



The importance of life skills education in education in the 21st century

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The Kothari Commission of 1964-66 had noted that national development and education were closely linked. According to him, education is an effective means to achieve national development. For this, the foundation of school education should be strong and solid. The first educational reform of the 21st century was made in the year 2020. It was discussed from all walks of life. Changes were made accordingly. Although policies adopted at the school and higher education level are useful, the concept of education is still useful for life skills development.

In today's age of information and technology, education is facing many challenges. After 1991 Liberalization, privatization and globalization has led to a lack of values due to modernization in the society. Education helps a person to meet the challenges of personal life. The concept of education is also changing day by day due to education policy. In today's age of information and technology, offline and online education seems to take the student away from life skills. Learning life skills is essential in human life to achieve peace, freedom and social justice. It helps to solve social, mental and emotional problems through life skills education. Therefore, while imparting education at school as well as higher college level, imparting life skills along with book knowledge is the need of the hour.

The present article focuses on the concept of education for the development of life skills and the importance of life skills education in the 21st century.

Key Words - Concept of Life Skills Education, Life Skills Education: Origin, Features of Life Skills Education, Need for Life Skills Education in Current Status , The role of teachers and parents in implementation, higher education and life skills education.

• Introduction

In today's 21st century education curriculum and teaching methods, the essential skills in life should be consciously explored and imparted to the individual . We all will have to try. We all need to seriously consider how this method of teaching is useful or can be used to solve everyday problems, reduce daily stress and enjoy life, to the students as well as the individual in everyday life. That means, education should not be just a bookish knowledge.

In this context, India's great educationist J.P . Bal in his book on the 'Education of his community', he says that, 'Life through education and education through life' means that the, education a person gets through experience is enough for his whole life. For this, in today's education system, the student needs to have the ability to develop the skills to live life to the fullest.

- **Concepts and definitions of life skills education:**

Meaning of Life Skills Education - World Health Organization (WHO) stated in 1999 that, 'Life skill Education is designed to facilitate the practice and reinforcement of Psychological Skill in a culturally and developmentally appropriate way; It contraries to the promotion of personal and social development the prevention of health and social problems and the protection of human rights. ' -WHO-1999

World Health Organization (WHO) Life skills are defined as follows:

"Life skills are the ability of a person to make an acceptable as well as positive change in their behavior in order to effectively deal with the various problems and needs that arise in daily life."

Life skills are skills by which a person uses his strengths and abilities to solve the problems of daily life and positively and effectively fulfills his daily needs.

Life skills are psychosocial abilities for acceptable positive behavior is. Which enables the individual to deal effectively with the needs and challenges of daily life. Life skills are broadly divided into three groups.

- 1) Cognitive skills (for information analysis and use)
- 2) Personal skills (personal relationships)
- 3) Interpersonal skills (communication and effective interaction with others)

On the highway of life growth and development, every student is expected to develop his / her abilities at school and college level. So life can be enjoyably, healthy and successful. The necessary skills should be developed in the students in a consistent manner so that they can live life effectively and efficiently. Learners should be given ample opportunities so that they can easily acquire these skills. Therefore, holistic development of one's personality is the development of one's personality using one's own best mental and physical abilities.

- **Life Skills Education: Origin:**

UNESCO French educator Dr. Jacob Delore founded The UNESCO International Commission on Education for Trinity First Century submitted its report in 1996. The commission studied the prevailing education system around the world and stated the characteristics and needs of the future society. He said that in the 21st century, four pillars of education need to create a perfect student.

- **The four pillars of education-**

(1) Learning to know (2) Learning to be (3) Learning to do (4) Learning to live together
The four pillars of education are how to acquire knowledge, how to apply knowledge, to believe in one's own abilities and to learn to live in harmony as 21st century students are bursting with information, expectations and population. Referring to these four pillars, the WHO outlined life skills in 1997.

National Knowledge Commission

Achieving these life skills requires a great deal of effort through education. The National Knowledge Commission set a broad goal of transforming such a dynamic knowledge-based society. The National Knowledge Commission was established on June 13, 2005. Manmohan Singh has highlighted the need for excellence in education, research and building our capacity to face the 21st century. (www.knowledge commission.gov.in)

- **Life skills education Features:**

- Helping people to become aware of their inner strengths and qualities and to motivate them to make changes as needed.
- To be able to find the right path to success by making thoughtful decisions on the problems and issues that come up in daily life.

- Area information to be able to form one's own opinion accordingly by acquiring knowledge, good thoughts of others, etc., to express it properly and to be able to communicate effectively with others.
- Develop the ability to make the right decisions by being aware of the situation.
- Hate in any way about others To create an attitude of social interest by respecting, loving and empathizing with them without harboring jealousy and tainted thoughts, and to motivate them to maintain personal and social relations with each other.
- Incidents in the area, Creating the ability to make easy and thoughtful decisions about actions, events, etc., and to live a stress-free life. Similarly, to develop the ability to reason and draw conclusions by considering events on the basis of in-depth information.
- Motivate to participate in your own happiness.
- An action helping to present ideas differently by creating innovation, simplicity, enthusiasm in them rather than presenting them in a traditional way.

