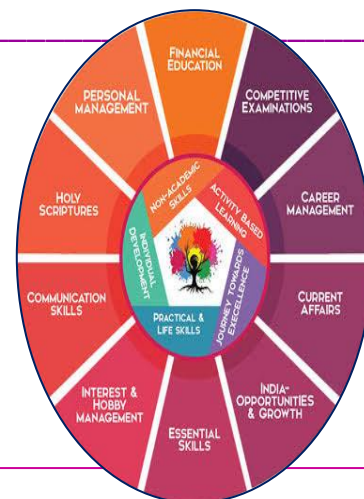




EDUCATION FOR LIFE SKILLS - A NEW APPROACH IN EDUCATION

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ABSTRACT

A dollescence, an imperative phase of development and advancement, denotes the time of progress from adolescence to adulthood. It is portrayed by fast physiological changes and psychosocial development. Immaturity is additionally the phase when youngsters broaden their connections past guardians and family and are seriously impacted by their companions and the outside world as a rule. As teenagers develop psychologically, their psychological procedure turns out to be increasingly expository. They are presently fit for conceptual reasoning, better explanation and of building up an autonomous belief system. These are really the long periods of innovativeness, optimism, lightness and a soul of experience. Be that as it may, these are additionally the long stretches of experimentation and hazard taking, of surrendering to negative companion pressure, of taking ignorant choices on vital issues, particularly identifying with their bodies and their sexuality. Immaturity is in this way a defining moment in one's life, a time of expanded potential yet in addition one of more noteworthy powerlessness. Self – mindfulness assists teenagers with getting themselves and set up their own personality. Absence of data and abilities keep them from successfully investigating their latent capacity and setting up a positive picture and sound vocation point of view. Teenagers have visit state of mind changes reflecting sentiments of outrage, bitterness, bliss, dread, disgrace, blame, and love. All the time, they can't comprehend the enthusiastic strife. They don't have a strong situation so as to impart their interests to other people. Advising offices are not accessible. As a piece of growing up, young people reclassify their associations with guardians, friends and individuals from the contrary sex. Grown-ups have exclusive requirements from them and don't comprehend their sentiments. Teenagers need social abilities for building positive and sound associations with others including companion of inverse sex. They have to comprehend the significance of shared regard and socially characterized limits of each relationship.

KEYWORDS: Adolescence, psychosocial maturation, social skills, Self – awareness.

INTRODUCTION:-

"We are blameworthy of numerous blunders and numerous deficiencies, yet our most exceedingly awful wrongdoing is forsaking the kids, dismissing the establishment of life. A considerable lot of the things we need can pause. The youngsters can't. At the present time is the time his bones are being shaped, his blood is being made and his faculties are being created to him we can't answer "Tomorrow". His name is "Today".

Fundamental abilities incorporate psychosocial capabilities and relational aptitudes that assist individuals with settling on educated choices, tackle issues, think basically and innovatively, convey adequately, manufacture solid connections, understand others, and adapt to dealing with their lives in a sound and gainful way. Basically, there are two sorts of abilities - those identified with intuition named as "thinking aptitudes"; and abilities identified with managing others named as "social aptitudes". While thinking abilities identify with reflection at an individual level, social aptitudes incorporate relational aptitudes and don't really rely upon sensible reasoning. It is the blend of these two sorts of aptitudes that are required for accomplishing emphatic conduct and haggling successfully. "Enthusiastic" can be seen as an expertise in settling on balanced choices as well as in having the option to cause others to consent to one's perspective. To do that, settling first with oneself is significant. In this way, selfmanagement is a significant expertise including overseeing/adapting to sentiments, feelings, stress and opposing friend and family pressure. Youngsters as promoters need both reasoning and social aptitudes for accord building and support on issues of concern.

The 10 Life Skills laid down by WHO

- 1) Self-mindfulness - It incorporates acknowledgment of 'self', our character, our qualities and shortcomings, wants and aversions. Creating mindfulness can assist us with recognizing when we are pushed or feel under tension. It is regularly an essential to powerful correspondence and relational relations, just as for creating compassion with others.
- 2) Empathy - To have an effective association with our friends and family and society everywhere, we have to comprehend and think about other people groups' needs, wants and sentiments. Sympathy is the capacity to envision what life resembles for someone else. Without compassion, our correspondence with others will add up to single direction traffic. Most exceedingly terrible, we will be acting and acting as indicated by our personal circumstance and will undoubtedly run into issues. No man is an island, no lady either! We experience childhood involved with numerous individuals – guardians, siblings and sisters, cousins, uncles and aunties, schoolmates, companions and neighbors. At the point when we comprehend ourselves just as others, we are better arranged to convey our needs and wants. We will be progressively prepared to state what we need individuals to know, present our considerations and thoughts and handle fragile issues without culpable others. Simultaneously, we will have the option to evoke support from others, and win their comprehension. Sympathy can assist us with accepting others, who might be altogether different from ourselves. This can improve social collaborations, particularly, in circumstances of ethnic or social decent variety. 5 Empathy can likewise assist with empowering sustaining conduct towards individuals needing care and help, or resistance, just like the case with AIDS sufferers, or individuals with mental issue, who might be trashed and shunned by the very individuals they rely on for help.
- 3) Critical reasoning - It is a capacity to dissect data and encounters in a goal way. Basic reasoning can add to wellbeing by helping us to perceive and survey the components that impact demeanors and conduct, for example, values, peer pressure and the media.
- 4) Creative reasoning - It is a novel method for seeing or doing things that is normal for four parts – familiarity (creating new thoughts), adaptability (moving point of view effectively), creativity (imagining something new), and elaboration (expanding on different thoughts).
- 5) Decision making - It encourages us to manage choices about our lives. This can have ramifications for wellbeing. It can show individuals how to effectively settle on choices about their activities according

to sound appraisal of various choices and, what impacts these various choices are probably going to have.

