

# School of Education

Course Code: MEDU2007

Course Name : Issues & Curricular Concerns at Secondary & Senior Secondary Level

The logo of Galgotias University, featuring a stylized 'G' composed of three curved, overlapping bands in shades of yellow, blue, and red.

# Life Skills

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## LIFE SKILLS EDUCATION - OBJECTIVES

- Contribute actively in various decision-making and processes
- Resolve disputes and conflicts and to weigh up what is right and wrong
- Understand and to respect different beliefs, customs and traditions of a multi cultural world.
- Understand the strength and limitations of the personality and to modify accordingly
- Manage emotions and sustain mental health
- Identify diverse cultures, ethnic and communities

## Concept of Life Skills

- Concept of life skills becoming popular these days.
- WHO initiated life skills education.
- CBSE introduced it in our schools in the early part of the present decade.
- Life skills can be conceptualized as psycho-social competence. Psycho-social competence is an individual's ability to maintain a state of mental well being and to demonstrate this through adaptive and positive behaviour while interacting with others and with his/her culture and environment.
- Adaptive means the person is flexible in approach and is able to adjust to different circumstances.
- Positive behaviour means that a person is forward looking and that even in different situations he/she can find a ray of hope and find solutions to problems.

## What are Life Skills?

- Life skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.
- They are abilities that facilitate the physical, mental and emotional well being of an individual.

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## MAJOR COMPONENTS OF LIFE SKILLS

The World Health Organisation (WHO) classified life skills into three major broad areas. They are:

- Thinking skills
- Social skills and
- Emotional skills

The combination of all types of skills are needed for learning assertive behaviour and negotiating effectively.

## Thinking Skills

- Skills that are related to thinking is termed as thinking skills.
- Thinking skills relate to reflection at a personal level. The core thinking skills are critical thinking, creative thinking, problem solving and decision making.

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## Social Skills

- Social skills are skills an individual use to interact with or get along with others confidently, however do not necessarily depend on logical thinking.
- Social skills help an individual to deal with social situations. It can apply both positively and negatively. Social skills include self-awareness, empathy, effective communication and interpersonal relationship.

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## Coping Skills

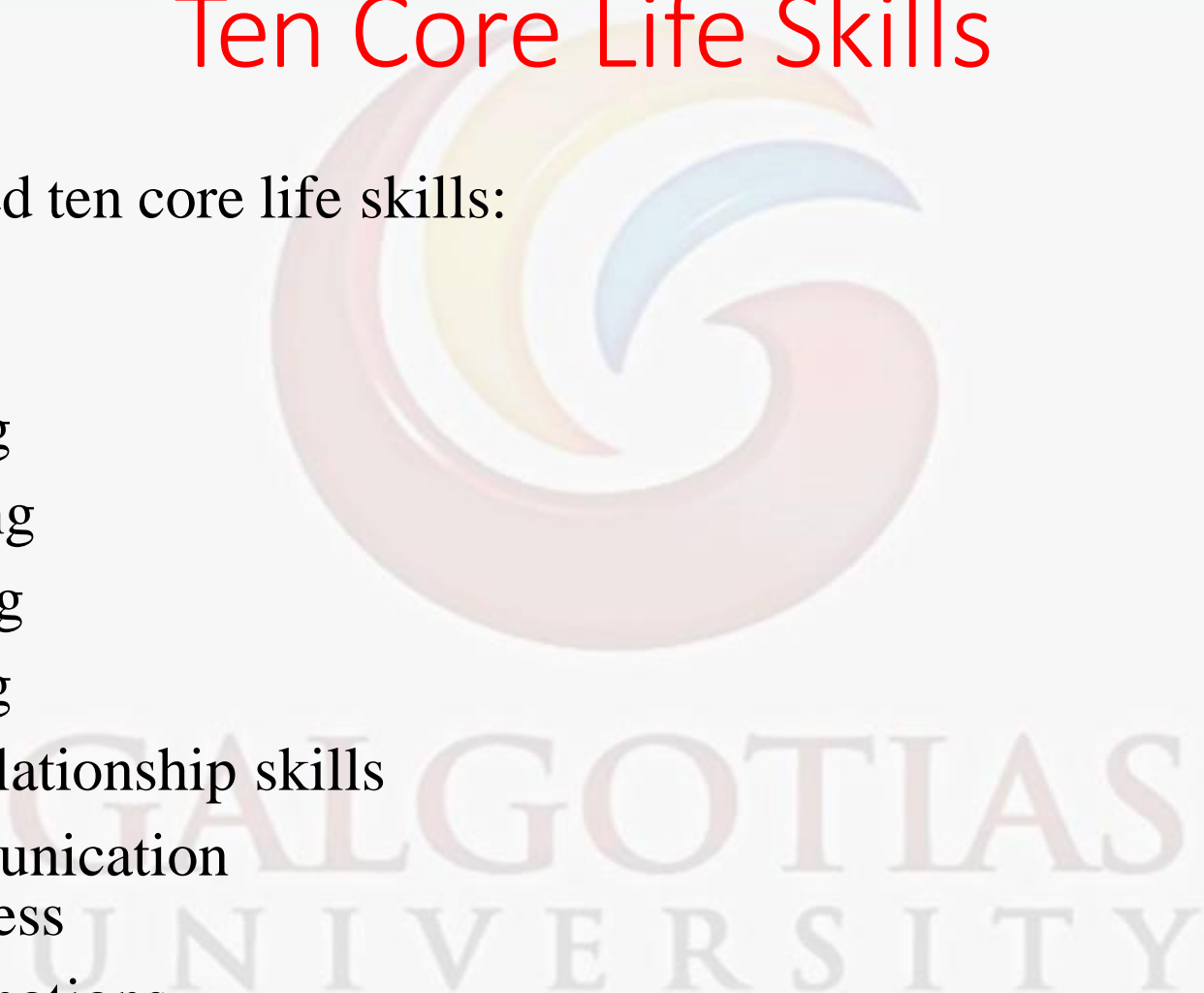
- Coping is the process of spending mental effort and conscious energy on dealing with problems in life.
- Coping skills also called as emotional skills. Coping skills needed for achieving assertive behavior and negotiating effectively.
- Appraisal focused, problem focused and the emotion focused are the three broad categories of coping mechanisms.
- Coping skills also called as coping strategies can be either positive or negative.
- Positive or adaptive strategies decrease the amount of stress perceived and experienced, while negative or maladaptive strategies diminish symptoms of stress without addressing the real problem or disorder.



