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TEACHING AND LEARNING *LIFE SKILL EDUCATION FOR EXALTATION OF HUMAN LIFE*

Ms. Bijali Shripal Dadape

Associate Professor, Govt. College of Education, Panvel

Abstract :

A Learner can make an immense contribution to society if they are given proper support and space through informed interaction. Life Skills Education plays vital role in creating awareness and providing guidance and direction to them, It empowers a learner with improved decision making skills, abilities that promote mental well being and competencies to face the realities of life.

Life Skill Education would enable learners to articulate their issues and know their rights, build their self esteem and self confidence, and develop the ability to take responsibility for self, relationship and society around them. Researches recommend that schools foster these skills by providing students with opportunities to improve their life skills. So the major objectives of Life Skill Education are to develop skills to exalt the learner, all the human to real life situations in positive and responsible ways. A student, who apply life skills in his/her life, he/she becomes positive, responsible citizen of nation and globe also.

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Introduction :

A skill is a learned ability to do something well. So life skills are the abilities that individuals can develop to live a fruitful life.

WHO defines life skills as, "the abilities for adaptive and positive behaviour that enable the individuals to deal effectively with the demand and challenges of everyday life."

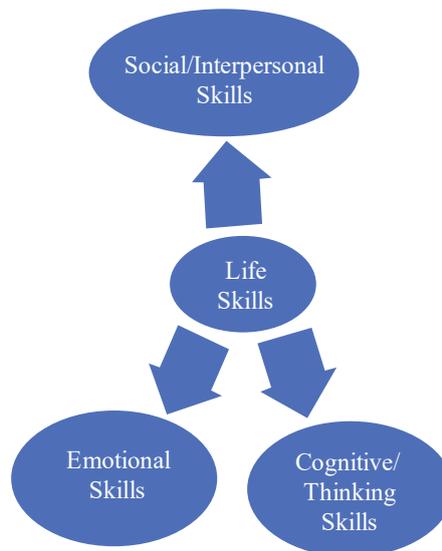
Here 'adaptive' means that a person is flexible in approach and is able to adjust in different circumstances and 'positive behaviour implies that a person is forward looking and even in challenging situations, can find a ray of hope.

UNICEF defines life skills as "a behaviour change or behaviour development approach designed to address a balance of three areas; Knowledge, Attitudes and Skills."

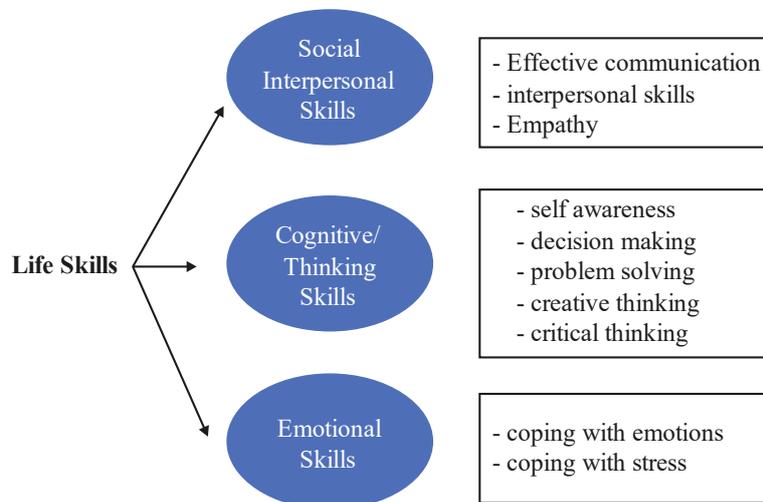
Life skills are defined in the Targeting Life Skills (TLS) Model (Hendricks, 1996) as "skills that help an individual to be successful in living a productive and satisfying life."

Life Skills includes psychological competencies and interpersonal skills that help people make informed decisions solve Problems, think critically and creatively communicate effectively, build healthy relationships, empathize with others, and manage their lives in a healthy and productive manner.

Life Skills -Categories :



Social/Interpersonal Skills :



Life Skills :

1. Effective Communication :

Effective Communication means that we are able to express ourselves, both verbally and non verbally, in ways that are appropriate to our cultures and situations. This means being able to express opinions and disires and also needs and fears. And it would also mean being able to ask for advice and help in the time of need.

There is a need to establish effective communication in a variety of contexts through a variety of forms both, intrapersonal and interpersonal, intra-nation and inter nation.

In our culture there is a moral in this context - 'Meetha bolo,' satya bolo' katu kabhi na bolo," effective communication skill help as in building team work, strengthening strong communication process, minimizing miscommunication. All these are an important factors in terms of qualitative production and service at work place. Good listening is also a part of communication and it plays an important role for effective communication.

