



“A STUDY ON THE NEED OF LIFE SKILL EDUCATION FOR ADOLESCENTS WITH SPECIAL REFERENCE TO THE KALIABOR SUB-DIVISION OF ASSAM”

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ABSTRACT

Life Skill Education is aimed at facilitating the development of psychosocial skills that are required to deal with the demand and challenges of day to day life.

The purpose of the study is to find out the need of Life Skill Education for the adolescents of Kaliabor area to cope with the life situations they

have to face during this period of mental and physical transition from childhood to adulthood. The method adopted for the study is survey method. Ten secondary schools of Kaliabor area with the Head of the institutions and fifty students, five from each school, were selected randomly as the sample of the study. After completing the study it was found that most of the adolescents have high level of aspiration towards their lives, but they often have to face difficulties regarding the fulfilment of their aspirations due to the inefficiency of decision making and other challenges of adolescence. It makes them restless. As the Life Skill Education aims at making people adaptive and capable in every situation of life, it can be considered as very essential tool to make the adolescents capable to be adaptive

and to survive in various life situations.

KEYWORDS : Life Skill Education , psychosocial skills , demand and challenges .

INTRODUCTION :

Life Skills are associated with managing and living a better quality of life. Life Skills Education is a procedure which starts discovering that intends to improve positive and versatile conduct by encouraging people to create and hone psycho-social aptitudes and work viably in social environment.

World Health Organization clarifies Life Skills as the capacities for versatile and positive conduct that empower people to bargain viably with the requests and difficulties of ordinary life. Jomtien Declaration on Education of 1990 viewed Life Skill Education as a fundamental learning device for survival, limit advancement and quality life.

LIFE SKILLS

- L : Learning
- I : Identity and Self Awareness
- F : Fitness and Health
- E : Emotional Development
- S : Solving Problems
- K : Kindness
- I : Intimacy
- L : Living in Balance
- L : Letting Go and Holding On
- S : Surviving

CORE SKILLS LIFE SKILL

The core skills of life skills can be placed under three broad categories.

1. SOCIAL SKILLS:

a. Communication

- b. Interpersonal Relationship
- c. Empathy
- d. Self Awareness

2. THINKING SKILLS:

a. Problem Solving

- b. Decision Making
- c. Creativity
- d. Critical Thinking

3. EMOTIONAL SKILLS:

a. Coping with Stress

- b. Coping with Emotion

1. Social Skills:

- a. Communication: Ability to express appropriately and listening other person.
- b. Interpersonal Relationship: Ability to regulate relationships with others.
- c. Self Awareness: Ability to recognise self, self character, self strengths and weakness, self desire, likes and dislikes.
- d. Empathy: Having a positive behaviour towards people in need, being tolerant and understand unfamiliar situations.

2. Thinking Skills:

- a. Critical Thinking: Analysing situation, information and experiences in an objective manner.

- b. Decision Making: The process of assessing an issue by considering all possible available options and choosing one alternative.
- c. Creative Thinking: Generating appropriate and novel solution to problems of all domains related to life.
- d. Problem Solving: Ability to confront with problems, formulate choices, select appropriate choices and choose the most suitable one repeating the process until an appropriate solution is reached.

3. Emotional Skills:

a. Coping With Stress: Recognising the source of stress in life and its effect on life and finding ways that help to control the level of stress.

b. Coping With Emotion: Ability to recognise emotions in others and self, being aware of how emotions influence behaviour, and being able to respond to emotions appropriately.

Need of Life Skill Education for the Adolescents:

The adolescent period is a vital stage of growth and development that marks the period of transition from childhood to adulthood. It is a period of rapid physiological changes and psychological maturation. In this stage of life people extend their relationships beyond their parents and family, and peer influence is seemed to be in dominating mode. The young people like to maintain relationship with outside world. In adolescent period the cognitive maturity makes the people more analytical. They become capable of abstract thinking and thus wish to develop independent ideology. During this period the adolescents usually face certain difficulties, such as:

1. Academic Pressure.
2. Peer Pressure.
3. Self Expectation.
4. High Parental Expectation.
5. Emotional Hazards.
6. Self Image and Self Esteem.
7. Communication Problem.
8. Pressure related to puberty and other physiological development.

