

The value of life skill education for Adolescents

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Abstract:

Childhood and adulthood of human being is connected, called adolescence. The main aim of this study to understand the important of life skill education for adolescent. Adolescence s main stage of growth and development. It is also called stage of stress and storm. Emotion and stress always facing all the life related problems. The objective of the study is to understand the major troubles of students in their education and the strategies which can be adopted to overcome the troubles. Only life skill education that should be reformed and rescheduled according to the importance of every individuals of adolescent, can bring well-being psychosocial aptness. Through the program was able to achieve information and knowledge gain, the required modification or change in attitude and behavior, especially in the areas like gender socialization, which are deep roots would require continuous efforts. This study strongly recommended that this kind of soft skills Intervention program should be maid integral feature of the school curriculum.

Keywords: Adolescents, Impact, Life Skill education, Transition, psychosocial competence, stress and storm, Socialization.

Introduction:

In the context of Indian education system most important and recognized agency is school which reaches out to the young learner catering the life skills education this adolescent period.

In our country remain resource persons and trained professionals are very few, so it would be rational steps to involve the teacher in impart in life skills education. Because they are the very personal who deals with adolescents frequently. To enhance the adoptive and positive behavior among the individuals and making the capable of dealing with the growing demands, challenges and stress of modern life.

Life skill are identified as a binder between knowledge based on motivating factors, attitude, values and behavior, reinforcement leading to positive behaviors thus helping in primary prevention of health problems (Weigh et al. 1994). Moreover, there is need for reinforcement of the life skills as the family and cultural factors sum no longer inference the development of young people's mind. Parent and teachers also play a major role in strengthening life skills children and adolescents. (Parthasarathy)

Importance of life skills Education: Adolescence is a critical stage of growth and development. This is a transition period between childhood and adulthood. During this period there are rapid psychological change and psychological maturation these are also years of risk-taking, solving their own problems, making decisions or crucial issues, peer presence and stress. It is a turning point in life and a period of greater potential. It is necessary to pay attention of the psychological, emotional and socio-cultural dimensions of adolescence. On the other hand, the greatest need is to equip adolescents with life skill can be need in many areas of content, problems, or issues such as prevention, sexual abuse, adolescents.

Pregnancy, HIV/ AIDS/ STD Suicide etc. It can influence how people feel about themselves and others. It also reflects how they think and perceived others. It can help to develop the corresponding perceptions of one's Identity, self-efficacy, self-confidence and self-esteem. It is general perception of the society that a trained person is equipped with all the required skills, including life skills. Life skills are the skills, if developed properly, provide the knowledge and tools needed to update behaviour changes. As emerges from the analysis of emerging students learning issues, adolescent are not adequately arrayed with life skills to cope with the increase requirement and stress they experienced. In the context of the emerging problems, it is necessary to improve the capacity of adolescents and young people to take greater responsibility in their own levels by making appropriate decisions, developing skills to withstand negative pressures and avoiding risky behaviour. Furthermore, in the current era, there are rapid social change due to modernization, urbanization, globalization and the media boom which made the lives of adolescent, their desire, standard and perspectives very different from those of the old generation. For fulfilling all these expectations and enhancing values, it is essential to make life skills education as a part of a curriculum.

As the adolescence period is consider to be a transition period, it is expected one should acquires the various life skills through introductive society and the people. So our schools have to be given authority for catering life skills education among the adolescents objective of this education are as follows.

- Enabling students to thinking critically and creatively.
- Enhance decision making and problem solving quality.
- Mastering in communication activities and interpersonal relationship.
- Developing self-awareness techniques.
- Control their emotions and stress.

Life skill education and adolescence:

Most important phase of one's life is adolescents' phase. This marked as a transitional period from childhood to adulthood with visible changes on conspicuous physical, cognitive, emotional and social filed. Existing social factors like monitory and assistance from beloved members help and guide the adolescents to good into a mature adult.

In recent time a big change has been with grow in our society due to the rapid industrialisation and globalisation. The impact of the social changes fell on adolescents to bonding among the family members weakened religions, social, cultural and moral norms are getting violated. Adoption of new lifestyle affected the behaviour of adolescents. In the absence of traditional norms and value, and ever-increasing demands of this modern competitive world put use stress upon the adolescents. As a result, multiple mental health illness like depression, anxiety, drug addiction, anger are common behavioural problems with adolescents.

In this critical situations life skill education could be a remedial and preventive measure to get rid of this problems and must be accepted as a developmental approach WHO(1997) to suggests internalising the love essential life skills help adolescence to deal with the concerns in the modern world in a dignified and mature way bringing to them. This life skills would enable them to cope with pressure and they will learn to realise their position in the society. These skills will help them to overcomes the difficulties as they face the changing society in personal, emotional and social front. Life skills are the basic abilities which enable the young adolescents to have mental well-being and make them capable in facing the reality of life. With these skills every individual became competent enough to explore to solve a problem and take appropriate decision accordingly.

Adolescence Education programs:

In India Adolescence Education Program (AEP) is run by Ministry of Human Resource Development (MHRD) and National Aids Control Organization (NACO), Govt. of India. Objective of this programme is to supply scientific information, knowledge and manage life skills to protect themselves from HIV infection and awareness programmed on reproductive and sexual health. This participatory and AEP is implication among the students of all the secondary and higher secondary schools of the country. Study materials have been designed by NACO in collaboration with MHRD and NCERT. This program is still continuing.

Life skill and role of parents: skill building should begin in the family. It is the responsibility of the parents to get their children involving in family related activities that can strengthen life skills in children and adolescents. (Parthasarathy et al .2009)

Conclusion:

At this present context our students are badly stressed to cope with growing challenges and ever increasing demands. Life skills education could be useful mean in addressing the need of children and could motivated them providing practical, cognitive, emotional, social development.

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