



EMPOWERING STUDENTS THROUGH LIFE SKILL TRAINING

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ABSTRACT

A country cannot advance and prosper if its youth do not have their personalities developed and enhanced. Despite the fact that teen boomers are regarded as the most productive generation in history, they are unable to reach their full potential because of a lack of inspiration and direction. In order to engage with others and with themselves in their immediate environment, make highly skilled decisions, and solve a variety of problems, an individual needs a certain combination of social skills and personal qualities. WHO has laid down the top 10 essential life skills which everyone must learn for their better life- self-awareness, creative thinking, critical thinking, problem solving, decision making, coping with stress, dealing with motions, effective communication and healthy interpersonal relationships. Life skills can help mitigate self-doubt in children and replace it with valid confidence; through this, they will be able to achieve better growth and development in life. Life skills make us capable to know how to make our life easy and simple. It helps to create a positive life and to spend in the right way. Therefore, life skills are very essential in our life.

KEYTERMS: life skills, educational settings, students, critical thinking, effective communication

INTRODUCTION

If you lack the necessary life skills to match it, then no matter how you smart in academic work because you will find difficulties to handle real-world problems. The development and enhancement of young people's personalities is essential to a nation's progress and growth. Even though teen boomers are thought to be the most productive generation in history, their lack of inspiration and guidance prevents them from realizing their full potential. The main goal of life skills is to enable individual to participate in and effectively navigate life's problems.

Life skills are fundamentally important for all human being because of the efficiency and opportunities it can provide. In addition to the inherent importance of life skills, there are more social benefits to provide life skills training to teachers during the teaching training. Life skills training is vital to take responsibility and work effectively for human as teacher as well as social being. Skills also represents components to having fulfilling life and becoming a successful employees and citizen (S. Mathapati and D.S. Jagadeesh, 2012). Life skill training is a part of education and education is the solution of any type of problems. Education can promote Values, good habits and awareness about everything. Education does make a remarkable effect on teacher and student's personality. In the educational Institutions, skill development pertains to the process of improving the competencies, knowledge, and abilities of individuals who are part of the teaching-learning process. It entails educating and training teachers, principals, and students to enhance their teaching, learning, and problem-solving abilities. Educational institutions may make sure that their workforce has the skills and knowledge needed to do their educational process well by offering training and development opportunities.

LIFE SKILLS

A person needs a set of social features and personal capabilities to interact with themselves and other people in and around their environment and make a decision that requires high ability, also to find solutions to various kinds of problems. Moreover, the skills required to deal positively with any condition to get the desired outcome is called life skills. Life skills can be developed through encouragement to adapt to society and promote positivity in personal behaviours and adopt a positive perspective toward work. In a general way, life skills mean a mix of knowledge, behaviour, attitudes and values and designate the possession of some skill and know-how to do something, or reach an aim. Life skills are psychosocial competencies and interpersonal skills that enable people to make informed decisions, solve problems, think critically and creatively, communicate effectively, form healthy relationships, empathize with others, and manage their lives in a healthy and productive way. Life skills can be applied to personal or interpersonal acts, as well as actions that change the surrounding environment to make it more favourable to health. "The abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life" (WHO). In other words, life skills promote mental health and well-being, setting us up for success in the fullest sense of the word. According to UNICEF's derived definition, this phrase must be further defined to concentrate on a certain range of abilities required for an individual's overall development and empowerment. The goal of the skills is to empower people to take action against social injustices, live more educated and proactive lives in their personal, social, and communal contexts, and regain control over their lives. This entails defining life skills more precisely and identifying the universal abilities that people need in order to survive, prosper, and adjust to their everyday situations. There are many life skills an individual can have or learn, however, WHO has laid down the top 10 essential life skills which everyone must learn for their better life.