The Life Skill Education aims at teaching of requisite skills for surviving, living with others, communicating effectively making interpersonal negotiation, self regulation and decision making. It helps to succeed in a complex society. Since Life Skill Education deals with the psychological, physical, sexual, vocational, cognitive, moral, ego and emotional aspects of human life, it is highly needed for the adolescents to cope with the challenges of the period of stress and storm.

Purpose of the study:-

The present day complex society makes human life hard to live smooth. Life Skill Education is highly essential in this context. The purpose of the present study is to find out the need of Life Skill Education for the adolescents of Kaliabor area to cope with the challenges of the age of transition from childhood to adulthood.

OBJECTIVES:-

1. To find out the aspirations of the adolescents of Kaliabor area.

2. To find out the difficulties that the adolescents of Kaliabor area usually face.
3. To find out the need of Life Skill Education for the adolescents to cope with their difficulties.

HYPOTHESES:-

1. The adolescents have high level of aspiration.
2. Inefficiency in making rational decision is the difficulty that the adolescents usually face.
3. The Life Skill Education is highly essential for the adolescents to prepare themselves for quality life.

SAMPLE:-

Purposive sampling has been applied to select the sample. First, 10 schools including 6 high schools and 4 higher secondary schools were selected from Kaliabor block. All the Heads of the 10 institutions have been selected as sample. In second stage 50 students (25 boys and 25 girls) have been selected as sample of the study from the selected schools.

Tools:-

Three questionnaires have been prepared to collect the required data. The first and second questionnaires are prepared for the students of secondary and higher secondary level. The third questionnaire is prepared for the Heads of the Institutions from the selected schools.

Data Collection:-

For the present study Descriptive Survey Method has been applied. Heads of the Institutions of the selected schools were approached and requested to fill up the questionnaire to collect relevant information about the problems and needs of their secondary school students. The students, selected for the present study, were also requested to fill up the questionnaires.

Question wise analysis of the data in simple percentage :

SL. No.	QUESTIONS	YES		NO	
		COUNT	%	COUNT	%
1	Do you have aim in life?	50	100%	0	0%
2	Do you think values have importance in your life?	30	60%	20	40%
3	Do you believe money is more important than values to live life?	42	84%	8	16%
4	Do you feel any responsibility towards your family and society?	50	100%	0	0%

To focus objective 1 two another questions were included in the questionnaire

S L. N O	QUESTION	DOCTOR		ENGINEER		CIVIL SERVICE		TEACHER		OTHERS	
		COUNT	%	COUNT	%	COUNT	%	COUNT	%	COUNT	%
5	What do you want to be after completing study	15	30	10	20	05	10	07	14	13	26

SL No	QUESTION	Successful human being		As wealthy person		As famous human being		As an asset for the society	
		Count	%	Count	%	Count	%	Count	%
6	How would you like to live your life?	12	24	21	42	10	20	07	14

