



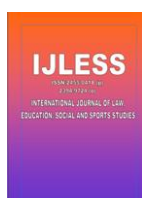
Role of Life Skill Education for Youths to Navigate Everyday Challenges

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Abstract

This is a descriptive article with the primary goal of outlining the elements that contribute to the comprehension of life skills concepts and their function in improving young people's competency. Youth life skills, which include a variety of competencies that assist them in navigating life's chances and challenges, are essential to their growth and readiness for adulthood. These abilities which include critical thinking, communication, problem-solving, and emotional intelligence are crucial for academic achievement, future employment, and personal well-being. Our sense of self-efficacy, self-confidence, and self-esteem are influenced by life skills. For this reason, life skills are crucial in fostering mental health. The promotion of mental well-being contributes to our motivation to look after ourselves and others, the prevention of mental disorders.

The goal of life skills programs is to help young people become more capable and motivated to use all kinds of knowledge. To keep the participant fully engaged in the sessions, the method should be interactive and use role plays, games, riddles, group debates, and a range of other teaching strategies.

Key Words: Life skills, youth empowerment, life challenges Adulthood, emotional intelligence.

Introduction

The goal of life skills education for young people is to help them develop the psychosocial and interpersonal skills necessary to solve problems, think critically, communicate clearly, and form healthy relationships. These skills will help them overcome obstacles in life and successfully manage their lives. These abilities can enhance academic performance and job opportunities, and they are essential for both professional and personal development. With a sizable percentage of its population falling into the young age range (often defined as 15–29 years old), India has the highest youth population in the world. This age group comprises around 27.2% of the nation's population. For the future growth of the nation, this sizable youth population offers both chances and challenges.

India is the most populated country in the world with nearly a fifth of the world's population. According to the 2022 revision of the World Population Prospects the population stood at 1,407,563,842. India has more than 50% of its population below the age of 25 and more than 65% below the age of 35 (Wikipedia 2025)

LIFE SKILL EDUCATION: The goal of life skills education is to help students acquire the practical skills necessary to overcome obstacles in life and achieve both social and personal success. It fosters success and well-being by giving people the tools they need to solve problems, communicate, and think critically. According to the definition, life skills are "a collection of psychosocial competencies and interpersonal skills that help people think critically and creatively, solve problems, communicate effectively, build healthy relationships, empathize with others, cope with and manage their lives in a healthy and productive manner, and make informed decisions."

Life skills may be directed toward personal actions or actions toward others, as well as toward actions to change the surrounding environment to make it conducive to health." according to World Health Organization (WHO). Bearing the WHO definition in mind, the Basic Life Skills curriculum offers youth the emotional, social and intellectual tools needed to achieve success in life – on a personal level, an interpersonal level, and within their community and work place (UNICEF n.d.) Life skills are a diverse set of abilities that help individuals adapt to and thrive in various situations. These skills are essential for

1. **Decision-making:** Making informed choices based on available information and potential consequences.
2. **Problem-solving:** Identifying and finding solutions to challenges and difficulties.
3. **Communication:** Expressing oneself effectively and understanding others' perspectives.
4. **Interpersonal relationships:** Building and maintaining healthy relationships with others.
5. **Emotional regulation:** Managing emotions and coping with stress and adversity.
6. **Self-awareness:** Understanding one's own strengths, weaknesses, and values.

life skills education is so important for youth

Personal and Professional Development: Success in a variety of spheres of life, such as education, employment, and interpersonal relationships, depends on life skills.

Overcoming Obstacles: Life skills give young people the means to manage stress, make wise choices, and settle disputes amicably.

Building connections: Building positive and healthy connections with family, friends, and potential coworkers requires abilities like empathy, communication, and teamwork.

Contribution to Society: Young people who possess life skills are better equipped to take an active role in their communities, support the welfare of society, and develop into responsible adults.

Encouraging Mental Health: Teaching life skills to young people fosters resilience, self-awareness, and emotional control – all of which are critical for mental health.

Challenges Youth faces today

- **Unemployment:** High unemployment rates make it difficult for young people to find work and support themselves.
- **Political and social issues:** Navigating the complexities of social and political issues can be challenging for young people.

