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## A STUDY ON AWARENESS OF LIFE SKILLS EDUCATION AMONG ADOLESCENT STUDENTS IN TELANGANA STATE

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### ABSTRACT

Life skills are the capabilities allowing an individual for an adoptive performance to achieve the requirements and demands of life. Life skills education connections the slit between basic functioning and capabilities. Adolescence period is a stress and storm full period. Adolescents faced emerging issues such as global warming, poverty, suicide, population explosion as well as other issues like alcoholism, drug abuse, smoking, sexual abuse, juvenile delinquency etc. This new challenge requires immediate and effective responses from a socially responsible system of education. So, Education is important, but education is support and live life better is more strengthens the ability of an individual to meet the needs of the present society in a manner to get desired behavior practical. The present study focuses on the importance of life skills education and the benefits of imparting life skills education in our curriculum i.e., developing social, emotional & thinking skills in students, as they are the important building blocks for a dynamic citizen, who can cope up with future challenges, and survive well. In the new millennium, education is undergoing a revolutionized change regarding science & technology, globalization, privatization, urbanization, industrialization, etc.

**KEYWORDS:** Life Skills Education; Adolescent; Problem solving, Decision making, effective communication, Empathy, coping with stress and standing strong, trauma and loss.

### INTRODUCTION

Importing of life skills training through inculcating life skill education will help youth to overcome such difficulties in life. The present paper focuses on the importance of life skills education and the benefits of importing life skills education in our curriculum i.e., developing social skills, emotional skills & thinking skills in adolescent students, as they are the important building blocks for a dynamic citizen, who can cope with future challenges, and survive well. Now a days as a cut-throat competition, unemployment, lack of job security etc. Are some of the major concerns for the educated and as a result, they are caught in the mad race. No one has time for his/her 'self', to develop empathy with surrounding and to have harmony in society. But in real scenario, young mind is being considered as the most productive members of the society, due to their physical and

intellectual capability and also most of them are unable to utilize their potential in an appropriate way due to lack of guidance and motivation.

### **SIGNIFICANCE OF LIFE SKILLS EDUCATION FOR ADOLESCENTS**

The cardinal focus of education needs an extraordinary emphasis on developing such skills in adolescent students and as the same Central board of Secondary Education (CBSE) India has recognized this fact that it is necessary to develop scholastic as well as co-scholastic areas, and hence, has made life skills education as a compulsory element in its curriculum.

### **NEED OF THE STUDY**

In the modern world we live in today, we have access to more information than ever before, and we can connect with others in ways never thought possible. Soon, we will see many changes in the education system, and we may have to change the way we teach and educate our children. Thus, the cardinal focus of education, it has been felt, that life skills education as in ‘Contemporary Issues In Education Research’- first quarter 2017 Voli.10, no 1 copy right by author(s); CC-BY 2 the Clute Institute strengthens the ability of an individual to meet the demands of the present society. Thus, a relevant life skills education helps in dealing with the above issues in a manner to get desired behavior practical.

### **LIFE SKILLS ACTIVITIES FOR ADOLESCENT STUDENTS**

Here are the 10 basic life skills activities that students can follow to improve themselves.

1. Create a life plan
2. Learn how to deal
3. Improve their study well.
4. Learn how to manage their time.
5. Learn how to focus their Goals.
6. Learn how to say ‘No’.
7. Learn how to manage their emotions.
8. Learn how to establish and maintain healthy relationship.
9. Learn how to communicate effectively.
10. Learn how to deal and cope up with their stress and Emotions.

## TYPES OF LIFE SKILLS AS PER ACCORDING ‘WHO’ FOR ADOLESCENTS

According to WHO, Life skills are are abilities for adoptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. In other words, life skills are skills that prepare an individual to live independently and productively within a society.

Here are many such life skills, but 10 core Life Skills for adolescents laid down by WHO are:

1. SELF- ANALYSIS (SWOT ANALYSIS)
2. EMPATHY
3. INTERPERSONAL RELATIONSHIP WITH FRIENDSHIP
4. DECISION MAKING
5. GOAL SETTING
6. TIME MANAGEMENT
7. COPING WITH STRESS AND STANDING STRONG
8. CONFLICT MANAGEMENT
9. CREATIVE THINKING
10. CRITICAL THINKING.

### **Category – 1: Skill of Knowing and Living with One Self.**

Self- Awareness

Self- Esteem

Coping with Emotion

Coping with Stress

### **Category-2: Skill of Knowing and Living with others.**

Empathy

Effective Communication

Friend ship Formation

Assertiveness

Conflict resolution and Negotiation

Peer Pressure Resistance.

### **Category-3: Skill of Effective Decision Making**

Critical Thinking

Creative thinking

Problem solving

Decision making

### **OBJECTIVES OF THE STUDY**

1. To Study the significance mean difference in the level of life Skill awareness of Adolescents with respect to Gender (Boys/Girls).
2. To study the significance mean difference in life skills awareness of Adolescent students with respect to their age.
3. To study the significance difference between level of Awareness to subject/ stream.

### **RESEARCH METHODOLOGY OF THIS STUDY**

This study was established using descriptive method of research since the main goal of the researchers was to propose activities based on the effects of religious on the academic status/ based on Wikipedia, descriptive method is used to describe characteristics of a population or phenomenon being studied. It does not answer questions about how/ when/ why the characteristics occurred.

### **REVIEW OF LITERATURE**

The topic has been a significant area of interest to the researchers, theorists, and practitioners, and there have been numerous researchers carried out to emphasize the importance & effectiveness of 'Life Skills Education' in the development of adolescent student's social, emotional and cognitive development & dealing with their psychosocial problems and issues.

According to Pushpakumarag (2013) in this study showed that life skills training was effective in preventing a wide range of problems such as substance abuse, teenage pregnancies, violence bullying & to promote self- confidence and self-esteem among the Adolescents.

According to ROODBARI, SAHDIPOOR and GHALE (2013) in their research showed that life skills training has a positive effect and improves social development, emotional and social adjustment suggesting an increase in capability of children and public health.

## **FINDINGS, DISCUSSION & CONCLUSION**

### **Findings**

Our findings are in common to the findings of Botvin, et AL., Nair' (2005) many more suggesting life Skill education program as a good supportive system for Adolescents.

### **FUTURE IMPLICATIONS**

Progresses been made in the past decade and in the present study too, to reflect, life skills education, as an effective mode of an education, which does enhance social, emotional and thinking skills, and helps the 21st century youngsters to achieve their goals. And also, by strengthening their abilities to meet the needs and demands of the present society.

### **CONCLUSION**

Hence a relevant and proper implementation of life skills education is a need of an hour, for today's society. Imparting life skills education to the students can be helpful as it specially addresses the needs of children, helps in motivating, providing practical, cognitive, emotional, social, and self-management skills for life adjustment.

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