



REVIEW OF RESEARCH

ISSN: 2249-894X

IMPACT FACTOR : 5.7631 (UIF)

UGC APPROVED JOURNAL NO. 48514

VOLUME - 8 | ISSUE - 9 | JUNE - 2019



EDUCATION FOR LIFE SKILLS - A NEW APPROACH IN EDUCATION

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ABSTRACT

Pre-adulthood, a fundamental phase of development and improvement, denotes the time of progress from adolescence to adulthood. It is portrayed by fast physiological changes and psychosocial development. Pre-adulthood is likewise the phase when youngsters expand their connections past guardians and family and are strongly impacted by their companions and the outside world all in all. As young people develop psychologically, their psychological procedure turns out to be progressively expository. They are presently fit for dynamic reasoning, better enunciation and of building up an autonomous belief system. These are genuinely the long stretches of imagination, optimism, lightness and a soul of experience. Be that as it may, these are additionally the long periods of experimentation and hazard taking, of yielding to negative friend pressure, of taking ignorant choices on urgent issues, particularly identifying with their bodies and their sexuality. Youth is in this manner a defining moment in one's life, a time of expanded potential yet additionally one of more noteworthy defenselessness. Self - mindfulness assists youths with getting themselves and set up their own personality. Absence of data and abilities keep them from successfully investigating their latent capacity and building up a positive picture and sound profession point of view. Youths have visit state of mind changes reflecting sentiments of outrage, trouble, bliss, dread, disgrace, blame, and love. All the time, they can't comprehend the enthusiastic disturbance. They don't have a strong situation so as to impart their interests to other people. Directing offices are not accessible. As a piece of growing up, teenagers reclassify their associations with guardians, companions and individuals from the contrary sex. Grown-ups have exclusive standards from them and don't comprehend their sentiments. Young people need social aptitudes for building constructive and solid associations with others including companion of inverse sex. They have to comprehend the significance of shared regard and socially characterized limits of each relationship.



KEY WORDS - Adolescence, psychosocial maturation, social skills, Self - awareness.

INTRODUCTION

"We are liable of numerous blunders and numerous issues, however our most exceedingly awful wrongdoing is deserting the kids, ignoring the establishment

of life. A significant number of the things we need can pause. The kids can't. At the present time is the time his bones are being framed, 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, take care of issues, think basically and inventively, impart successfully, manufacture solid connections, feel for other people, and adapt to dealing with their lives in a sound and gainful way. Basically, there are two sorts of abilities - those identified with speculation named as "thinking aptitudes"; and aptitudes identified with managing others named as "social abilities". While thinking aptitudes identify with reflection at an individual level, social abilities incorporate relational abilities and don't really rely upon consistent reasoning. It is the mix of these two sorts of abilities that are required for accomplishing self-assured conduct and haggling successfully. "Passionate" can be seen as an aptitude in settling on sane 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. Accordingly, selfmanagement is a significant expertise including overseeing/adapting to sentiments, feelings, stress and opposing companion and family pressure. Youngsters as promoters need both reasoning and social abilities for agreement building and backing on issues of concern.

The 10 Life Skills laid down by WHO

- 1) **Self-awareness** -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 frequently an essential to powerful correspondence and relational relations, just as for creating sympathy 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 emotions. Compassion is the capacity to envision what life resembles for someone else. Without sympathy, our correspondence with others will add up to single direction traffic. Most noticeably terrible, we will be acting and carrying on as indicated by our personal responsibility 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, colleagues, companions and neighbors. At the point when we comprehend ourselves just as others, we are better arranged to impart our needs and wants. We will be increasingly prepared to state what we need individuals to know, present our contemplations and thoughts and handle fragile issues without culpable others. Simultaneously, we will have the option to evoke support from others, and win their comprehension. Compassion can assist us with accepting others, who might be altogether different from ourselves. This can improve social cooperation's, particularly, in circumstances of ethnic or social assorted variety. 5 Empathy can likewise empower sustaining conduct towards individuals needing care and help, or resistance, similar to the case with AIDS sufferers, or individuals with mental issue, who might be defamed and segregated by the very individuals they rely on for help.
- 3) **Critical thinking** - 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 variables that impact dispositions and conduct, for example, values, peer pressure and the media.
- 4) **Creative thinking** - It is a novel method for seeing or doing things that is normal for four parts - familiarity (producing new thoughts), adaptability (moving point of view effectively), creativity (imagining something new), and elaboration (expanding on different thoughts).
- 5) **Decision making** - It causes 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 in connection to solid appraisal of various choices and, what impacts these various choices are probably going to have.
- 6) **Problem solving** - It causes us to manage issues in our lives. Noteworthy issues that are left uncertain can cause mental pressure and offer ascent to going with physical strain.
- 7) **Interpersonal relationship** - This aptitude help us to relate in constructive manners with the individuals we communicate with. This may mean having the option to make and keep amicable connections, which can be vital 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 helpfully.

