LIFE SKILLS OF ADOLESCENCE IN COIMBATORE CITY

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Abstract: Life skills are mandatory for everyday human life.This study has been undertaken to investigate the life skills of adolescence in Coimbatore city. The main objective of the study has been to find out the decision making,problem solving and other lifeskils of adolescents.The findings of the study show that adolescents often change their behavior,thinking and decisions.But the same time they are very much attached with their family members and they have a clear vision in their life .

Keywords : Decision making, Problem solving, Critical thinking, Self-awareness, Empathy.

1. Introduction to the Study

Adolescence (From the Latin: adolescence meaning to grow up) is a transitional age of physical and psychological human development generally occurring during the period from puberty to legal adulthood. The period of adolescents is mostly associated with the teenage years, though its physical, psychological and cultural expression can begin earlier and end later. The three main stages of adolescents are,

- Early adolescence (9 to 13yrs)
- Mid adolescence (14 to 15yrs)
- Late adolescence (16 to 19yrs)

1.1Life Skills

Life skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. Described in this way, skills that can be said to be life skills are innumerable. However, analysis of the life skills field suggests that they're an important set of skills that are the major skills-based initiatives for the promotion of the health and well-being of children and adolescents.

Some of the life skills are listed below

- Decision making
- Problem solving
- Creative thinking
- Critical thinking
- Self-awareness
- Empathy

1.2 Importance of Life Skills

In a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life. The dramatic changes in global technology were created lot of impact on education, the workplace and our home life. To cope with the increasing pace and change of modern life, adolescents need new life skills such as the ability to deal with stress and frustration. It helps in the development of **social competence** and problem solving skills, which in turn help adolescents to form their own identity. Promote positive **social norms** that have an impact the adolescent's health services, schools, and family.To Help adolescents to differentiate between **hearing and listening**, thus ensuring less development in miscommunications regarding issues such as drugs, alcoholism, etc. **Delay the onset** of the abuse of tobacco, alcohol, etc. Promote the development of **positive self-esteem and anger control**

2. Objective of the Study:

- To study about the life skills of adolescence in Coimbatore.
- To study about the problem solving , critical and creative thinking abilities of adolescence
- To understand the empathy and self – awareness of adolescence

3. Review of Literature

Jasar Pappattu, Mrs.J.Vanitha (2017) Investigated about the family environment and its impact on academic performance. Families in common and parents in specific have often been considered to be the most significant support system obtainable for the child. The study concludes that there does not have any relationship between family environment factor and achievement in academics among school students.

Jai K. Das (2016) systematically reviewed literature to identify mental health interventions of the adolescent population. The study evaluating mental health interventions among adolescents was reported to be very heterogeneous, statistically, in their population, interventions, and outcomes. The study found that impact of mental health intervention might vary according to various contextual factors.

Kyoung-Hoon Lew (2015) reviewed literature to determine the relationship of the home environment for creativity of adolescents. It is specifically focused on looking for a connection between the home environment and adolescents' creativity and to identify whether the home environment made a difference in student's creativity. The finding of this study shows that there is a relationship between the student's creativity and home environment.

K.L. Morton (2014) investigated to find the current evidence on school-based policy, physical and social-environment influences on the adolescents' physical activity and sedentary behaviour.The findings were synthesized using a non-quantitative synthesis and thematic analysis. The mixed studies synthesis revealed the importance of specific activity setting and intramural sport opportunities for all students. Qualitative evidence highlighted the influence of the wider school climate and shed light on the complexities of the associations observed in the quantitative literature.

Kamau Lydia Muthoni (2013) has conducted a study to investigate the relationship between family backgrounds on the academic performance of the students. This study focused on the influences of parental marital status, family financial status, parent's educational level and family size. The study employed a descriptive research design. Random sampling method was used. The finding of the study shows that parental marital status, family size, parental education level and family financial status had a positive relationship with academic performance of the students

Meenakshi Mehta (2010) conducted a Study on personality needs and academic achievement of secondary school students. A sample of 120 students was selected from 5 different schools. She used Meenakshi personality inventory. They found that need-endurance is positively and significantly related to students' academic achievement and the cause is the low level of related need.

