



Importance of Life Skill for Adolescents

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Abstract:

Adolescence is a transition period of development and adolescents are considered as the productive members of a society. Now day's adolescents are becoming individuals who are less motivated and are engaging in antisocial activities and spoiling their valuable life. Adolescence is a period when the intellectual, physical and all the capabilities are very high but their antisocial activities and behavior are deteriorating all the capabilities and they are becoming a burden to the society. Life skill education aims to provide adolescents with strategies to make healthy choices that contribute to a meaningful life. Life skill facilitates a complete and integrated development of individuals to function effectively as social being. Developing life skill helps adolescents in translating knowledge; attitude and values in to healthy behavior that makes their life fruitful with life skill adolescent make rational decisions in solving each problem or issue as it arises.

Keywords: Adolescence, Life skill

1. What is life skill?

“The abilities for adaptive and positive behavior that enables individuals to deal effectively with the demands and challenges of everyday life”

- WHO (1997)

“ Life skills based education is, - Behavior change or behavior development approach,- designed to address a balance of three areas: knowledge, attitude and skills.

- UNICEF (2001)

2. Why life skill Education?

Early identification of problems, early intervention and support at key moments in lives of young people in vital.

- Development needs and aspirations of the individuals.
- Development of psychosocial abilities.
- To enhance capabilities and enlarge choices.
- To build different dimensions of well-being, by building self image and self worth, which in turn help individuals to be less vulnerable to the variations within a given context.(vulnerability Is the probability of having one's situation when facing a dramatic event.)

3. Who needs Life Skills?

Life skill education is applicable for all ages of children and adolescents in school. However, the age group targeted is mainly 10-18, adolescent years, since young people of this age group seem to be most vulnerable to behavior related health problems. Thus adolescent needs life skills education more.

4. Why?

Adolescence, a vital stage of growth and development, marks 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 relationship beyond parents and family and are intensely influenced by their peers and the outside world in general. Most crucial stage of life with peak intelligence and stamina. It is Time for Achievement, Deciding professions, Developing personality, Emotional instability, Wishing only good for others ,but often end up doing, due to Lack of self-control ,Lots of societal, parental and peer pressure.

5. Adolescence are years of

- Experimentation and risk-taking
- Giving in to negative pressure
- Taking uninformed decisions on crucial issues, especially relating to their bodies.
- Turning point in one's life, a period of increased potential but also one of greater vulnerability.
- Their Sexuality.

6. Life skill Education

Life skill Education is a value added program which aims to provide adolescents with strategies to make healthy choices that contributes to a meaningful life. It helps adolescents to understand their self and to assess their skills, abilities and areas of development. It also helps adolescents to get along with other people and adjust with their environment and making responsible decision.

The main objective of life skill education id to enable the learner to develop a concept of oneself as a person of worth and dignity. Life skill education is a basic learning need for all individuals. Skills like responsibility, communication, self esteem, interpersonal skills etc. extend its maximum level, if it is practicing effectively. We need to create life skill education as the cornerstone of various youth programmers and an integral part of our formal education process.

7. The adolescents face the challenges

- **Managing Emotions:-**Adolescents have frequent mood change reflecting feelings of anger, sadness, happiness, fear, shame, guilt and love. Very often, they are unable to understand the emotional turmoil.
- **Developing an identity:-** Self- awareness helps adolescents understand themselves and establish their personal identity. Lack of information and skills prevent them from effectively exploring their potential and establishing a positive image and sound career perspective.
- **Resisting peer Pressure:-** Adolescents find it difficult to resist peer pressure. Some of them may yield to these pressure, and engage in experimentation. Aggressive self conduct: irresponsible behavior and substance abuse involve greater risks With regard to physical and mental health. The experiment with smoking and milder drug Can lead to switching over to hard drugs and addiction at a later stage.
- **Building Relationships:-** As a part of growing up, adolescents redefine their relationships with parents, peers and members of the opposite sex. Adults have high expectations from them and do not

understand their feelings. Adolescents need social skills for building positive and healthy relationships with others including peer of opposite sex. They need to understand the importance of mutual respect and socially defined boundaries of every relationship.

- **Communicating and Negotiating safer life situations Education and Career:-** Adolescents need social skills for building positive and healthy relationships with others including peer of opposite sex. They need to understand the importance of mutual respect and socially defined boundaries of every relationship. Sexually active adolescents face greater health risks. Girls may also face mental and emotional problems related to early sexual initiation. Resisting the vulnerability to drug abuse, violence and conflict with law or society.

8. Core “Life Skills”

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| - Problem-solving | -Decision Making |
| - Critical Thinking | -Creative Thinking |
| - Communication Skills | - Self-Awareness |
| - Stress Management | -Empathy |
| - Interpersonal Relationship | |

9. Benefits of Teaching Life Skills

- Imparting life skill education in children and adolescents will bring valuable benefits which include,
- Promotion of self esteem, peace education, self confidence
- Prevention of antisocial activities and behavior
- Helps in the promotion of general well being and primary prevention
- Life skills enable individuals to translate knowledge, attitudes and values into actual abilities and enable individuals to behave in healthy ways, given the desire to do so and given the scope and opportunity to do so.

Results of research studies also prove that life skill education improves the academic performance of individuals. In life skills education, children are actively involved in a dynamic teaching and learning process. Different methods to enhance life Skills in adolescents:-

- Class discussions
- Brainstorming
- Role plays
- Demonstration and guided practice
- Working in small groups and pairs
- Story telling
- Case studies
- Audio-visual Activities like dance, theatre, music, arts
- Games and Debates

10. Conclusion

The adolescents should know “Life Skills” because Empowers them to take positive actions to protect themselves and to promote health and positive social relationships. Utility in other areas like Environment Education, Consumer Education, Peace Education and Social Cultural Issues. Life skill education can serve as a remedy for the problems as it helps the adolescents to lead a better life. Therefore life skill education is a need of the society and every education system should impart life skill education as a part of its curriculum as it is capable of producing positive health behavior, positive interpersonal

relationships and well being of individuals. In order to have an effective implementation of life skill education there is a need for professionally trained and skilled personal from within the country.

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