



LIFE SKILLS EDUCATION: KEY FOR THE DEVELOPMENT OF SUSTAINABLE HUMAN BEING

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ABSTRACT

Skills that help us to live life is life skill. These are skills we need to create the most out of our life. We regularly use life skills to deal well in our life. Life skills education is the set of skills to develop the overall personality. Life skills education is the combination of factors that contribute towards healthy behavior. It is the kind of education which brings out the best from the child and fosters better development. Through this article author tried to focus the importance of life skills in the life of any individual. This paper would throw the light on the importance of life skills and life skills education to sustain in present complicated world full of difficulties and problematic situations.



KEYWORDS: Sustainable, life skills education.

INTRODUCTION

To make one's life easy and compatible is life skills. There are some important things to make life successful. To make body and mind proper and healthy. Life free from laziness. Learn good habits and things. To fulfil own duties and to complete the daily work with full enthusiasm. Life skills are knowledge lamp for any person. Life skills are not important only for student life but they are important for the whole lifespan of any individual.

LIFE SKILLS: MEANING

Life skills (LS) are individual skills/abilities that each one of us possess and yet, need to enhance in order to meet the challenges of life. Effective acquisition of life skills can influence the way one feels about oneself and others and can enhance one's productivity, efficacy, self-esteem and self-confidence. They also provide tools and techniques to improve interpersonal relations. Life skills are needed for creating a demand and effectively utilizing the existing education, health and other services.

Life skills are abilities that will help them to be successful in living a productive and satisfying life. Life skill is not something that can be acquired by reading books or simply understanding what it is. Understanding what life skill is only preliminary requirement for the process of acquiring life skills. Life skills buildup the character and personality of any individual. so life skills empower the young generations to make correct decisions and healthy choices related to relationships and their lives.

Life skills are

- Those skills which will assist an individual to interact with his/her environment as independently as possible (interpersonal skills)
- Those skills that are necessary to allow an individual to become a contributing member of society.
- Those skills which develop in the student a sense of dignity and worthiness.
- Those skills which permit an individual to problem solve appropriately and responsibly in life situations (interpersonal skills).
- Those skills which are necessary for an individual to manage his/her own personal affairs.
- These skills promote mental well-being and competencies to face the challenges of life.

What are the Key life Skills?

Life skills fall- into three basic categories, which complement and reinforce each other:

- Social or interpersonal skills, including communication, negotiation/refusal skills, assertiveness, cooperation, empathy.
- Cognitive skills, including problem solving, understanding consequences, decision making, critical thinking, and self-evaluation.
- Emotional coping skills, including managing stress, managing feelings, self-management, And self-monitoring.

Development of these skills is closely linked to a pedagogy of active learning. Through participative teaching methods, such as role play, debates, situation analysis, and one-on-one problem solving, life skills programs can actively engage young people in their own development process.

Life skills can be said to be **PSHE**- personal, social, health education. It covers development of all the parts of human personality. It helps to deal with the real life issues, what any Person faces in his daily life and in the process of growing up. Life skills work as a ladder to success for whole life.

Life Skills education and sustainable human being

It is a kind of education in which child is made capable to live the life happily and suitable life by making all the things and work properly and in a right way. It is a kind of education which makes a person so much skilled so that he can perform all the duties of his life in any kind of difficult situation with courage and adjustment. Life skills education augment the development of effective personality by providing a highway to us.

It develops such capabilities in human life by which he can become good citizen also. Basically these are psychosocial competencies which help us to lead an easy and simple life. If we talk about adolescence then it is a kind of stage in which there are lot of changes in life. Adolescence is a kind of stage in which youth shows the symptoms of physical and mental maturity. In this stage youth is affected by outside world and friend's a lot and try to enhance his relationships beyond the family and parents.

Human sustainability or Sustainable human being means the development of individual who can contribute in the health and education, nutrition and good health care, knowledge and skills for safe childhood, adult education, and sex education. Human sustainability encompasses the development of skills and human capacity to support the functions and sustainability and well-being of the society. Human capital can be maintained by human sustainability.

When youth develops intellectually his capabilities and thinking power also becomes mature and serious. He is now capable of abstract thinking, assessing power matures and right expressions of feelings becomes easy now. Youth now becomes more courageous, determined happy and creative.

It is the time when youth can take decisions without thinking about its consequences. Friendship in this stage becomes negative effects also. Youth believes in experimental life and sometimes it creates a lot of difficulties and risk for him.

Especially in adolescent stage youth is always ready to face any kind of challenge whether it is physical or mental and many time they have to pay for it also. It is seen that youth cannot face such kind of situations easily and they need a lot of support from family and friends when they suffer from any emotional or physical loss in this time.

