

Teaching of Life Skills in Education and Society

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Abstract

This paper will deal with how life skills can be implemented in the school learning and how teachers try to make the students ready to face life. It focuses on the important elements of life by teaching the life skills in schools itself. Life skill is the important key element that everyone must learn for the betterment of the life at the different stages of life.

Introduction

Life skills refer to the skill that you need to follow in your life. Any skill that will be of use to life is considered to be life skill. For example – preparing your food, using your laptop using in the daily basis are considered to be valuable life skills. Everyone has a different list of the skills one may be good at one and one may be worst at another. Life skill helps to make these skills perfect in everyone which they consider it as important in life.

Some people settled in villages might have different styles of living compared to the lifestyle followed in city. People's life styles vary according to the places they live in the society. The lifestyle of rural people might seem funny or different to the people who live in the city. But, for the people in the village, it would have been dreaming to live in the city. The opportunity to prove themselves in the village is less when compared to city. Life skills are the skills where one tries to shift to other places easily and in some cases, it provides a good, healthy and positive attitude which makes the individual work even better with the tasks that are linked with their daily routines. Life skills are the skills that may vary from one country to another and sometimes from one culture to the other. The life skill mentions the tradition we belong to and the culture which we follow. Life skill could even be taught to the children at a younger stage itself. Children would slowly develop the skills through the practice. For example, if we take decision making as a skill, we know that it teaches the child to analyze whether he / she has taken the correct decision, whether it would be correct or not. Decision making teaches the child to take the correct decision.

There are research reports to find out whether the teaching skills in this method are effective or not among the students in the elementary classes. The people who did the research are (Errecart et al 1991), (Perry and Kelder -1992). Life skill makes people more self efficient and confident. It motivates us and makes us mentally strong. It also relieves us from the mental disorders and the conditions. It also makes us to feel strong at the difficult times. WHO is promoting the teaching of the life skills in the education system. Many young people have nowadays started learning life skills and equipped themselves to the life skill. Life skill helps them to cope with the mental pressure that they face in the society. Life skills helps them to manage the stress that arises It helps in the betterment of life .We mostly think that when the child becomes an adult it would learn the skills from its parents but it would be too late for the child to learn the activities .This skills teach us that how to manage in life and must be taught to the children early. Writing and reading are not the only important technical skills. There are some more skills that the children must learn at the early stage. The basic things must be taught to the students in the educational institutions. Life skill is considered to be one of the important effective and efficient skill among the young people. The methods of teaching the life skills would vary among the person to person and their environment and the things they go around, The methods of teaching life skill would be completely different on seeing that on what environment they have been brought up. This theory is considered to be the Social Learning Theory by Bandura (1977).

Learning is known to be active acquisition and noticing process through number of experiences. The method used to make this active involvement include more people working in groups. They even conduct more role plays at the school level to make the student involve actively in the groups like conducting debates. They mostly work in small teams. A good life skill could be transmitted to the students through a good teacher. The teacher must be a good role model to the student, and they must have a friendly attitude so that the students participate actively. The teacher must help the students learn how and when life skill could be used. Life skills are mostly taught in most of the educational centres around the world. In some parts of the world only they are introducing life skill at school level. While in other places it has been conducted at all age groups widely. In some countries, there are several life skill initiatives who organize in different groups in the world and create an awareness. For example, educational institutions and religious groups. Training the life skill teams will need to be trained on the theoretical basic and about the objectives and methods which would be correct in the life skill education as well as in life. The training must be effectively useful so that the students would know how to evaluate life. The training would be based on the Development skills.

Life skill events could be conducted for people of all age groups. Some of the life skill events are more effective in the age group of 6-16 years they also mention that this age is active to go through changes and development so it would be effective in learning. Some skills are pre planned and arranged for the effective teaching. Life skills are considered to be important aspect

and the equal importance must be given. It is considered to be the tool for the development of the child . It makes the child active and smart independent and to take the choices on their own. It promotes the child in the thought process and teaches him how to act among the peer groups and society. It helps to know how to react in the particular point of time. This also helps to act alone without not depending on their parents. Life skills are nowadays taught in schools as part of the school syllabus.

Subjects such as school health education etc., are introduced in schools. More points and suggestions are given to the students to react in this society and to make the student strong in the society and to face the tough times. When life skills are added to the school curriculum it becomes integrated. Life skills are also taught among the academic subjects like teaching English for the communication skills. Life skills are being taught for the development and growth in the life. It would help the children to lead the happy and peaceful life. It teaches tips to manage life. Life skill could even be included in extra curriculum or in the optional subjects. These are the skills that they must be taught effectively to all age groups because now in some places the elderly people are not able to tackle all the problems so it is better to have the life skills to all people either at the workplace or at the schools .Life skills helps to be positive and makes each and every one individual aware about the task that they would face in their daily lives . There are some important elements in the life skill to be learned for the successful achievement.

Coping with Emotions

It makes them realize the emotion and pain within us and others and also makes realize and act according to it and respond according to it. Sometimes deep thinking might affect health. Life skills teach that how to cope with the emotions.

Coping with Stress

- Source of tension is stress in our life. It teaches us how to control stress?
- How could the stress be reduced?
- It could mostly done through the change of places.

Decision Making

- Helps to make proper decision in lives.
- Must check whether it is correct or not.
- Suitable in our life or not.
- Sometimes some problems remain unsolved. we must check again and again as to how the decision could be made. Life skills help to analyze the solution.

Creative Thinking

- Contributes in both decision making and problem solving.
- Enables to explore the problem.
- Makes to think differently.
- Tries to think in the different angle and come out.
- Explores more helps to tackle in the different portion of time.

Critical Thinking

- Enables to think differently.
- Analyze the problem in the different aspect.
- Correct attitude towards life.
- Analyze information into experience.
- Development in the life.

Effective Communication

- Help to establish more effectively.
- Communicate the information in the written and in the oral form.
- Through this, emotions inside are expressed.
- Interpersonal relationship skills.
- Makes to relate with the people.
- Communicate effectively.
- Friendly atmosphere and environment.
- Helps to maintain the relationship among family members.

Empathy

- Through this we would be able to know others pain.
- It mostly teaches the pain that others face.
- Life skill teaches how to come out of that pain.
- Helps to create the positive attitude to the other people's pain.
- People realize that their care is important to others.

Benefit for the Individual

- Problem solving and different aspects of thinking.
- To take up the responsibility in life.
- Build up confidence in team work.
- Tend to analyze and make choices.

- Create something and share.

Benefit as an Employee

- Managing as self.
- Commitment to solve problems.
- Engaging in Team work.
- Time and people management.
- Flexible work environment.
- Recognize cultural awareness.
- Allows creativity and imagination.
- Ability to communicate.

Life Skill Education Teaching

- Dynamic teacher and learning.
- Working among groups.
- Brain storming.
- Participation in role plays.
- Experimental learning.
- Games and debates.

Conclusion

Life skills are important in our life to lead a happy life. Life skills teach us more values to begin it at an early age as it is important for leading a healthy and long life.

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