Life skills are being used to connect students and the general public with life and education, which is expected to develop even more. Thoughtful education to live a successful life . There is a great need for training and skill development. Also, life skills make life more efficient and successful. The education imparted to the students should be life centered. The development of life skills for the overall development of the students' cognitive, emotional and functional needs to create the right environment in schools and classrooms.

- **Basic life skills-**

By the World Health Organization (WHO) has mentioned ten basic life skills in 1997. They are as follows -

1) Awareness of 'self':

Self-awareness is the ability of the power to be aware of its own physical and mental state. This skill allows everyone to think clearly about their likes, dislikes, feelings, and attitudes. By acquiring self-awareness skills, qualities like self-discipline, regularity, punctuality, mutual cooperation, etc. are automatically formed in children. With the awareness of 'self', everyone recognizes the importance of their existence and behaves differently.

2) Empathy:

Empathy means the ability to enter the role of another. The ability of a person to know his point of view by understanding that we are in another person's place. In empathy, one person tries to understand the other person's sorrows and feelings in his role and helps others to overcome their sorrows or worries. This increases the feeling of affection, love, respect, empathy and cooperation towards each other.

3) Problem solving:

There is a problem in everyone's life, only its nature is different. Problems cause problems in your life. Whether the problem is small or big, You need to find a way to get out of it. Problem solving is the process of finding a way out of a confusing situation.

4) Decision making ability:

Decision making is a special process in which Students, individuals or groups gather information in the context of an event or problem. It analyzes the information received according to its perceptual power and determines the choice of the right option based on the information received. Factors such as the importance of the subject, the expected reaction to the decision, the cultural norms of the behavior of the person or group concerned, ethics, mentality, surroundings, location, etc. all influence the decision making process.

5) Effective communication:

Effective communication depends on a person's temperament. Success and failure in our lives depend on how effectively we express our thoughts. The sender receives his message in the manner expected of the sender, Effective communication takes place at that time. The scope of

your comprehension should be widened for the development of effective communication skills. The group should understand each other. You need to develop the habit of expressing your ideas clearly, whether you like it or not. Only then will effective communication take place.

6) Individual-individual correlation:

Respect is the interrelationship between individuals in society, Honesty, intimacy depend on faith. When relationships are forged on the basis of mutual understanding and cooperation, the quality is high. When we realize the importance and benefits of interpersonal relationships, true relationships are formed. It creates exaggeration.

7) Creative Ideas:

Innovation or creative thinking is thinking that creates something new, useful and extraordinary. When a person discovers something that does not exist until today, Then creativity appears. Creativity comes into being when a person discovers a new way of doing something or uses an existing process to create something completely new. It stimulates a person's creativity.

8) Physician Considerations:

Everyone has the ability to think physically in life. It must be used at the right time. Physician thinking is the thought process of verifying the veracity of a subject with the help of many small questions before accepting specific information. Physician thinking builds the ability to think logically. It leads to good deeds.

9) Emotion adjustment emotion:

This word no annoyance, Related to a violation of mental stability, endurance or human agitation. Emotions, whether positive or negative, can be harmful if they are allowed to go beyond certain limits, so there is a need to teach them how to handle stress successfully. For that, it is necessary to adjust the adjustment of the person's emotions properly.

10) Stress adjustment:

Many problems arise when a person is completing a task. There is also a lot of repression. When such a situation arises, people generally become stressed. When a person is under stress for a long time, the consequences transform into many physical and mental problems. Therefore, the situation of stress needs to be handled successfully. Unless a stressful situation is identified and adequate measures are taken to overcome it, it can lead to many problems. For this, one should also be able to make stressful adjustments to stress.

- **The need for life skills education:**

Life skills include psychological abilities and interpersonal skills, Which helps a person to live a healthy and productive life by dealing with decisions, problem solving, physician creative thinking, effective communication, amicable relationships, empathy for others and coping with various situations. The thinking skills that are in it are on a personal level. Social skills are at the interpersonal level. Both of these skills are needed for a person to behave effectively and to communicate effectively with others.

Human behavior does not always follow his opinion. A person often cannot help the needy even if they want to. It does not have the ability to act responsibly. Life skills are the transformation of knowledge, Empower the individual to make attitudes and values a reality. Emotional turmoil in recent lifeConflicts, failures, worries about the future can make it difficult for a person to reach life goals. Learning life skills is an effective tool. This helps the students and the youth to be responsible, proactive and able to gain control.

Life skills education is a school level program. Where life skills require a learning environment. Suitable for children and adolescents of all ages. The behavior of all students in the age group of 10 to 18 can be easily affected. This program promotes the health of all children, promotes the welfare of all and is a guideline for moving in the right direction towards the future. Just as teaching life skills to students at the school level has become an urgent need in today's changing times. Similarly, in today's age of information technology, college students are also in need of this education. This kind of life skills education is still

needed not only to make students and youth book-centric but also to make them socially oriented and capable for the development of the nation.

