

Integrating Life Skills In Education

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Abstract.

Human beings are a complex mixture of knowledge, skill, attitude and behavior. People constantly interact with each other, their inner selves and the environment. As a consequence, children grow up into adolescence and adulthood; they need to acquire the knowledge, skill and attitudes that will enable them to handle themselves and their environment successfully.

Traditionally, education attempted to address this holistic view of human personality through the informal education system. The formal education system, on the other hand, has tended to privatize knowledge at the expense of other aspects of our personalities, believing that an increase in knowledge will automatically lead to positive changes in attitudes and behavior.

In a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life. The dramatic changes in global economics over the past five years have been matched with transformation in technology and all these factors have an impact on education, work place and home life. To cope with increasing pace and change in modern life, students need new life skills such as the ability to deal with stress and frustration. Today's students will have newer kinds of jobs with associated pressures and the need for flexibility.

Key words: Life skills Education, Employability, and Human beings.

INTRODUCTION

Life skills are something of a buzz word not only in education, it is also the focus of discussion across a range of industries around the world. Life skills have been defined by the World Health Organization as "abilities for adoptive and positive behaviors that enable individuals to deal effectively with the demands and challenge of everyday life."

Education is a process that enables students to take their place in society as effective learners, as effective professionals and as effective citizens and there is always a mismatch between the knowledge in the classroom that the students will acquire and outside the classroom what the students will apply on their employment. Especially in the Indian education system, most of the curricula adopted traditional and theoretical methods of education, which will not be satisfied by the employer. In industry or the IT/BT companies, they require applied knowledge.

Therefore, now the scenario has changed there is an improvements in the Indian Education System. Many traditional methods of syllabi have included life skills concept based education.

This paper has mainly foreseen an importance of life skills in education of the students, their future personal life and for employability because life skills provide platform to the students to learn, like how to build self confidence which is essential for every walks of life of the students how to learn, creative & critical thinking, making connections, expressing the views, managing time, getting good advice etc.

Review of Literature

To promote life skills identified by world Health Organization number of agencies have initiated by collaborating with the Govt of the countries in the world. WHO, WBO, UNICEF and UNESCO have developed different projects to promote the life skills. The life skill is a new concept and more research works were done by the NGOs. Small projects for promoting life skill education in different countries of the world by NGOs.

The WHO has initiated NIMHANS to work to impart life skill Education to citizen of the country with country context. As the problems prevailing in India were more related to adolescent group, the life skills were seen as means to improve their health and modules were developed for inculcating the life skills as one component of Adolescent Education at school level & different modules prepared for secondary and soon. NIMHANS has to prepare modules for the Adolescents to prevent HIV, AIDS, mental health. They prepare a developmental programmes for youths like life skill training programmes, youth empowerment, Reduce consumption of drugs & Alcohol, Sexual health & Adolescent education.

Objectives

The objectives of this paper are

- 1) To know the importance life skill based education to their student's life.
- 2) To know how the life skill based education is important at for their personal life.
- 3) To know how the life skill based education is important at for their employability.

Research methodology

In this conceptual article used primary data collected by 50 students as 50 samples who have gone through life skill training in our college. Some 5 different questions framed & given it to the students to test the hypotheses. After observing the samples it is said to be alternative hypotheses because 50 students given the response as life skill based education benefits to their personal life, education and employability.

Importance of life skill to education

- Life skills enable them to improve their body language.
- Life skill educates the students to build a good peer team.
- Life skills make the students to take decisions in critical conditions.
- Life skills prepare the student to face the challenges.
- Life skills make the students to be self confident.
- Life skills teach them time management.

Life skills make students to cope – up with stress it may be exams or family matters.

3. Importance of Life skills for employment

In Indian Education System will mismatch with Industry requirement Nowadays there is reducing trend in mismatch, because of life skill education, now students can deal with the stress and frustration. Today's students will have many new jobs over the course of their lives, with associated pressures and the need for flexibility.

According to research by the CBI (Confederation of British industry) in 2011 employers were looking not just for academic success but key employability skills including,

1. The ability to self manages, solves problems and understands the Business environment.
2. Working well as part of a team.
3. Time and people Management
4. Ability and adoptability to different roles and flexible working environments
5. The potential to lead by influence

Importance of Life Skills to Their personal life

1. Life skill based education make the individuals to balance their personal life & professional life
2. Life skill tips will make individuals to solve family clashes.
3. Recognize the impact of their actions and teaches them a lessons to take up the responsibilities for what they do rather than blame others.
4. Build confidence both in spoken skills for collaboration and cooperation of family members.
5. Develop a greater sense of self awareness and appreciation for others.

As a teacher what life skills should be adopted in class.

For younger students the teacher has a greater influence on the class room environment A teacher can be harder in telling students to be well dressed, well behaviour punctuality. so a teacher can create the gurukul kind of atmosphere in the classroom, sitting on the floor, doing activities based on the curriculam solving cases based on the sullabi, testing their emotional intelligence like empathy, co-operation or fairness etc.

Conclusion

The life skills based education means to develop healthy person to the society. Education makes the students healthier, harder and emotionally strong. A teacher is a facilitator to inculcate the life skill based education in her classroom. But before that, life skill training to be given to a teacher to adopt and develop those skills into her class & make her students a well civilized citizen of the country. Because a teacher s having that capacity of conversion of sword in to a pen by teaching life skills.

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