies affect human life,

is there life after this, and what are heaven and hell? All of these are the subjects and topics of philosophical thought and ultimate realization; only great and talented people may engage in these mental exercises because they are abstract and challenging.

What is the digital world?

The phrase "digital world" refers to the entirety of the conditions that define life in the digital age, which will be greatly influenced by a wide range of digital technology. Particularly in the modern digital world, which is permeating more and more facets of our daily life through activities as diverse as pleasure, education, watching videos, and administrative bureaucracy.

Digi Digital literacy:

According to UNESCO (2018), digital literacy encompasses both the software and hardware functions of digital devices. It includes employing a range of digital devices to search and explore, create, communicate and cooperate, think critically, analyze information, and address safety and welfare. To properly engage in today's society, people need to possess certain abilities.

Digital literacy is "the ability to use information and communication technologies to find, evaluate, create, and communicate information, requiring both cognitive and technical skills," according to the American Library Association. Digital literacy encompasses more than just online reading and writing. April 12, 2022 talized data can be processed and stored in this virtual environment, which is created and developed using computers and enhanced by the Internet.

The Digital World of Education: Multimedia components in digital education increase learning's interactivity and engagement. Simulations, animations, and videos can make it easier for pupils to understand difficult ideas. Instant feedback from interactive tests and quizzes helps students retain more material.

What is meant by life-skills?

Life skills are "abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life," according to the World Health Organization. Therefore, life skills are fundamental abilities that enable people to have fulfilling lives and more effectively integrate into society. They cover a wide range of positive facets of our lives, including our ethics and values, our proactive approach to the society in which we live, and our diverse interpersonal and psychosocial abilities.

Core Life-skills:

The World Health Organization has presented a set of life skills. These are:

- Self-awareness
- Empathy
- Creative thinking
- Critical thinking
- Problem solving
- Decision making
- Coping with stress
- Coping with emotions
- Healthy interpersonal relationship

- Effective communications

Philosophical life skills and practical applications of the digital world

It's crucial to remember that these skill sets are not all-inclusive. A person may need any other life skill, depending on the situation. Additionally, because they influence one another, different life skills are interrelated. Critical thinking is necessary, for instance, to solve problems effectively and to view interpersonal situations from a broader angle.

1. Self-knowledge : It alludes to the capacity to identify one's own advantages, disadvantages, preferences, dislikes, and so forth. We frequently don't take the time to evaluate our own strengths and shortcomings. This could result in us underutilizing our talents and failing to see how our flaws hinder our advancement. Self-awareness is crucial for being at ease with oneself, identifying coping mechanisms for stress, and making the best use of one's own abilities. However, the digital world provides all of the information we specified, thus it is useless for determining our strengths and weaknesses. It won't offer any specific solutions or recommendations.

2. Compassion: Understanding the feelings and viewpoints of others is referred to as empathy. It facilitates comprehension of other people's worries and responses to a certain circumstance. Thus, having empathy for others promotes a better comprehension of human behavior in addition to providing a balanced understanding of an individual's behaviors and emotions. The digital world aids in understanding concepts and issues, offering solutions for the scenario or issues as well as suggestions on how to respond. Philosophy talks about feelings, whereas the digital world talks about causes and solutions rather than feelings.

3. Innovative Thought: Seeing and analyzing things in new ways is referred to as creative thinking. Finding innovative solutions to an existing problem is another example of creative thinking; it is not always necessary to identify a new problem and determine its remedies.

Through artificial intelligence, the digital world offers amazing experiences, incredible information, and creative possibilities. Nowadays, the cyber world, cybercrime, information technology, biotechnology, etc., are used by all adults. It offers a fantastic platform for the development of new and creative adult ideas.

4. Thinking critically: The process of objectively analyzing an issue or piece of information is referred to as philosophy. Because it fosters the inclination to assess information objectively and from a larger range of viewpoints, critical thinking is a crucial life skill.

The digital world provides comprehensive information about a topic, including its advantages and disadvantages, solutions, and recommendations. Information is provided by the digital world, but a human can analyze or diagnose the issue in a highly methodical manner based on philosophical foundation.

5.Solving Issues and Making Choices: These days, issues come up in our day-to-day lives. Some things are easy, while others are difficult. All individuals can obtain a variety of solutions with the aid of artificial intelligence, information technology, biotechnology, numerous educational and professional applications, etc., but in order to make a decision, he needs philosophical support such as truth, goodness, cognition, and metacognition level, among other things.

6. Managing Stress : Our physical and mental health depend on our ability to manage the demands of daily living. Understanding what causes stress, how to deal with it, and how to avoid it are all critical life skills. Stress can be significantly reduced by adopting a healthy lifestyle, applying appropriate problem-solving techniques, and having a thorough understanding of an incident.

A healthy lifestyle, appropriate problem-solving techniques, and a thorough comprehension of an event can all significantly reduce stress. When under stress, it's also critical to employ effective stress-reduction strategies.

7. Managing Feelings: Our lives are not complete without our emotions. We experience happiness, sadness, and anger in different contexts and on different occasions. Effectively controlling our emotions in a given situation is essential for a successful existence.

8. Good Communication: It relates to the clear expression of thoughts and feelings and is once again a very important life skill. In addition to conveying the content of our thoughts, proper communication also entails using efficient communication techniques. While the digital world provides information on communication skills, including types, definitions, and importance, philosophy explains how to apply communication theories, concepts, and ideas in our day-to-day lives.

9. Positive Interpersonal Connections: Keeping up positive relationships with others is essential to our development. Numerous additional life skills are necessary as pillars. For instance, building and sustaining positive relationships with our family, neighbors, and coworkers requires compassion, empathy, emotional reciprocity, efficient communication, and other comparable qualities. While the digital world provides knowledge on interpersonal relationships in the form of theory, philosophy tells about interpersonal relationships with excellent humanistic ideals and aids in their development.

Cons:

Although there are numerous advantages to this era, there are also new hazards and obstacles.

1. The loss of privacy is one of the era's greatest drawbacks. Our personal information is now more susceptible to theft and misuse due to the advancement of technology.
2. Students may become distracted by non-academic activities like social media or gaming in the digital learning environment.
3. Teachers find it difficult to keep students' attention and involvement while using digital learning.
4. An excessive dependence on technology might impede the growth of critical thinking, problem-solving, and decision-making abilities.
5. Instead of learning these abilities on their own, all of the kids can grow unduly dependent on technology for research and problem-solving.

How society views adults using digital technology to address certain practical digital applications and some philosophical life skills:

- **Stoicism:** Youth respond coolly to hostility they encounter online and concentrate on their controllable aspects rather than their uncontrollable ones.
- **Impermanence:** Regularly clear their digital area and let go of digital attachments like likes or follower numbers.
- **Socratic questioning:** Before accepting or disseminating information from the internet, always ask questions.
- **Etics (Virtue ethics):** Be honest online, as though their behavior were public knowledge.
- **Mindfulness:** Use focus tools and refrain from multitasking when using electronics.
- **Existentialism:** Everyone can write a mantra sentence for themselves, which they can then use as a note or wallpaper to serve as a daily reminder.

Conclusion

whereas philosophy teaches humanistic values in the actual world, the digital world provides comprehensive information on the topic or idea. Information from the digital world can help us come

up with solutions to problems in our real lives, and when we put those solutions into practice, our personalities will shift toward humanistic ideals. Better interpersonal relationships are facilitated by this.

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