- **Time management:** Balancing various responsibilities, such as school, work, and personal life, can be difficult for young individuals.
- **Mental health:** The pressure to succeed and the fast-paced world can lead to mental health issues among young people¹.
- **Peer pressure:** young people may face pressure from their peers to conform and engage in risky behaviors. (Premaswini January 11, 2024)

India's National Youth Policy (NYP) and Life skill education

India's National Youth Policy (NYP) aims to empower and develop the youth population by focusing on education, employment, leadership, health, and social justice. The current NYP draft (2024) envisions a ten-year vision for youth development, aligning with Sustainable Development Goals (SDGs) and focusing on social inclusion. The Indian government's policy on youth focuses on empowering young people to contribute to the nation's development. It aims to create a productive workforce, develop a healthy and skilled generation, and facilitate youth participation in governance. Key areas of focus include education, skill development, employment, entrepreneurship, health and wellness, sports, social values, and community engagement.

Key aspects of the NYP include:

- **Education and Skills:** The policy emphasizes the need for youth to have access to quality education and develop skills aligned with the labour market, including entrepreneurship.
- **Youth Leadership and Engagement:** It aims to strengthen leadership and volunteering opportunities, leveraging technology to empower youth and foster civic engagement.
- **Health and Well-being:** The policy promotes mental and reproductive health, emphasizes the importance of sports and fitness, and ensures access to quality healthcare, especially for marginalized youth.
- **Social Justice and Inclusion:** The NYP focuses on ensuring safety, justice, and support for marginalized youth, promoting social inclusion in all aspects of policy design and implementation.
- **Collaboration and Partnerships:** The policy emphasizes collaboration with civil society stakeholders to strengthen support systems for youth and facilitate their participation in various levels of governance.
- **Specific Goals:** The NYP aims to create a productive workforce, develop a healthy and well-equipped generation, in still social values and promote community service, facilitate participation and civic engagement, and support youth at risk and marginalized groups (Sports n.d.)

Benefits of Life Skills Education for Youth

- **Enhanced Personal Well-being:** Life skills education can improve self-confidence, self-esteem, and mental health.
- **Improved Academic Performance:** Strong life skills can lead to better focus, motivation, and academic outcomes.
- **Increased Employment Opportunities:** Life skills, particularly communication and interpersonal skills, are highly valued by employers.
- **Greater Resilience and Coping Abilities:** Youth learn to manage stress, make informed decisions, and navigate challenges more effectively.

- Positive Social Attitudes: Life skills education can promote empathy, understanding, and a sense of social responsibility.

Basic Life Skills Curriculum for Youth(by UNICEF)

The youth's Basic Life Skills program is founded on an evidence-based psychosocial approach that includes resilience-building exercises, mindfulness, and cognitive-behavioral therapy. These abilities can help young people better comprehend who they are, get along with others, and acquire coping mechanisms for the challenges that come with life..

1. Self-awareness
2. Interpersonal Skills
3. Thinking Skills

1	Stress management	5	Empathy	9	Managing relationships	13	Problem solving
2	Emotional regulation	6	Listening skills	10	Confident communication	14	Critical and creative thinking
3	Positive thinking	7	Interpersonal effectiveness	11	Goal setting	15	Executive function skills
4	Self-esteem	8	Handling disputes	12	Decision making	16	Resilience (bouncing back from adversity)

Conclusion: To sum up, giving young people life skills is essential to their success and general well-being. These abilities go beyond academics; they enable people to overcome obstacles, form bonds with others, and make constructive contributions to society on a personal and professional level. The purpose of skill competitions is to promote innovation and display talent in a variety of professions. Campaigns to raise awareness help people realize how important it is to give young people the skills they need for sustainable growth.

World Youth Skills Day provides a forum for policy debates, advocacy, and teamwork with the goal of fostering an atmosphere that encourages young people to flourish and make valuable contributions to society. Through improved apprenticeships, education, and vocational training, the observance seeks to close the gap between education and employment, fostering social inclusion and economic progress.

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