

# Importance of Life Skill Education Among Adolescent Learners

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**Abstract-** Life skill education allows the youth to get along with other people and enable them to adjust their environment, making responsible decision, it also incorporate building of their values and communicating effectively. The main objective of life skill education is to enable the learner to develop a concept of oneself as a person of worth and dignity. It should help one to understand oneself and lead to growth in personal responsibility. Life skills are those skills that help an individual to live life more meaningfully, satisfactorily with ample success and productivity. While dealing with daily challenges an individual needs to know certain adaptive and positive behavior which are the life skills. Life skill education sharpens one's negotiation, social and cognitive skills. Learning life skills and its development help the children to build mental and social well-being which in turn prepares them for facing real world and its dynamics.

**Keywords-** Life Skill Education, Adolescent learners

## I. INTRODUCTION

Education is undergoing a revolutionized change regarding science and technology. Currently, youth are facing many emerging issues such as mental stress, unemployment, sexual abuse, health issues, unwanted peer pressure, drug and alcohol abuse, suicidal attempts and other psychological, physical, emotional and social issues. Young mind is being considered as the most productive members of the society due to their intellectual and physical capability. Most of them are unable to utilize their potential in an appropriate way due to the lack of motivation and guidance in real scenario. Social problems like smoking, drug abuse, alcoholism, juvenile delinquency, sexual abuse, antisocial acts etc. have an adverse effect on them and others to a large extent. The existing challenge requires effective and immediate response from a socially responsible system of education. Hence, education nowadays is very important but the kind of education, to support and live life better is more important. Therefore, the cardinal focus of education needs an extraordinary emphasis on developing such skills in students, as they are the important building blocks for a dynamic citizen who can cope up with future challenges and survive. It has been felt that life skills education bridges the gap between basic functioning and

capabilities. Many youths are not sufficiently equipped with life skills to help them deal with the increased demands and stresses they experience with changes in many cultures and life styles (WHO).

**1.1 Life skill education** strengthens ability of an individual to meet the needs and demands of the present society. In the fast-changing society, there is an urgent demand and related efforts for life skill development. The development of various life skills among learners helps them to meet the realities of life. Global and societal changes have influenced the lives of young and these changes are likely to affect them in the future as well. The rapid social change, consequent upon modernization, urbanization, globalization, and the media boom, has made the lives of young people, their expectations, values, and outlook very different from those of previous generations. Adolescence a vital stage of growth and development, mark the period of transition from childhood to adulthood. It is characterized by rapid physiological changes and psychosocial maturation. Adolescence is also the stage when young people extend their relationships beyond parents and family and are intensely influenced by their peers and the outside world in general. As adolescents mature cognitively, their mental process becomes more analytical. They are now capable of abstract thinking, better articulation and of developing an independent ideology. These are truly the year of creativity, idealism, buoyancy and a spirit of adventure. But there are also the year of experimentation and risk-taking, of giving in to negative peer pressure, of taking uninformed decisions on crucial issues, especially relating to their bodies and their sexuality. Adolescence is thus a turning point in one's life, a period of increased potential but also one of greater vulnerability.

Adolescents lack life skills to help them deal with the increasing demands and pressure of a highly competitive world. Therefore, in the fast-changing society, there is an urgent demand for a related effort for the development of life skills among adolescent learners to empower them to face the challenges of life. Teach children to face problems, build healthy relationship, get over failures and struggles to reach the pinnacle of success (Valarmathi, SCARF India 2023). Life skills education programs at secondary and higher

secondary level should address challenges such as the prevention of drug abuse and alcoholism, as well as the promotion of social and mental wellbeing before negative behavioral patterns and associations take hold. The most important factor that will enable the secondary school students to live excellent and prosperous lives is life skill education. Life skill education help the learners to promote their physical and mental health by improving physiological, social, and mental well-being. A key step for utilizing the potential of young people is to develop life skills conscientiously for promoting and strengthening life. The introduction of life skill education was in response to the need to reform traditional education systems, which appear to be out of step with the realities of modern social and economic life, the role of the teacher in life skill education is to facilitate the participatory learning of the group members rather than conduct lecturers in a didactic style.

Life skill education is essential for all children and especially for adolescent learners because young blood seem to be most vulnerable to behavior related health problems. Life skill education is an emerging area of scientific study. The genesis of life skill education approach in the recent decades lies in a significant movement to review the basis of social science like Psychology, Sociology and Social Work (Subasree and Rajan, 2010). There is a co-relation between learning life skill education with the formation of student character (Okech and Role, 2015). Life skill education curriculum contains several life skills that can form the independency of students so that it has an impact on their ability to anticipate all the problems of life. Life skill education has two perspectives, improving mental well- being especially among young people in dealing with life problems, and increasing children's skill activities. Among the adolescents boredom, rebellion, disorientation, peer pressure and curiosity are the host factors that promote high risk behavior such as alcoholism, drug abuse and casual relationships. Life skill education is an effective tool for empowering the youth to act responsibly, take initiative and control over stress and emotions. It assumes that when young people are able to rise above emotional impasses arising from daily conflicts, entangled relationships and peer pressure, they are less likely to resort to antisocial or high risk behaviors. Life skills education is based on the teaching of generic type of skills for life, and it includes the practice of life skills in relation to major health and social needs. In life skills education children are actively involved in a dynamic teaching and learning process that is often based on the principles of social learning theory (Bandura, 1977 ). Methods used to assist skills acquisition include modelling of the use of skills, practice of skills and primarily in classroom-based activities. The methods used include working in groups, brain storming,

role play, games, and debates. The pedagogy of life skills education is therefore based on cooperative learning, participatory learning, and experiential learning.

## 1.2 Conclusion

Life skill education helps the adolescent learners to build confidence in communication, cooperative and collaborative skills and motivate healthy behavior. Life skills make the individual to improve his knowledge, develop values and view. It strengthens the ability of adolescent learners to meet the needs and demands of the present society and helps in dealing with the issues in a manner to get desired behavior. Imparting life skills training through inculcating life skill education will help adolescent learners to overcome difficulties in life.

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