Diagrams:-

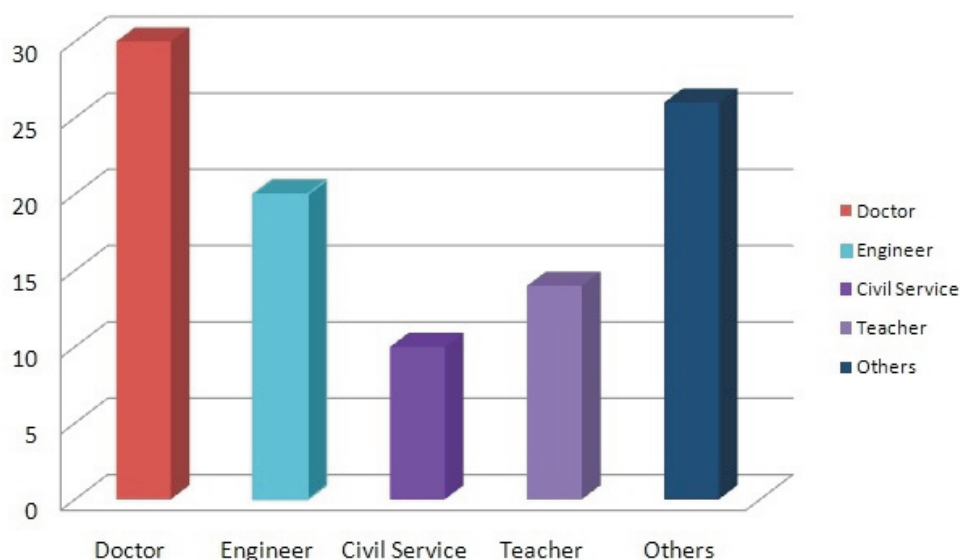


Fig1:- Graphical representation of the responses of question no. 5

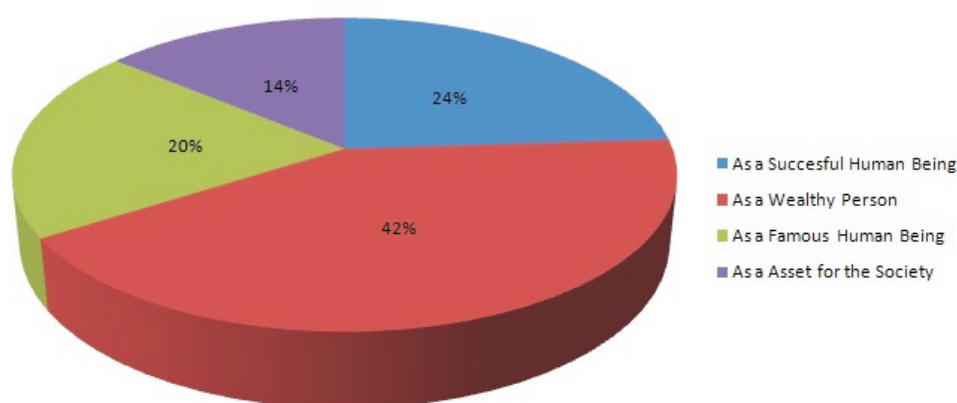


Fig2:- Graphical representation of the responses of question no. 6

After a thorough study of the data collected by the investigator the result was found that there is a variety regarding the future aim of the secondary school students. Most of the respondents of

secondary school are attracted towards the occupations like Doctor (30%) and Engineer (20%). Majority of the young respondents have high aspiration towards their lives. A positive indication has been noticed that all the young respondents agreed about their responsibilities towards their family as well as the society. But majority of the respondents (84%) are of opinion that money has more importance in life than values.

1.Question wise analysis of data in simple percentage:

SL. NO.	QUESTIONS	YES		NO	
		Count	%	Count	%
1	Do you have any pressure regarding your study?	50	100%	0	0%
2	Are you in pressure to fulfil your parent's expectations they have from you?	34	68%	16	32%
3	Is there any contrast between your aim in life and your parents' expectation?	40	80%	10	20%
4	Do you get pocket money from your parents?	50	100%	0	0%
5	Do you think that you get sufficient pocket money?	38	76%	12	24%
6	Do you feel inferior in front of your friends in certain circumstances?	35	70	15	30
7	Do you face any pressure from your peer group?	33	66	17	34
8	Are you confused in choosing academic course or suitable career for your future life?	37	74	13	26
9	Do you like to follow social rules, regulations and ethics?	22	44	28	56
10	Do you feel that you are economically insufficient to fulfil your desires?	43	86	7	14

The difficulties that the adolescents usually have to face have different dimensions. All the young respondents agreed that they have pressure regarding study. Majority of the respondents (80%) are of opinion that their aim in life and the expectations of their parents do not match. Though all the respondents agreed that they are facilitated with pocket money, yet nearly one fourth of the respondents expressed their insufficiency regarding the same. Most of the respondents have inferiority complex and peer pressure. More than half of the respondents expressed their negative response to follow social rules, regulations and ethics. Majority of the respondents are confused in making decision regarding academic course or suitable career for their upcoming life. More than 85% respondents feel economic insufficiency in terms of fulfilling their desires.