- 6) Problem comprehending - It encourages us to manage issues in our lives. Critical issues that are left uncertain can cause mental pressure and offer ascent to going with physical strain.
- 7) Interpersonal relationship - This expertise help us to relate in constructive manners with the individuals we connect with. This may mean having the option to make and keep amicable connections, which can be critical to our psychological and social prosperity. It might mean keeping, great relations with relatives, which are a significant wellspring of social help. It might likewise mean having the option to cut off associations usefully.
- 8) Effective correspondence – It implies that we can communicate, both verbally and non-verbally, in manners that are fitting to our societies and circumstances. This implies having the option to communicate conclusions and wants, and furthermore needs and fears. Also, it might mean having the option to request counsel and help in a period of scarcity.
- 9) Coping with stress – It implies perceiving the wellsprings of worry in our lives, perceiving how this influences us, and acting in manners that assist us with controlling our degrees of worry, by changing our condition or way of life and figuring out how to unwind.
- 10) Coping with feelings – It implies including perceiving feelings inside us and others, monitoring how feelings impact conduct and having the option to react to feelings properly. Extraordinary feelings like indignation or misery can effectsly affect our wellbeing in the event that we don't react fittingly.

METHODS USED TO INCULCATE LIFE SKILLS

Each workshop is specially designed to impart a particular skill and involves all or some of the following techniques: 9 ☐ Class discussions ☐ Brainstorming ☐ Demonstration and guided practice ☐ Role plays ☐ Audio and visual activities, e.g., arts, music, theatre, dance ☐ Small groups ☐ Educational games and simulations ☐ Case studies ☐ Story telling ☐ Debates ☐ Decision mapping or problem trees

1. Class Discussion - It gives chances to understudies to gain from each other and work on going to each other in taking care of issues. Empowers understudies to develop their comprehension of the point and customize their association with it. Creates aptitudes in tuning in, assortiveness, and compassion.
2. Brain Storming - It permits understudies to create thoughts rapidly and unexpectedly. Assists understudies with utilizing their creative mind and loosen up from fixed examples of reaction. Great conversation starter on the grounds that the class can inventively create thoughts. It is fundamental to assess the advantages and disadvantages of every thought or rank thoughts as per certain criteria.
3. Role Plays - It gives a brilliant system to rehearsing aptitudes; encountering how one may deal with a potential circumstance, all things considered; expanding sympathy for other people and their perspective; and expanding understanding into one's own emotions.
4. Small Group/Buzz Group - It is helpful when gatherings are huge and time is restricted. Augments understudy input. Lets understudies find a workable pace another better and improves the probability that they will think about how someone else thinks. Assists understudies with hearing and learn structure their friends.
5. Games and Simulations - Games and recreations advance enjoyment, dynamic learning, and rich conversation in the study hall as members make a solid effort to demonstrate their focuses or acquire focuses. They require the joined utilization of information, demeanors, and aptitudes and permit understudies to try out presumptions and capacities in moderately safe condition.
6. Situation Analysis and Case Studies - Situation investigation permits understudies to investigate issues and predicaments and securely test arrangements; it gives chances to cooperate, share thoughts, and discover that individuals here and there observe things in an unexpected way. Contextual analyses are ground-breaking impetuses for thought and conversation. Understudies consider the powers that merge to make an individual or gathering act somehow, and afterward

assess the outcomes. By participating right now, understudies can improve their own basic leadership abilities. Contextual analyses can be attached to explicit exercises to assist understudies with rehearsing solid reactions before they end up stood up to with a wellbeing hazard.

7. Debates - It gives chance to address a specific issue inside and out and inventively. Medical problems loan themselves well: understudies can discuss, for example, in the case of smoking ought to be restricted in broad daylight puts in a network. Permits understudies to guard a place that may mean a great deal to them. Offers an opportunity to rehearse higher reasoning abilities.
8. Story Telling - It can assist understudies with contemplating neighborhood issues and create basic reasoning aptitudes. Understudies can draw in their imaginative aptitudes in assisting with composing stories, or a gathering can work intuitively to recount stories. Narrating fits drawing analogies or making examinations, helping individuals to find sound arrangements.

CONCLUSION

Where fundamental abilities training is very much created and rehearsed, it improves the prosperity of a general public and advance inspirational viewpoint and solid conduct. Specifically, it empowers the person to:

- translate information, disposition, abilities and qualities enthusiastically;
- behave dependably and this prompts solid living;
- develop uplifting frame of mind towards themselves as well as other people;
- develop maximum capacity;
- promote the condition of mental prosperity as this persuades them and others;
- promote chance free conduct;
- communicate adequately;
- develop arrangement abilities;

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