Ram Singh (2008) Studied about the extra vertive and neuroticism tendencies of popular, neglected and rejected adolescents belonging to different localities". This study was conducted on the X class students studying in various schools. The research found that the popular students in boys as well as girls in urban and rural groups were found more extroversive in their behaviour than the neglected and rejected students.

M.L Sanz de ace does Lizarraage (2006) studied the "goals and personality of adolescents". They used situational personality questionnaires and goals for adolescents' questionnaire. Research concluded that to the greatest extent, personality factor adjustment, emotively, superiority, independence and sociability predict goals pursued. And also the influence of personality factors in the value allotted by adolescents to various groups of goals.

Study related to adolescents being a very common topic. There are very less number of research based on life skills of adolescents which lead to a very minimum number of reviews. Still now there is no research conducted on the life skills of adolescents in and around Coimbatore district.

4. Research Methodology

The research design used in this study is descriptive research. Both primary and secondary data have been used for the study. Primary data have been collected using a structured questionnaire with 34 questions and secondary data have been obtained from journals, magazines, articles and websites. The sampling technique used for the study is convenience sampling. The researcher on a convenience basis selected 107 respondents for the study and the questionnaire was administrated to these people.

Statistical analysis:

The statistical tool used to analyse the data are,

- Percentage Analysis
- Descriptive Analysis
- Anova Test

5. Results and discussion:

5.1 Simple percentage method

Table No: 1
Demographic variables of the respondents

Variables	Types	Frequency	Percentage
Gender	Boy	54	50.5
	Girl	53	49.5
	Total	107	100.0
School of the Respondents	Government	18	16.8
	Matriculation	63	58.9
	International	12	11.2
	CBSE	14	13.1
	Total	107	100.0
Stream of Education	Science	52	48.6
	Commerce	37	34.6
	Arts	18	16.8
	Total	107	100.0
Family type	Joint	47	43.9
	Nuclear	60	56.1
	Total	107	100.0
Birth Rank	First	49	45.8
	Second	45	42.1
	Last	8	7.5
	One child	5	4.7
	Total	107	100.0
No of Sibling	0	63	58.9
	1	33	30.8
	2	11	10.3
	Total	107	100.0
Father Occupation	Government job	41	38.3
	Private job	31	29.0
	Business	35	32.7
	Total	107	100.0
Mother Occupation	Housewife	72	67.3
	Working	35	32.7
	Total	107	100.0

Source: Primary Questionnaire

Thus the table represents that number of boys are more than number of girls. (58.9%) the maximum respondents belong to matriculation school. The above table indicates that out of 110 respondents 48.6% of respondents belong to science group, 56.1% of the respondents belong to nuclear family. And out of 110 respondents 58.9% are single child, as well as 45.8% are first child in their family. The above table says that out of 110 respondents 38.3% of fathers belong to government job, and maximum (67.3%) adolescents mothers are housewife.

5.2 Descriptive analysis:

Table No: 2
Problem solving skill of adolescence

Problem solving	N	Minimum	Maximum	Mean	Std. Deviation
Ways of solving problem	107	1	5	4.24	.845
Confident of solving any problem	107	1	5	3.62	.958
Do not pay attention to the problem	107	1	5	3.21	1.203
Respect the right solution	107	1	5	3.44	1.083
Working on the problem	107	1	5	3.33	1.452
Valid N	107				
Average mean				3.57	

Source: Primary Questionnaire

The result from the above table shows out of 107 respondents the mean value of 4.24% indicates that they feel they have many ways to solve problem, the mean value of 3.62% indicates that they are confident of solving any kind of problem, the mean value of 3.44% indicates that they respect the right solution given by others, the mean value of 3.33% indicates that they keep working on problems, the mean value of 3.21% indicates that they do not pay attention to the problem, the total average mean is 3.57%.

