
Importance of Life Skills InTeacher Education.

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Abstract

21st Century is also known as the age of Generation Z. It is an age of technology and tremendous Competition. In today's times each and every individual must be aware of and must be ready for taking benefits of future opportunities using his knowledge, skills and attitude and be able to adjust himself to various situations. Every individual in this society has to face conflict, competition and stress in every walk of life. Nuclear Families have high expectations from their kids. There is undue comparison with other students and all this affects the child's mind which results into number of problems such as fear of failure, suicides, aggression, complex (inferiority or superiority complexes), loneliness, criminal attitude anxieties etc. Many times students become victims of ragging in colleges. To avoid consequences of factors it is important to impart life skills in school education and for that teachers must have knowledge of giving life skills to their students.

It is important to produce professionally capable and developed teachers who can understand problems and needs of students and respond accordingly. Teachers can be made professionally competent by teaching them life skills through teacher education program. Once the teacher acquires these life skills he can apply them in their personal life as well as implementing it in teaching. Hence pre service teacher education should plan to include life skills in the syllabus itself. This will enable the teachers to think independently, to upgrade themselves to respond according to students' needs. This paper discusses about the importance of life skills in Teacher Education.

Key Words: Life Skills, Education, Society, Teacher Education.

Importance Of Life Skills In Teacher Education.*Dr Bilal R. Shah***Introduction:**

Many definitions help us to understand what actually life skills are.

Every person needs a set of social features and personal capabilities to interact with other people in and around the ambience that he is surrounded with and to make the decisions which require high ability, also to find solutions to various kinds of problems. Moreover, the skills prerequisite to deal with any condition to get the desired outcome are called life skills. Life skills can be developed through encouragement to adapt to society and promote positivity in personal behaviours and by adopting a positive perspective towards work.

Life skills are fundamentally and principally those abilities that help promote mental well-being and competence in young people as they face the realities of life. Most of the professionals agree that life skills are generally applied in the context of health and social events. They can be utilized in many content areas: prevention of drug abuse, sexual violence, teenage pregnancy, HIV/AIDS and suicide prevention. The definition extends into consumer education, environmental education, peace education or education for development, livelihood and income generation, among others. In short, life skills empower young people to take positive action to protect themselves and promote health and progressivesocietal relationships

According to WHO the life skills are *“the abilities for adaptive and positive behaviour that enable individuals to deal effectively with demands and challenges of everyday life”*.

According to UNESCO the life skills are *“A behaviour change or behaviour development approach designed to address a balance of three areas: knowledge, attitude and skills”*.

In order to make a successful return to family, community and workplace; individuals who leave correctional facilities need an array of life skills. Most importantly, ofcourse, are the basic skills; reading, writing and arithmetic-which are usually offered in adult education programs in correctional facilities. However, being literate alone does not ensure a successful transition to independent living and a job.

In order to seek a job in any sector, a person must fully be acquainted with the skills of writing an application, letter or resume; how to prepare for and participate in a job interview. In order to sustain with the requirements of the job, the person needs a number of social skills: he or she must know how to get along with peers, deal with supervisors and other senior authorities; and provide timely, responsible and consistent performance output.

Objectives:

The main objectives of the life skills are:

To Develop Positive Attitudes

To Develop Positive Social Skills & Etiquette and Effective Communication Skills

To Learn How to Think and Make Correct Decisions

To Develop Organizational Skills and Time Management Skills

Developing a Healthy Lifestyle: personal Hygiene & Nutrition
Learn How to improvise in Pressed Situations
Learn Money/Credit Management Skills
Identify Career Choices and follow through
Learn Employment Seeking & Job Interviewing Skills
Learn how to prepare for responsible independent living
How to be a positive influence in the Community: Good Citizens and Leaders and more...

Life Skill education is to enable the learner to develop a concept of oneself as a worthy and dignified person. It should help one to understand oneself and lead to growth in personal responsibility.

Importance of Life Skill Education:

Life Skills help adolescents to transit successfully from childhood to adulthood by healthy development of social and emotional skills.

It helps in the development of social competence and problem solving skills, which in turn help adolescents to form their own identity.

It helps to weigh pros and cons of the situation hence, act as a mediator to problem behaviour.

It promotes positive social, norms that an impact the adolescent health services, schools and family.

It promotes the development of positive self-esteem and teachers' anger control.

The importance of life skills vary from person to person. Life Skills include mental, physical, social, psychological, spiritual and environmental. In other words, the more you know about the life-work, play, social and so forth, the better you will adjust and more you will learn.