3. Question wise analysis of the data in simple percentage:

SL. No.	QUESTIONS	YES		NO	
		Count	%	Count	%
1	Do you think the adolescence period is a very critical period of life?	10	100	0	0
2	Do you notice tendency of rule violating among your secondary school students?	8	80	2	20
3	Do you believe only punishment or strict discipline can prevent such type of activities among the adolescents?	0	0	10	100
4	Are you satisfied with the present secondary school curriculum?	3	30	7	70
5	Does your institution offer special training or education to help the adolescents?	2	20	8	80
6	Have you ever face problem to make your secondary school students disciplined?	10	100	0	0
7	Do you believe that value education is essential for the adolescents?	10	100	0	0
8	Do you feel that apart from the general education, some special education is highly essential to make the adolescents adaptive in every situation of life?	10	100	0	0
9	Do you believe that Life Skill Education is an effective tool to make the adolescents adaptive?	10	100	0	0

After a careful study of the responses from the questionnaire sent to the Heads of the secondary schools, it is found that all the respondents agreed about the critical nature of the adolescence period. Majority of the respondents are of opinion that there is a tendency of rule breaking among the adolescents as almost all the respondents have to face problem to make them disciplined. All of them believe that only strict discipline or punishment cannot prevent such type of rule breaking tendency. Most of the respondents are not satisfied with the present secondary school curriculum. All the respondents have strong believe that value based education is most important for the adolescents. 100% respondents feel the need of some special education for adolescents and all of them unanimously agreed with the statement that the Life Skill Education is an effective tool to make the adolescents adaptive in every situation of life.

FINDINGS OF THE STUDY:-

After a careful review and analysis of data, the following are the findings of the study–

1. The adolescents of Kaliabor area have high aspirations in their life. Majority of the young respondents have desire to be wealthy in their future life rather than to be an asset for the society.
2. The adolescents of Kaliabor have to face parental pressure. There is contrast between the aim of the young people and their parents' expectations.
3. Majority of the young respondents of Kaliabor have emotional insecurity such as, inferiority complex. Moreover, they have an insecurity feeling of economic insufficiency.
4. The inefficiency in decision making is marked among the adolescents. They often face confusion in choosing appropriate academic course or a specific career which may match their level of aspiration as well as intelligence.
5. Tendency of rule breaking was found among the adolescents of Kaliabor area. Lack of discipline is an outcome of such tendency.
6. Almost all secondary and higher secondary schools of Kaliabor have no sufficient arrangement of special education or training to help the adolescents to cope with their problems. The present secondary school curriculum also has no sufficient provision for such education in classroom situation.
7. The present study indicates that there is a high need of Life Skill Education for the adolescents of Kaliabor area to prepare themselves for every life situation. Proper decision making and social adaption can be inculcated in them through some special education as Life Skill Education.

EDUCATIONAL IMPLICATION OF THE STUDY:

Youth today are confronted with situation that requires knowledge and skills for retentive action and for enhancing their self-esteem. Since Life Skill Education is important in improving academic performance, emotional management and self-motivation, it is considered as very important tool for imparting fruitful learning. The present study reveals that the adolescents of Kaliabor area also have the same problems that the present day youth normally have to face. Life Skill Education can be the means to minimise such type of problems.

SCOPE OF FURTHER STUDY:

The present study is delimited to the need of Life Skill Education for the adolescents of Kaliabor area. As the Life Skill Education is the process to make people adaptive, further study may be conducted regarding the need and importance of Life Skill Education for the children, college or university going students and for the adults. Research may be conducted on the role of Life Skill Education in enhancing mental and physical health. Since the present study is confined to the Kaliabor Sub-division only, further study may be conducted in district, state or national level.

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