Table No: 3
Decision making skill of adolescence

Decision making	N	Minimum	Maximum	Mean	Std. Deviation
Best of my interest	107	1	5	3.21	1.190
Prepared to take risky decisions	107	1	5	3.51	1.003
Decision need to be changed when required	107	1	5	3.62	.978
Emotions influence the decision	107	1	5	3.31	1.144
Consider all aspect before making decision	107	1	5	3.45	1.215
Valid N	107				
Average mean				3.42	

Source: Primary Questionnaire

The results from the above table shows that out of 107 respondents the mean value of 3.62% indicates that they change their decision when its required, the mean value of 3.51% indicates that they are prepared to take risky decision, the mean value of 3.31% indicates that their emotions influence their decisions, the mean value of 3.21% indicates that they parents often scold them to choose from the best of their interest, the total average mean is 3.42%.

Table No: 4
Critical and creative thinking skill of adolescence

Critical and creative thinking	N	Minimum	Maximum	Mean	Std. Deviation
I often change my behaviour	107	1	5	3.68	.996
Seek the right knowledge	107	1	5	3.35	1.001
Belief and action are based on information	107	1	5	3.50	.965
Most of the time I deal with problems	107	1	5	3.48	1.058
I take active role in making changes	107	1	5	3.38	1.163
I have pleasure in facing challenges	107	1	5	3.41	1.181
Valid N	107				
Average mean				3.47	

Source: Primary Questionnaire

The results from the above table shows that out of 107 respondents the mean value of 3.68% indicates that they often change their behaviours, the mean value of 3.50% indicates that their belief and action are based on the information, the mean value of 3.48% indicates that they spend most of the time they deal with problems, the mean value of 3.41% indicates that they have pleasure in facing problems, the mean

value of 3.38% indicates they take active role in making changes, the mean value of 3.35% indicates that they always seek right knowledge, the total average mean value is 3.47%.

Table No: 5
Empathy of Adolescence

Empathy	N	Minimum	Maximum	Mean	Std. Deviation
I stand by their side to take care of them	107	1	5	4.35	.790
I can understand others pain	107	1	5	4.15	.899
I feel like helping beggars	107	1	5	4.14	.905
Helping friends	107	1	5	4.15	.969
I understand others from their perspective	107	1	5	3.99	1.032
Valid N	107				
Average Mean				4.15	

Source: Primary Questionnaire

The results from the above table shows that out of 107 respondents the mean value of 4.35% indicates that they stand by others side to take care of them, the mean value of 4.15% indicates that they can understand others pain and they always help their friends, the mean value of 4.14% indicates that they feel like helping the beggars to come out of poverty, the mean value of 3.99% indicates that they understand others from their perspective, the total average mean is 4.15%.

Table No: 6
Self-awareness of Adolescence

Self-awareness	N	Minimum	Maximum	Mean	Std. Deviation
I have a clear vision about my life	107	1	5	3.75	1.166
I know my position is in my friends group	107	1	5	3.56	1.074
My behaviour patterns are unproductive	107	1	5	3.36	1.050
I am aware of my shortcomings	107	1	5	3.37	1.154
I can describe myself accurately	107	1	5	3.09	1.357
Valid N	107				
Average Mean				3.42	

Source: Primary Questionnaire

The results from the above table shows that out of 107 respondents the mean value of 3.75% indicates that they have clear vision about their life, the mean value of 3.56% indicates that they know their position in their friends group, the mean value of 3.37% indicates that they are aware of their short comings, the mean value of 3.36% indicates that their behaviour pattern are unproductive, the mean value of 3.09% indicates that they can describe themselves accurately, the total average mean is 4.15%.