You live in a social environment and need to be able to interact with other people as well as be able to cope with life's challenges. So there are some very important basic life skills which enable you to do these things, otherwise you would find it difficult to cope in today's society. UNICEF, UNESCO and WHO list the ten core life skill strategies and techniques as: problem solving, critical thinking, effective communication skills, decision-making, creative thinking, interpersonal relationship skills, self-awareness building skills, empathy and coping with stress and emotions. Self-awareness, self-esteem and self-confidence are essential tools for understanding one's strengths and weaknesses. Consequently, the individual is able to discern available opportunities and prepare to face possible threats. This leads to the development of a social awareness of the concerns of one's family and society. Subsequently, it is possible to identify problems that arise within both the family and society. With life skills, one is able to explore alternatives, weigh pros and cons and make rational decisions in solving each problem or issue as it arises. It also entails being able to establish productive interpersonal relationships with others.

Types of Life Skills:

1. Respect for One's own-self-If you donot have respect for yourself, then nothing else matters.Having respect for yourself” means that you can view yourself from a number of different angles, and by viewing yourself in these different angles, you will be capable of having a greater awareness of who you are, and you will also be able to become the person you want to be. When you can take a step back and understand how you cause certain events to occur in your life, you will have the ability to control your life at will.

2. Having a Full Attention Span- We live in a day and age where it is hard to concentrate and focus our attention on one thing. If you can develop the ability to put your entire being into anything you're doing, you will become skilled at everything you do, and you will enjoy the beauty of every moment. Not only will your business relationships improve, but so will your personal relationships swell.

3. Concentration:- Concentration and the attention span could be thought of as siblings. To succeed in today's world, you must learn how to concentrate on the things that matter to you.Yes, this is easier said than done, since we all have a multitude of distractions, but learning the art of concentration can allow you to succeed in business, academia, or in any other field you choose to enter. To become skilled at concentrating, you must be able to practice, and practice a lot.

4. Memory:- Our brains are more powerful than any super computer on the planet, and yet, most of us fail to harness the full potential of our creative capabilities. Our memory is one of”the most important functions of our brains The ability to recall important information,as well as committing information to memory is an important skill that most colleagues fail to teach their students.

5. Listening: For many of us, the ability to listen has become almost a lost art. We live in a society today where it seems like everyone wants you to listen to them, but few want to listen to you. We all know how frustrating this can be, but being able to listen to others can give you a great deal of power, since people will feel comfortable confiding in you. The first step in becoming a good listener is to listen to your inner being. If you're a good listener, you will be an excellent spouse, employee, business partner and parent.

6. Imagination: This is a key life skill which separates the ordinary person from the extraordinary. Graduating from college “will not” give you this skill, no matter how high your GPA is. Imagination is a skill which allows you to think in new ways, to come up with

fresh ideas or to combine two or more distinct ideas which allows you to create entirely new concepts. There is not a single discovery in history of any significance that was made by someone who didn't use their imagination.

7. Reasoning: Reasoning is connected to the ability to enhance the memory, as well as imagination. Reasoning is directly connected to discernment. If you can learn from any experience, you will immensely develop this skill.

8. Intuition: Intuition is the ability to grasp the truth. A person who is intuitive can draw upon their previous experiences and knowledge in order to solve complex problems. A person who is intuitive also has the ability to make sound decisions.

Life Skills-Based Education (LBSE) is being adopted as a means to empower young people in challenging situations. LBSE refers to an interactive process of teaching and learning which enables learners to acquire knowledge and to develop attitudes and skills which support the adoption of healthy behaviours.

National Curriculum Framework 2005 while discussing on objectives of Education mentioned that every person should have ability of thinking and making Ethical decision independently.

Benefits of the Life Skills

- √ Complete Personality Development
- √ Development of Community through interpersonal Skills
- √ Social Development
- √ Development of Environmental Skills
- √ Social Health Development
- √ Increased Pro-Social Behaviour and
- √ lessened Violent Behaviour
- √ Decreased Negative, Self- Destructive Behaviour

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- √ Increased the ability to plan ahead and
 - √ Choose Effective Solutions to Problems;
 - √ Increased Acquisition of Knowledge;
 - √ Improved Classroom Behaviour, gains in self-control and handling of interpersonal problems and coping with anxiety; and improved constructive conflict resolution with peers, impulse.
 - √ Control and Popularity.

Conclusion:

Every individual in this society has to face conflict, competition and stress in every walk of life. Nuclear Families have over expectations from their kids. There is undue comparison with other students due to lack of art of parenting. All this affects the child's mind and results into number of problems such as fear of failure, suicides, aggression, inferiority or superiority complexes, loneliness, criminal attitude anxieties etc. Many times students become victims of ragging in colleges. To avoid consequences of factors it is important to impart life skills in school education and for that teachers must have knowledge of giving life skills to their students. Hence life skills education should be a part of school education and teacher education.

To make a successful family, community and workplace, individuals use an array of life skills.

Life Skill Education makes a person balanced adult and creates a meaningful society

Paediatricians have a great role to play by learning & teaching this course.

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