



Life skills among secondary school students

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Abstract

Life skills serve a diverse array in the construction of abilities and competencies that enable individuals to manage the various situations in everyday life. These skills are essential for coping with the demands of the modern world, where change is constant and adaptability is crucial. A student acquires life skills through both formal education and the affluent tapestry of experiences encountered in daily life. Schools, plays a vital role in nurturing these abilities, allowing students to build resilience and confidence in their personal and academic lives. The primary aim of the present study is to explore several dimensions of life skills among secondary school students. This paper delves into a range of life skills that foster psychological computerise and enhance interpersonal abilities such as problem solving, critical and creative thinking, empathy, stress management, logical thinking, and effective communication. Understanding and strengthening these skills is crucial for shaping a generation of responsible, capable and emotionally intelligent individuals.

Keywords - critical thinking, life skills, problem-solving, effective communication.

Introduction

Education equips students with the skills and knowledge that they navigate and thrive in society. Traditional system of education can't help a child to deal with the complexities of the contemporary world. In everyday life, these skills are essential for coping with the demands of the modern world where change is constant, and adaptability is crucial. Life skills help the students to strengthen their capabilities, enabling them to control their behaviour and help to acquire positive values.

World Health Organization states, "Life skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life".

Understanding and strengthening life skills is essential and crucial for an individual to function and navigate their lives independently.

Reviews of Related Literature

Deepika Pant Pandey and Dr. Mayank Pandey (2024), Assessment of life skills among secondary school students of district Nainital, Uttarakhand India revealed that Secondary school students possess average life skills scores and these skills aid their comprehensive and holistic development.

Priyanka Behrani (2016), Implementation Aspects of life skills education program in central Board of Secondary Education Schools. The study recommends that developing life skills needs to occupy an important aspect of teaching learning process.

Mrs.Sonu Rani, Mr Neeraj (2020), A study on life skills of Senior Secondary Students, explores that life skills are psychological abilities that help individuals to transfer knowledge, values, healthy behaviours and attitudes among the students to live a more productive and fulfilling life.

Vijay Shivaputrappa Agadi and Dr.Umme Kulsum (2021), A study of life skills among Secondary School Students. This study has founded that there is a significant difference in the life skills between the groups with reference to gender, age, school type, locality, and socio- economic status.

Need and significance of life skills

In the new Millennium of Education youths are navigating a variety of pressing challenges, such as abuse, addiction, and other anti-social behaviours that can have determinental effects not only on individuals but also on the wider community. We must address these challenges holistically to support the well-being and development of our youth.

Objective

This study throws light on the importance and role of life skills among secondary school students to understand their psychological well being.

Research methodology

The present study is based on the secondary sources of data such as articles, research papers, websites.

Definitions of life skills

- Gazda and Brooks have defined the life skills as "The kind of behaviour based Psychological learning needed to help people cope with predictable development tasks."
- According to Powell life skills are "The life coping skills constant with the developmental tasks of the basic human development processes."
- According to Weideman,"Life skills are essentially the abilities that promote mental and social well-being in situations encountered in the course of life."

Various components of life skills are generally recognised and accepted as the following

- 1) Creative thinking -The ability to think differently from others and find a new perspective to get solutions to problems.
- 2) Problem-solving - Finding out the solution as quickly as possible to the adequate problem. 3. Decision-making - It is the process of proper judgement of the situation to make a correct decision.
- 3) Communication skills - Ability to express and listen in a particular situation.

- 4) Empathy - Ability to understand and respect the other person.
- 5) Critical thinking - The ability to analyse information to form well-reasoned judgements.

Benefits of life skills among secondary school students

- 1) Life skills education at the secondary school level goes beyond academics and builds confidence in oneself and others to alter their behaviour and to prefer healthier choices in life.
- 2) It helps the students to overcome challenges in social situations and make remarkable contributions to society.
- 3) It significantly improves the emotional intelligence of the students, which encompasses the capacity to recognise and manage one's own emotions while also being attuned to the emotions of others.
- 4) It promotes self-awareness nurtures empathy, and encourages the building of healthy relationships with peer groups, family, teachers in the school environment.
- 5) Adoptability of life skills can prepare them to cope with the hardships to pursue their goals.
- 6) It helps the young generation to understand the situation and make correct decisions wisely.

Conclusion

It is essential to highlight that the skills learned in this class serve as a vital foundation for leading a fulfilling and successful life. These skills equip students with the necessary tools to navigate the complexities of life, forge meaningful relationships, and pursue their aspirations with confidence. The course offers a structured framework for both personal and professional development, underscoring the significance of lifelong learning and the power of self-reflection. By fostering a deeper understanding of oneself and the world, students are empowered to face challenges head-on and transform their ambitions into reality.

While it's true that the curriculum has its limits and cannot be expanded indefinitely, integrating skills training into education can ignite a sense of innovative pedagogy among young people. This approach not only fosters engagement but also serves as a powerful motivator for them to remain in school. Without providing life skill education, we risk creating an environment that appears only to a group of students who exhibit bad behaviours such as disrespectful, aggressive in nature, Learning disabilities, mental health issues, negative peer influence, low grades, lack of organizational behaviour, unethical, poor social skill etc... potentially side lining the broader student population.

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