Life Skills are kind of skills which prepare them to face any kind of difficult situation in their life. Life skills teaches youth how to do any work with responsibility, with taking proper initiative and how to control any kind of negative situation. If any person learns to handle the problematic situation properly, only then they can minimize the high risk behavior and anti-social behavior.

Life Skills include mental capabilities and interpersonal relationships along with social skills and thinking abilities. Thinking skills depends upon the thinking capacity and personal level thinking. Interpersonal relationship depends upon the communication abilities and how to maintain a good dialogue with others to keep relationships healthy.

Emotional skills are kind of skills in which we can take logical decisions by positive thinking and learn how to cope with internal conflicts and face the problems. By this skill they are able to face and take any kind of stress by any specific peer group or other.

For right and healthy development youth needs thinking and social skills in right amount and proper use of this skill. Life skills education helps to inculcate life values.

10 core life skills by WHO

- **Self-awareness**

To know about the weaknesses and strengths of one and accepting oneself with these is called self-awareness. It makes person self-confident, by this skill he can express his interest, hobbies and expectations from life.

- **Empathy**

It is the ability to accept and recognize others views and opinions and give them equal importance and look towards the situation through their perspective. It makes us capable to understand others emotions and feelings. Develop thinking by different perspectives and better adjusting individual.

- **Effective communication**

It is the ability to express fully yourself. This skill taught us how to express yourself verbally and non-verbally. It makes people understand others feeling by not hurting them.

- **Interpersonal relationship**

Skills help us to relate in positive ways with the people we interact with. This may mean being able to make and keep friendly relationships, which can be of great importance to our mental and social wellbeing. It may mean keeping good relations with family members which are an important source of social support. It may also mean being able to end relationships constructively.

- **Decision making**

In life every point of time, we have to take certain decisions to make life easier and happier. One must think about the consequences before making a decision.

- **Problem solving**

This skill help us to face the daily life problems with courage and effectiveness. To know how to solve any problem of life is very much important if we want to lead a happy life.

- **Coping with emotions**

Every individual confront with lots of emotions in his life. He should know how to handle these emotions and how to understand others emotions also. Without handling emotions properly we cannot imagine to live life perfectly.

- **Coping with stress**

Stress is very common in now a days. In personal life and in professional life we face certain kind of stress. How to handle this stress positively is very important in everyone's life.

- **critical thinking**

This skill is the ability to think about pros and cons of every situation before reacting towards it. Analyzing the each aspect of any situation or problem comes under this skill. It is basically analysis of the facts to form a judgement.

- **Creative thinking**

It is the ability to think differently or to see a problem from new angle or perspective. It is our ability to look at ideas presented or a scenario and find new alternatives that solve the problem.

Only reading about these skills is not sufficient, we should try to implement all this knowledge and understanding in real life to make life fruitful and happier. We should try to Change our thinking

Try to Adapt simple lifestyle, Try to understand the importance of higher studies Being a risk taker is important in life. Whenever we get time we should try to Enhance our creativity skills also.

Benefits of life skills education

Life skills education brings discipline in life. By these skills any person can learn values and behavior important to live a contented life. These skills teaches us responsibilities, boost our confidence, make correct decisions, and manage times so develops a growth mindset. Life skills education contributes to democracy, good citizenship, quality of life, promotion of lifelong learning and peace. Life skills education help any person to deal with the rapid changes of today's modernization.

Necessary life skills for success

Accepting our feedback by calm mind and try to improve accordingly is also very important in life. We should learn how to manage time. Time is like a rubber. Time management is a like skill which nobody can avoid to sustain success. Learn Accepting your mistakes is important life skill. Assertiveness is also important, 'Say no' is very important in life. Very often we find ourselves in situations where to avoid unnecessary things and stress "say No" is unavoidable. We should Take care of our body language also. Most of the time our body language creates a lot of trouble for us. Make friends in any kind of situations is also important. Nobody can live in isolation so make less but good friends. Talk to them whenever you feel low in life. Learn other languages is good for life. Keeping yourself in budget is also very important. Try to develop Public speaking skill for success. We should be soft-spoken. Spend quality time alone for you and self-care for your life are some Necessary life skills for gaining success.

CONCLUSION

Today's world is full of complexities and problems. If we want to produce healthy and happy future citizens then life skills education is a way forward. It not only makes our life easier and happier but helps us to solve our daily life difficulties in a positive manner and develop oneself as a full-fledged personality. Only the implementation and a proper curriculum and place to life skills education should be given at every stage of education. Only then better citizens and responsible human beings can be produced so then they can lead to better personalities and provide a better outcome for any country and society. So life skills education is a bridge which helps to convert bookish and school education applicable into practical life. It teaches coping skills and control management skills and develop an individual into a complete sustainable human being.

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