- 8) **Effective communication** – It implies that we can communicate, both verbally and non-verbally, in manners that are suitable to our societies and circumstances. This implies having the option to express suppositions and wants, and furthermore needs and fears. Also, it might mean having the option to request counsel and help in a desperate hour.
- 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 emotions** – It implies including perceiving feelings inside us and others, monitoring how feelings impact conduct and having the option to react to feelings fittingly. Extraordinary feelings like annoyance or trouble can effect sly affect our wellbeing on the off chance that we don't react fittingly.

METHODS USED TO INCULCATE LIFE SKILLS

Every workshop is uncommonly intended to grant a specific aptitude and includes all or a portion of the accompanying strategies: 9 Class dialogs Brainstorming Demonstration and guided practice Role plays Audio and visual exercises, e.g., expressions, music, theater, move Small gatherings Educational games and reenactments Case thinks about Story telling Debates Decision mapping or issue 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 extend their comprehension of the point and customize their association with it. Creates aptitudes in tuning in, assortment, and sympathy.
- 2) **Brain Storming** - It enables understudies to produce thoughts rapidly and immediately. Assists understudies with utilizing their creative mind and loosen up from fixed examples of reaction. Great dialog starter in light of the fact that the class can imaginatively produce thoughts. It is fundamental to assess the advantages and disadvantages of every thought or rank thoughts as indicated by specific criteria.
- 3) **Role Plays** - It gives a phenomenal methodology to rehearsing aptitudes; encountering how one may deal with a potential circumstance, all things considered; expanding compassion for other people and their perspective; and expanding knowledge into one's own emotions.
- 4) **Small Group/Buzz Group** - It is helpful when gatherings are huge and time is constrained. Expands understudy input. Lets understudies become acquainted with each other 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 fun, dynamic learning, and rich exchange in the study hall as members make a solid effort to demonstrate their focuses or acquire focuses. They require the joined utilization of information, dispositions, and aptitudes and enable understudies to try out suspicions and capacities in moderately safe condition.
- 6) **Situation Analysis and Case Studies** - Situation investigation enables understudies to investigate issues and problems and securely test arrangements; it gives chances to cooperate, share thoughts, and discover that individuals now and then observe things in an unexpected way. Contextual analyses are amazing impetuses for thought and discourse. Understudies consider the powers that unite to make an individual or gathering act somehow, and afterward assess the outcomes. By participating in this reasoning procedure, understudies can improve their own basic leadership aptitudes. Contextual investigations can be attached to explicit exercises to assist understudies with rehearsing solid reactions before they wind up went up against with a wellbeing hazard.
- 7) **Debates** - It gives chance to address a specific issue inside and out and innovatively. Medical problems loan themselves well: understudies can discuss, for example, in the case of smoking ought

to be restricted out in the open places in a network. Enables understudies to protect 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 connect with their imaginative abilities recorded as a hard copy stories, or a gathering can work intuitively to recount stories. Narrating fits drawing analogies or making correlations, helping individuals to find solid arrangements.

CONCLUSION

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

- Translate information, demeanor, aptitudes and qualities without hesitation;
- Behave capably and this prompts sound living;
- develop inspirational demeanor towards themselves as well as other people;
- develop maximum capacity;
- promote the condition of mental prosperity as this propels them and others;
- promote hazard free conduct;
- communicate adequately;
- develop arrangement abilities;
- improve self recognition by:
- building fearlessness

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