

Importance of Life Skill

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Abstract: Life Skills education plays a major role in enabling individuals to translate knowledge attitudes and values into actual abilities in reference to what to do and how to do it. Adolescent. Life skills is a new subject in the KENYAN CURRICULUM, it is also non examinable class eight and from four where national examinations are taken in its inconspicuous in relation to the examinable subjects .Its implementation especially at the primary school level has equally had few studies done in KENYA . Efforts have been made to effort its implementation by the mental health ,professional etiquette cooking class changes that influence its implementation still abound . Life Skills curriculum mainly in depends on teachers competence and attitude .

This research therefore recommends that TEACHERS and head teachers be retrained on LSE regularly in order to improve ‘ LIFE SKILLS EDUCATION’ , TEACHERS need to prepare schemes of word for life skills, follow the prescribed syllabus and appreciate LSE, government through the ministry of education should also allocate more resources such as relevant text books and audio visual.

Keywords : Professional Etiquette , Mental Health , Requiring Life skill , Time Management.

I. INTRODUCTION

Young mind is being considered as the most productive members of the society, due to their physical and intellectual capability. But in real scenario, most of them are unable to utilize their potential in an appropriate way due to lack of guidance and motivation. Social problems like alcoholism, drug abuse, sexual abuse, smoking, juvenile delinquency, anti social acts, etc. have an adverse effect on them and others too, to a large extent.

This new challenge requires immediate and an effective response from a socially responsible system of education. Education now - a days is very important, but the kind of education to support and live life better is more important. Thus, the cardinal focus on Education, therefore, needs an extraordinary emphasis on developing such skills in students, as they are the important building blocks for a dynamic citizen, who can cope up with future challenges and survive.

“Formal learning can teach you a great deal, but many of the essential skills in life are the ones you have to develop on your own.”

II. MANAGING MONEY (THE RIGHT WAY)

Schools like to teach finance, accounting, etc but they fail to emphasize the importance of saving, how to keep your own budget, how to manage your own money, and how our tax system works. Required depth courses on building my own personal budget, negotiating contracts, reading financial statements, creating a budget geared towards long term saving,

investing in companies and buying stocks would have been extremely beneficial. Above all else, we underestimate the importance of learning what is the value of a dollar really means. While all of these are absolutely touched in finance and business courses, the importance of maintaining a self-budget and managing your personal money should be required courses for all and heavily emphasized as required comprehension for life’s journey.

III IMPARTING ‘LIFE SKILLS EDUCATION’ IN CLASSROOM

Imparting Life Skills Education in classroom has been researched meticulously. In the light of the above literature review, now have been a proven fact that it has positive outcome when taught as a part of curriculum Yadav P, Iqbal N (2009). There are various past research indications, over life skills be implemented as a training program, as an intervention approach and a model contributing to healthy development of adolescents. Thus, the significance of life skills education and in the following section researchers have tried to attempt, how with the help of simple activities it can be implemented in classroom settings

IV. MENTAL HEALTH

There is an immense amount of controversy today about mental health. From ADHD to schizophrenia to bipolar to depression and onward there is a long list of undiagnosed mental illnesses in our society. A 2014 report by *Newsweek* stated that 42.5 million American Adults or 18.2% of the total adult population in the United States suffers from mental illness. That’s nearly 1 in every 5 Americans. By emphasizing this as a topic of required learning and discussion, students would go into the real world not just with much more understanding of each of the primary mental illnesses and medical or holistic approaches that could help them, but with a better understanding of themselves. If you know what the issue is within yourself, you can find a way to fight it. There is therefore great value in learning more about this. Let’s start placing more emphasis on educating our children on mental health so that our future generations can live happier and more fulfilling lives and achieve what they are capable of.

The *Huffington Post* published a report in 2014–15 “19 Statistics That Prove Mental Illness Is More Prominent Than You Think” that illustrated how obtrusive mental health really is in our lives. Here are some of their results:61,500,000

The approximate number of Americans who experience a mental health disorder in a given year. That’s one in four adults.