1. **Self-awareness-** It speaks to the capacity to identify one's own advantages, disadvantages, preferences, dislikes, and so forth. We frequently don't bother evaluating our advantages and disadvantages. This could cause us to underuse our strengths and fail to see how our limitations are impeding our development.
2. **Empathy-** Understanding the feelings and viewpoints of others is referred to as empathy. It facilitates comprehension of the worries and responses of others to a particular circumstance.
3. **Creative Thinking-** Thinking creatively is about approaching and interpreting the world in fresh ways. It enables us to think creatively and gives us fresh insights on things. Creative thinking can also mean coming up with original answers for problems that already exist. It's not only about recognizing a new problem and working out its remedies.
4. **Critical thinking-** Critical thinking fosters the inclination to assess information impartially and from a variety of angles, making it a valuable life skill. It describes the method of objectively analysing a situation or set of data.
5. **Problem solving and decision making-** Problem solving and decision making are related skills. When a problem occurs, it must be objectively understood, which requires a clear definition of the problem.
6. **Coping with Stress-** Our ability to manage the demands of daily life effectively affects both our physical and emotional well-being. Understanding the sources of our stress, how to manage it, and how to avoid it altogether are crucial life skills. Stress can be significantly reduced by adopting a healthy lifestyle, using appropriate problem-solving techniques, and having a clear knowledge of the situation.
7. **Dealing with Emotions-** Our lives revolve around our emotions. At different times and under different circumstances, we experience happiness, sadness, and anger. A successful existence depends on our ability to recognize our emotions in various situations and to appropriately control them.
8. **Effective Communication-** The correct application of both verbal and nonverbal languages is necessary for effective communication. Therefore, it is not enough to simply say, "I am confident." It is also crucial to convey this statement with confident body language. Effective means of sharing our thoughts as well as the content of our thoughts themselves are both essential components of proper communication.
9. **Healthy Interpersonal Relationships-** These are the cornerstones of many other life skills. For example, cultivating and preserving a positive relationship with our family, neighbours, and coworkers requires empathy, compassion, emotional reciprocity, efficient communication, and other comparable qualities.
10. **Problem solving-** Problem solving skills help to determine the source of a problem and find an effective solution.

LIFE SKILLS AND STUDENT TRAINING:

What is the training?

Training is teaching, or developing in oneself or others, any skills and knowledge or fitness that relate to specific useful competencies (*Wikipedia*). With the help of training individual can developed their knowledge, skills and experiences in the any specific field. A learning strategy that concentrates on imparting certain knowledge and information to learners is known as knowledge-based training. It entails disseminating information related to a specific subject or field, including facts, concepts, practices, and theories. Prior to advancing to more complex learning objectives, knowledge-based training is frequently utilized to develop fundamental knowledge and comprehension. Skills-based training focuses on how to perform a person their job. It teaches trainees as well as teacher how to do a particular job or task, then tests you on the skills you've learned. A skill-based learning program might be right for you when you looking a new opportunity for your career. Skill-based training also helps to know that how can you perform your task. Learning by doing (John Dewey), is the best example for understanding the experience- based training. Western philosopher Dewey also writes a book '*democracy in education*' and focuses that classroom like a small democracy in which each student participated in making decisions about what and how to learn.

Life skills-

Life skills education is slowly becoming a part of the education system, as without it will be quite difficult to deal with situations that students come across in their daily lives. Whether you are a student, a businessman, an online course creator, or a marketer, learning life skills is a must in today's fast life. Today's education sector has thoroughly changed and thus online course creators have evolved. Thus, if you want as a creator to flourish in the ever-changing atmosphere, you need to develop or learn life skills. Life skills can help mitigate self-doubt in children and replace it with valid confidence; through this, they will be able to achieve better growth and development in life. It may look easy to be a course creator, but as a creator, you need to be updated with your knowledge every single day. Well, Graphy is a course-building platform, where we may not able to teach you, life skills but we can help you with our platform where you as a teacher can host your course on life skill education for your students. We can help you create, sell and market your online course where you can spread the word about the importance of life skill education.

However, if we want to live life successfully, then we need to comprehend the significance of life skills. And it is also very necessary to implement it in life. If this occurs then our life can move in a simple and right direction. Life skills make us capable to know how to make our life easy and simple. It helps to create a positive life and to spend in the right way. Therefore, life skills are very essential in our life. It polishes the capacity to adapt to all kinds of circumstances and grow in every aspect. Due to the lack of life skills, professional lives and careers get involved. In a continuously changing environment, having life skills is an important part of being able to meet the challenges. To cope with the increasing pace and evolution of modern life, students need new life skills.

CONCLUSION

It's high time that our learning systems adopted life skills into the very essence of our curriculum. NEP's proposal to develop a skill and application-based pedagogy shows a ray of hope. It is pivotal to sustain our focus on a life-skills based learning system to nurture dynamic citizens who can cope up with the demands of an agile world. Life skill development is not solely the responsibility of teachers and schools. It is indeed necessary for parents to be a part of their child's learning process. Parents have to involve their children in the daily chores of the home and give them small projects that can help them hone their skills in decision-making and problem-solving. Pushing them to do household work and encouraging them to volunteer are all part of enhancing their life skills. In the light of above discussion, it could be concluded, that, Life skill education has its importance and significance in overall development of students. Our findings are in common to the findings of Botvin, et al., (1998), Nair. M.K.C, (2005) many more, suggesting life skill education program as a good supportive system for adolescents.

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