4.3 Anova test
Table No: 7
Relationship between Gender and Life Skills of Adolescence

Particulars		Sum of Squares	Df	Mean Square	F	Sig.
				Anova		
Problem Solving	Between Groups	.123	1	.123	.283	.596
	Within Groups	45.755	105	.436	-	-
	Total	45.879	106	-	-	-
Decision Making	Between Groups	.062	1	.062	.125	.724
	Within Groups	52.253	105	.498	-	-
	Total	52.315	106	-	-	-
Critical and Creative Thinking	Between Groups	.763	1	.763	1.782	.185
	Within Groups	44.945	105	.428	-	-
	Total	45.708	106	-	-	-
Empathy	Between Groups	.185	1	.185	.431	.513
	Within Groups	44.960	105	.428	-	-

		Total	45.145	106	-	-	-
Self- Awareness	Between Groups	.044	1	.044	.054	.817
	Within Groups	85.912	105	.818	-	-
	Total	85.956	106	-	-	-

Significant @5% level

Ho: There is no significant relationship between age and the life skills of adolescents

H1: There is a significant relationship between the age and life skills of adolescents

Interpretation: In the above table the f value is 0.283 and the significance value is 0.596 it is more than the acceptable value of 0.005, so null hypothesis is accepted and the alternative hypothesis is rejected. Thus, it can be concluded that there is no significant difference between age and problem solving ability of adolescents. In the above table the f value is 0.125 and the significance value is 0.724 it is more than the acceptable value of 0.005, so null hypothesis is accepted and the alternative hypothesis is rejected. Thus it can be concluded that there is no significant difference between the age and decision making ability of adolescents. In the above table the f value is 1.782 and the significance value is 0.185 it is more than the acceptable value of 0.005, so null hypothesis is accepted and the alternative hypothesis is rejected. Thus it can be concluded that there is no significant difference between the age and critical and creative thinking of adolescents. In the above table the f value is 0.431 and the significance value is 0.513 it is more than the acceptable value of 0.005, so null hypothesis is accepted and the alternative hypothesis is rejected. Thus it can be concluded that there is so significant difference between the age and empathy of the adolescents. In the above table the f value is 0.054 and the significance value is 0.817 it is more than the acceptable value of 0.005, so null hypothesis is accepted and the alternative hypothesis is rejected. Thus we can be concluded that there is no significance difference between age and self-awareness of adolescents.

Findings of the study:

- Majority of the respondents (50.5%) are male and they are studying in the matriculation schools.Most of the adolescents are single child.
- The highest mean value (4.24) implies that there are many ways to solve the problems and the lowest mean value (3.21) implies that the problems will go away if they do not pay attention to it.
- The highest mean value (3.62) implies that decisions need to be changed as and when required and the lowest mean value (3.21) implies that their parents scold them often to choose a particular course because it was not in the best of my interests.
- The highest mean value (3.68) implies that they often change their behaviour and thinking and the lowest mean value (3.35) implies that they always seek the right knowledge.
- The highest mean value (4.35) implies that when any of their family members are ill, they stand their side to take care of them and the lowest mean value(3.99) implies that they try to understand others better by imagining how things look from others perspectives.
- The highest mean value (3.75) implies that they have a clear vision of what they want in their life and the lowest mean value (3.09) implies that they can describe themselves accurately.
- With the result of anova-test it can be concluded that there is no significant relationship between age and life skills of adolescents like problem solving, decision making, critical and creative thinking, empathy and self-awareness of adolescents.

Suggestions of the study:

- Life skills development programs can be conducted in the schools to develop the skills of adolescents.
- Parents should be aware about the importance of the life skills of adolescents to guide them in the best way.
- Parents can be friendly toward their child to know better about their behaviours and activities.
- Peer groups should be always known to the parents.

Recommendations:

- Parents and family members can spend more time with the adolescents which help them to come out of stress or negative thoughts.
- Social media and mobile phones can be avoided to the maximum.
- Schools can give them activities to be done with friends and parents, and not with the help of computer, internet and mobile phones.

Conclusion:

Adolescents play an important role in the society.This study helps us to know about the various life skills like critical and creative thinking, problem solving ability, empathy and self-awareness of adolescents. The findings of this study ,which helps to improve the skills of adolescents at the same time their parents can know more about their adolescent's skills and they can take proper measures to develop them.

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