## Ten Core Life Skills

WHO has described ten core life skills:

- Self awareness
- Empathy
- Critical thinking
- Creative thinking
- Decision making
- Problem solving
- Interpersonal relationship skills
- Effective communication
- Coping with stress
- Dealing with emotions



## Self Awareness

- Self awareness means recognition of ‘self’ and of our character, our strengths and weaknesses, our likes and dislikes.
- Developing self awareness can help us in recognising when we are stressed or feel under pressure.
- It is often pre-requisite to effective communication and interpersonal relations as well as for developing empathy for others.

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## Empathy

- It is the ability to understand what life is like for another person, even in a situation with which we may not be familiar.
- Empathy can help to accept others who may be very different from us.
- This can improve social interactions, especially in situations of ethnic and cultural diversity.
- Empathy can also encourage the adoption of a nurturing attitude towards people in need of care and assistance or tolerance and understanding, as in the case of people on whom they depend for support.

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## Effective Communication

- It means that we are able to express ourselves clearly and effectively both verbally and non-verbally, in ways that are appropriate to our cultures and situations. This means being able to express our opinions and desires, and also our needs and fear.
- It means being able ask for advice and help in times of need.

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## Interpersonal Relationship Skills

- It helps us to relate in positive ways with the people with whom we interact.
- This means being able to maintain friendly relations with family, friends and colleagues, which can be of great important source of social support.
- It also means being able to end relationships constructively without bitterness and anger.

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## Critical Thinking

- It is the ability to analyse information and experiences in an objective manner.
- It can contribute to healthy living by helping us in recognising and assessing the factors that influence attitudes and behaviour, such as values, peer pressure and the media.

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## Creative Thinking

- It is a novel way of seeing and doing things.
- It consists of four components:
  - -Fluency (generating new ideas)
  - -Flexibility (shifting perspective easily)
  - -Originality (conceiving something new)
  - -Elaboration (building on other ideas)

## Problem Solving

- It helps us to deal constructively with problems in our lives.
- Significant problems that are left unresolved can cause mental stress and give rise to accompanying physical strain.

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## Decision Making

- It helps us to deal constructively with important issues in our lives and take appropriate action.
- It teaches us how to be proactive in making decisions about our life in relation to a healthy assessment of the different options available and in determining what effects these different decisions are likely to have.

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## Coping with Stress

- It means recognising the source of stress in our lives, recognising how stress affects us and acting in ways that help us control these levels of stress by changing our environment or lifestyle and by learning how to relax.

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## Dealing with Emotions

- It means recognising our emotions as well as those of others, being aware of how emotions influence behaviour, and being able to respond to emotions appropriately. Intense emotions like anger or sadness can have an effect on our health if we do not respond appropriately.

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