V. MARRIAGE, FAMILY, AND RAISING KIDS

Marriage, family, and kids hard work. There are many wonderful things about family, but it has a lot of ups and downs. Maintaining a marriage over the course of several decades (or more) can be work very hard. Only an intense

understanding of love, connection, and the depths of its meaning can bond two people for a relationship's long term course. Raising a family is no easier. Ask anyone raising a newborn, toddler, or teen and most will tell you there was so much to learn that they didn't know prior. There's much to be learned in the real world about marriage, family, and children. We didn't know anything about leaving the school.

VI. CREDIT CARDS

Coming out of college many people don't know what credit cards are all about. How interest is calculated, what card to get, what a good interest rate is, how your credit score is affected, how minimums are calculated, and where credit card points and rewards come from are some of the many things to be learned. People must learn to build good credit for themselves. It's an important tool in life's toolbox to have if they intend to buy a car and home. Good credit has other advantages too. You can get discounted or free phones, approval for rent, and even lowered insurance premiums among many other shopping and travel perks.

VII. PROFESSIONAL ETIQUETTE / MANNERS

My grandmother Gloria "Go-Go" Pilkington was a stickler for hats indoors. If you came in with a hat on she'd stare you down and by all means you better take that hat off. If you wore a hat to the dinner table? Forget it. I can only imagine her in today's iPhone age. If she saw an iPhone at the table I think it would be the end of all things. Point is, Go-Go was right. We've lost our connection to manners and common etiquette. I think above all else they teach us to respect each other and ourselves. If we show our appreciation for each other in formal and informal settings it brings positive qualities out of us all. Positive reinforcement and support is an essential human need. Professional etiquette and Manners are the subtext of this. Particularly in the last few decades we have lost some of our connection to common etiquette. Schools should start making more of an effort to emphasize manners so that our future generations revitalize them. Go-Go was right.

VIII COOKING

The fact is, cooking is a very important skill for home life, family, and romantic relationships / dating. Many have said that "Food is love." Coming out of college not knowing how to cook is a shame. Cooking is an important part of our history. When I tell a woman I'm really great at making a grilled cheese and coffee there's a bit of a blank stare. On that note, time to go take a cooking class.

IX TIME MANAGEMENT

There's a misconception that failure means you've lost the game in life. This couldn't be further from the truth. People graduate school thinking they can conquer the world. They have their first set of failures and they hit a wall. When people realize that failure is actually part of success, they have breakthroughs. My high school theater teacher Wayne Salomon used to tell our class "**Fail. Fail better.**" At the time I didn't know what it meant. But it grew on me. There's an interview with Will Smith I saw recently where he talks about how "**fear kills creativity.**" I agree wholeheartedly. You have to be fearless and not afraid to take risks. Remember that Jerry Maguire quote at the Kinkos at 3 am? "**That's how you become great man. Hang your balls out there.**" There's tremendous truth to this. And not enough strategies, skills, and programs are implemented in our schools to teach our youth about failure being a given, how to react when it comes, and how to build on our failures. Will Smith says in this video:

"You have to fail early, you have to fail often, and you have to fail forward" Start it around the 2:30 mark and watch.

X. SURVIVAL SKILLS

There are essential survival skills they never teach in school or when you are in dire straits. First Aid, CPR, swimming, how to light a fire, read a compass, make smoke signals, read topography, and changing a car tire all to name a few. While scouting taught me a lot I feel I could have learned even more had schools implemented these skills. At any moment you never know when you or someone around you will suddenly be in trouble and to be self-sufficient in a life and death situation is a platform of knowledge unfortunately most people lack.

CONCLUSION

A relevant and proper implementation of life skill education is a need of an hour, for today's society. Imparting life skills education to the students, can be helpful as it specifically addresses the needs of children, helps in motivating, providing practical, cognitive, emotional, social and self management skills for life adjustments. Yadav P, Iqbal N(2009) showed positive results of imparting life skills education to students and bringing the change in adolescent's attitude, thought and behavior by providing supportive environment to the world.

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