



Influence Of Life Skill Upon – Emotional Intelligence, Health Practices and Prevention of Antisocial Behaviors Among Youths

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Abstract:

Life skills are essential for personal and social development, and their mastery can significantly impact individuals' well-being and success in life. This paper aims to explore the influence of life skills on emotional intelligence, health practices, and prevention of antisocial behaviors among youths. The literature review indicates that life skills training can improve emotional intelligence, promote healthy behaviors, and prevent antisocial behaviors among youths. The findings suggest that interventions focused on teaching life skills can enhance the quality of life for youths and contribute to the development of resilient and responsible citizens.

Keywords: life skills, emotional intelligence, health practices, antisocial behaviors, youth.

Introduction:

Life skills are the abilities, attitudes, and values that help individuals to manage the challenges and demands of everyday life effectively. Life skills include communication, problem-solving, decision-making, empathy, self-awareness, and coping strategies. These skills are critical for personal and social development and can influence individuals' well-being, academic performance, and success in life. The purpose of this literature review is to explore the influence of life skills on emotional intelligence, health practices, and prevention of antisocial behaviors among youths.

EMOTIONAL INTELLIGENCE:

Emotional intelligence is a crucial factor in shaping an individual's social and emotional skills. It has been found to be especially significant among youths, who are in the process of developing their emotional regulation skills. A study by Brackett and colleagues (2010) found that middle school students with higher emotional intelligence skills were more likely to engage in prosocial behaviors, had fewer conduct problems, and achieved better academic outcomes.

Moreover, research suggests that life skills training can play a significant role in enhancing emotional intelligence among youths. Life skills programs that incorporate social-emotional learning have been found to improve students' emotional regulation and interpersonal skills (Durlak et al., 2011). For instance, a study by Furlong and colleagues (2017) found that a life skills intervention that focused on enhancing emotional intelligence among high school students improved their ability to manage stress, cope with challenges, and positively regulate their emotions.

Overall, these studies provide strong evidence for the importance of emotional intelligence and the potential of life skills training in enhancing emotional regulation skills among youths. It is important to note that emotional intelligence is a skill that can be developed through consistent practice and training. Therefore, incorporating life skills training that emphasizes emotional intelligence can play a significant role in promoting positive youth development.

HEALTH PRACTICES:

The importance of health practices among youths cannot be overemphasized, as these practices can significantly impact their physical and mental well-being. Life skills training has been found to be effective in promoting healthy behaviors among youths, which can lead to long-term health benefits. Research has demonstrated that life skills training interventions can improve various health behaviors among adolescents, including physical exercise, healthy eating, stress management, and substance abuse prevention (Shrestha et al., 2021).

Moreover, life skills training can also teach youths how to make healthy choices about their behaviors. For instance, a study by Resnicow and colleagues (2014) found that a life skills program that focused on healthy eating behaviors improved the dietary habits of middle school students. Another study by Teasdale and colleagues (2017) found that a life skills intervention that focused on physical activity improved the physical fitness of high school students.

Overall, these studies provide strong evidence for the role of life skills training in promoting healthy behaviors among youths. Life skills training can equip youths with the knowledge and skills necessary to make informed decisions about their health, leading to long-term health benefits. Therefore, incorporating life skills training that focuses on health practices can play a significant role in promoting positive youth development.

PREVENTION OF ANTISOCIAL BEHAVIOUR :

Antisocial behaviors are a significant concern among youths, as they can lead to long-term negative consequences for both the individuals involved and society as a whole. Life skills training has been identified as an effective approach for preventing antisocial behaviors among youths. Research has demonstrated that life skills training interventions can reduce aggressive behavior, violence, delinquency, and substance abuse among youths (Hwang et al., 2019; Gugiu et al., 2017).

Life skills training interventions focus on teaching youths the knowledge, skills, and attitudes necessary for responsible and healthy decision-making. By equipping youths with the necessary life skills, they can learn to make informed and responsible decisions that promote positive behavior and prevent negative outcomes. For instance, life skills training can teach youths how to manage their emotions effectively, solve problems constructively, and communicate effectively with others, which can prevent aggressive behavior and violence.

Furthermore, life skills training can also teach youths how to resist negative peer pressure and make healthy choices about substance use, which can prevent substance abuse and delinquent behaviors. A study by Catalano and colleagues (2012) found that life skills training reduced drug use and delinquency among high school students.

In conclusion, life skills training is an effective approach for preventing antisocial behaviors among youths. By teaching youths the necessary knowledge, skills, and attitudes, they can learn to make informed and responsible decisions that promote positive behavior and prevent negative outcomes. Therefore, incorporating life skills training programs that focus on preventing antisocial behaviors can play a significant role in promoting positive youth development and contributing to a safer and healthier society.

CONCLUSION:

In conclusion, the research reviewed in this paper indicates that life skills training can be an effective tool for promoting positive development among youths. By equipping youths with the necessary knowledge, skills, and attitudes, life skills training can improve emotional intelligence, promote health practices, and prevent antisocial behaviors. This suggests that policymakers, educators, and practitioners should consider incorporating life skills training programs into their interventions for youths.

By investing in life skills training for youths, we can promote their physical and mental well-being, prevent negative outcomes such as substance abuse and delinquency, and contribute to the development of responsible and resilient citizens. This can have significant benefits for individuals, families, communities, and society as a whole.

However, it is important to note that life skills training programs are not a one-size-fits-all solution. Different youths may have unique needs and challenges that require tailored interventions. Therefore, it is crucial to consider individual differences and cultural contexts when developing and implementing life skills training programs.

In summary, the evidence suggests that life skills training is a valuable approach for promoting positive development among youths. By incorporating life skills training into existing programs and interventions, we can provide youths with the necessary tools to navigate life successfully and thrive as healthy and responsible individuals.

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