2. Interpersonal Relationship :

Interpersonal relationship skills enable us to make and keep friendly relationships, which can be of great importance to or mental and social wellbeing. Interpersonal relationship skill help us to relate in positive ways with the people we interact. We must try to have a cooperative approach while working in a group to have good relationship with others .Effective interpersonal relationship will help us to bind professional as well as personal relationship at work place. It has direct relationship and association in increasing the value and quality of product and service. It is proved by research that effective interpersonal relationship has greater value at work place.

3. Empathy :

For a successful relationship with others, we need to understand and Care about their need, desires and feelings.

Without Empathy we can't imagine , think and interact on any one's need, desires and feelings,

Empathy is ability to imagine what life for another person, even in a situation that we may not be familiar with. , A

Marathi Saint Tukaram says ->

“साखरेची चव मुंगी कैसी चाखे । जावे त्यांच्या वंशा तेव्हा कळे ।
कासवाची पीले दूध कैसे पिती । जावे त्यांच्या वंशा तेव्हा कळे ।
पाण्यातला मासा झोप घेतो कैसा । जावे त्यांच्या वंशा तेव्हा कळे ।
तुका म्हणे संत कैसे वळखावे, आपण संत व्हावे, तेव्हा कळे ।”

Here saint Tukaram says that we should be sensitive towards all beings including animals. Empathy is essential to develop successful relationship with our loved ones and society at large. Without empathy, our communication with others will amount to a one way traffic. This can improve social interactions especially in situations of ethnic or cultural, diversities . Empathy can also encourage nurturing positive behavior towards people in need of care and assistance or tolerance.

4. Self awareness :

One should know within her/him all her/his strengths and weaknesses; so the person can develop strengths and give up the weaknesses. It is the key to excellence . Also we should accept ourselves with all our strengths and weaknesses, so the feeling of self esteem will develop. According to Mahatma Gandhi, "A Man is but the product of his thoughts, what he thinks , he becomes, "Our thought process is very important in our personality building.

Saint Tukaram says, “जाणवे आपणाशी आपण, तया नाम आत्मज्ञान” Know thyself is a key to a better human being.

5. Decision Making :

We all face challenging situations in our day to day life. Many of them involve decision making. We should critically examine different situations and rationally use different elements involved in decision making to get the situations.

- Decision making is a process involving sequential steps. Decision making process involves challenges, choices and consequences. While Decision making we need also hand in hand skills like self-awareness, problem solving creative thinking and also critical thinking.

6. Problem Solving :

Initially a problem seems to be really big ,but as we look at probable solutions, it starts getting solved . We should use thinking skills to identify a problem.

Problem solving is an art to be mastered. It is better to try solving a problem using suitable methods and procedures. These tools help in reaching to a rational solution. Brainstorming discussions creative and critical thinking extremely important for problem solving.

7. Creative Thinking :

Creative Thinking will help in innovation , decision making and problem solving in our day to day life. The skill need to be developed and practised at school level and as well as college level. Creative thinking helps one to responds with flexibility to different situations .

It is important to understand what exactly creative thinking is and how it helps one in handling real life situations. It requires innovation and giving new shape to things. To nurture creatively is to think and brainstorm. Brainstorming natures creativity.

8. Critical Thinking :

Critical thinking skill is an ability to analyse information and experiences in an objective manner. It will lead and increase the ability of a person to think creatively and analytically in their day to day learning. We should develop logical thinking , so that it is useful for critical thinking . Critical thinking skill involves some related skills liked analysing, reflecting, querying evidence, conjecturing alternatives, drawing conclusion, stating results, justifying procedures, presenting arguments , self regulation etc.

9. Coping With Emotions :

There is need to learn self management , When we express appropriately emotions can lead to the fulfilment of needs without hindering the needs of others , Also appropriate expression of emotions can lead to stronger relationships and more satisfying situations. We should learn positive ways to express our emotions , that are not harmful to others. We have to be taught coping mechanisms such as coping with shyness loneliness , depression, fear , anger, failure, criticism , conflict , sexuality alcoholism and transform us. Yoga ,pranayam, hobbies are same useful activities for coping with emotions.

10. Coping with stress :

To manage the stress is an art. All of us experience stressful situations in our life. There are healthy and unhealthy ways to cope with stress. Sharing feelings with a person you trust is healthy,when feelings are not shared or expressed, then pressure builds up inside the person and the effect can be harmful. Positive

attitude, sense of humour, accepting things, creativeness, are helpful for coping the stress in good manner. There are also healthy, ways to relax and recharge like walking, excises, yoga, deep breathly , meditation, listening to music, writing diary, spending time in nature etc.

All these skills are interrelated each other. Together, they are responsible for our psychological competence, physical-mental wellbeing. We should get knowledge about these life skills, create positive attitude towards these and the main thing is that we adapt these life skill in our life as a habit. This as a right path to be healthy and balenced person, a responsible citizen.

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