

Life Skills for a Better Tomorrow

Sri Akash Maharana

Lecturer in Education, Biju Patnaik Degree college, kundra, koraput, Odisha

Abstract:

In today's fast-paced world, violence, conflict, and stress are rampant, and issues like gender and ethnic discrimination, crimes against women and children, health problems, and HIV/AIDS are prevalent. The youth, particularly adolescents, are vulnerable to frustration, despair, and negative influences, leading to poor decision-making and destructive behaviour's. Life skill education is essential to empower adolescents to navigate these challenges, develop healthy coping mechanisms, and become competent citizens. This education can help them build resilience, social and emotional intelligence, and make informed decisions, ultimately leading to a healthier and more fulfilling life.

Keywords: Life Skill Education, Young Youth, Modern world .

Introduction:

A lifestyle skill is a system that enhances efficiency and enables individuals to tackle life's challenges effectively, leading to a fulfilling and successful life. Life strategies involve finding solutions to various problems, taking responsibility, and managing personal affairs through learned techniques and healthy approaches. Life skills, also known as Targeting Life Skills, facilitate holistic development and effective social functioning. According to the World Health Organization, life skills enable individuals to cope with everyday demands and challenges. Life skill education is a valuable program for youth, promoting self-awareness, skill assessment, and personal growth. It's particularly crucial during adolescence, empowering young people to take responsibility, initiative, and control, ultimately benefiting society through the development of capable and confident individuals.

The current education system prioritizes theoretical knowledge over practical skills, attitudes, and values, leaving students unprepared for real-world challenges. Today's youth face numerous issues, including poverty, mental health concerns, unemployment, and social problems like substance abuse. To address these concerns, education should focus on skill development, enabling students to apply knowledge practically and tackle life's complexities effectively.

Objective of the study:

“Exploring the Significance of Life Skill Education in Modern Times.”

Purpose of the study:

Integrating life skills education into the current system can empower youth to tackle real-life challenges, promoting healthy coping mechanisms and positive adaptations to societal changes. By focusing on life skills, we can redirect youth engaged in anti-social activities towards more constructive paths, enhancing their overall well-being and social adjustment.

Analysis:

This study employs an analytical approach, utilizing secondary data sources such as books, journals, magazines, and online resources to gather relevant information.

Importance of life skill education:

Life skills education is crucial for children's overall development, enabling them to make informed decisions and cultivate a positive attitude. By acquiring life skills, individuals can improve their well-being, achieve personal growth, and succeed in various aspects of life.

Adolescence is a crucial phase of life where acquiring life skills can significantly impact personal growth and societal contribution. Life skills education empowers individuals to tackle life's challenges, develop essential qualities like leadership, responsibility, and communication, and cultivate determination. By building these skills during adolescence, individuals can unlock their full potential and become confident, capable, and compassionate members of society.

The path to success is challenging, but life skills education empowers individuals to overcome obstacles with determination and purpose. By cultivating determination and essential social skills like empathy, respect, and self-esteem, individuals can navigate life's complexities and achieve their goals. Life skills education plays a vital role in developing these crucial skills, enabling individuals to thrive in personal and professional settings.

A person's future is shaped by the skills they acquire, including practical skills like craftsmanship, art, and music. Life skills education is essential for developing these skills, as well as essential life skills like discipline, loyalty, and a positive attitude. Additionally, life skills education promotes healthy habits, such as regular eating, cleanliness, and stress management through activities like yoga and reading. By acquiring these skills, individuals can lead fulfilling lives. Acquiring skills is crucial for a person's future, and life skills education plays a vital role in developing these skills. Essential life skills like discipline, conscientiousness, and a positive attitude help individuals succeed in various areas, while healthy habits like regular eating, cleanliness, and stress-reducing activities promote overall well-being. Life skills education is essential for personal growth and development.

Life Skill:-

1. **Self-Awareness:** Recognizing one's emotions, strengths, and weaknesses to make informed decisions.
2. **Empathy and Compassion:** Understanding and sharing others' feelings to build strong relationships.
3. **Decision Making:** Weighing options, considering values, and choosing the best course of action.
4. **Communication:** Expressing ideas clearly, confidently, and persuasively.
5. **Thinking Skills:** Analysing information, solving problems, and generating new ideas.
6. **Problem-Solving:** Identifying problems, finding solutions, and implementing effective plans.

Values of Life Skills Education:

1. Develops self-confidence and emotional intelligence.
2. Enhances problem-solving, critical thinking, and decision-making abilities.
3. Prepares adolescents for modern society's challenges.
4. Fosters overall development and mental well-being.
5. Empowers young people to achieve their goals.

Conclusion:

Life skills education is crucial for adolescents' physical, emotional, and mental development, enabling them to navigate life's challenges effectively.

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