- **How to teach life skills?**

Life skills can be taught through simulation as well as social studies theory. Students learn by observing the behavior of others in the environment they enjoy. The process of participatory study based on the following four basic elements can be used for this.

- 1) Practical activities
- 2) Feedback and reflections
- 3) Consolidation and reinforcement
- 4) Practical application to day to day life challenges

In addition, the following methods are useful for learning life skills.

- 1) Class discussion
- 2) Brain storming
- 3) Demonstration and guided practice
- 4) Role plays
- 5) Audio and Visual Activities - Arts, Music, Theater, Dance.
- 6) Small groups
- 7) Educational games and simulation
- 8) Case Studies
- 9) Story telling
- 10) Debates

The teaching of life skills involves active teaching. The above teaching methods are useful for this. In school and college education, students should not be made exam-oriented by studying only through book knowledge. The development of his personality can be achieved on the basis of various skills. But the real need for it is for teachers to impart practical knowledge to it and for students to assimilate it on their own. Coordinating between these two with the help of life skills education will only lead to the development of school and college students and from that will become the mainstay of the country and the best citizen.

- **Primary and secondary education and life skills education -**

According to the old and new educational policy, it is necessary to impart life skills education to the students at primary and secondary level along with daily teaching. According to life skills, students need to be made aware of the 'self', for which they need to be given value education. Empathy skills create an environment for students to blend in with each other. The problem solving principle should be adopted to solve the problems that the students feel. In order to increase the decision making ability of the students, the children are made aware of politics, economics, agribusiness and trade in the classroom and they are made to make decisions through small actions. Students draw their favorite pictures, write essays, Practicing activities such as completing specific projects or replicating various objects teaches students to become therapeutic and creative thinkers. There is also the skill of congratulating a meritorious student in school life and giving mental support to less meritorious students. Teachers should teach students through entertainment in order to acquire various life skills. At the school level, the basic life skills stated by the World Health Organization in accordance with the educational policies and their planning through teaching in a proper manner will benefit the students for their future life. Teachers should teach students through entertainment in order to acquire various life skills. At the school level, the basic life skills stated by the World Health Organization in accordance with the educational policies and their planning through teaching in a proper manner will benefit the students for their future life. Teachers should teach students through entertainment in order to acquire various life skills. At the school level, the basic life skills stated by the World Health Organization in accordance with the educational policies and their planning through teaching in a proper manner will benefit the students for their future life.

- **Higher education and life skills education -**

In today's competitive world of dynamic life, young people do not seem to be introspective. We live life as a component of society. It is very important to understand the society. There is a gap between today's education system and society. When we think in terms of society, we unknowingly turn to ourselves as a component of society and can work to accommodate ourselves in it. If we want to stop the discrepancy between knowledge gained through education and social life, we need to reflect on college students through higher education at

college level through NSS, NCC, Earn and Learn, Debate and Rhetoric Board, Cultural Department, Competitive Examination, Career Guidance, Educational Trip Expert Guide Could.

- **The role of teachers and parents in the teaching of life skills-**

By children Adults should be patient if they want to acquire the skills of self-awareness. Take care of them. Children should be made aware of their overall personality. They should also be made aware of their limitations. Children should be given the opportunity to evaluate themselves and move in the right direction.

Emotional harmony among students means that in order to develop empathy skills, teachers should first try to understand their feelings in terms of students' mental and physical development. Teachers should be guided through various study experiences to understand how not to form opinions about others according to their personal prejudices and how to help others solve their own problems.

Teachers and parents can play a key role in developing problem solving skills. Knowing the problem. Learning to understand its meaning, Helping to find the cause of the problem, helping to create all possible alternatives, helping to choose the right option and act accordingly, how to adapt to different situations can motivate to continue until the problem is solved. Ideal examples should be put in front of the students while developing from the practice required to solve the problem. It is through this that a positive stable attitude develops in the students.

Circumstances that will boost their confidence rather than make decisions on behalf of students Parents and teachers need to study their willingness to take risks and their sense of self-reliance. In doing so, develop a sense of responsibility in children. To think independently. The renunciation of selfishness and the spirit of cooperation as well as their decision making process should be encouraged in various ways.

Different backgrounds of students The difference in their intellectual level, the special nature of the situation in which the communication takes place, all these things should be taken into consideration by the teachers. Similarly, students should be made aware of individual differences in their language, study style, family background and the way they communicate.

Complimenting others Teaching children to be thankful, to help them in times of need, to listen to their parents and teachers, to follow their instructions will help them to develop the skills to build a loving relationship with others. They will develop skills such as cooperation, adaptability, kindness, self-control, and so on.

Teachers need to create a conducive environment in the classroom to acquire these skills.

Children should be given the opportunity to express themselves freely. If a problem arises, ask the children to suggest as many solutions as they can. Consider all possible solutions to the problem Encourage active participation in discussions and debates. Courses taught in a variety of disciplines can be used to develop therapeutic thinking skills. When it comes time to teach the right text for this task, skills such as separation, brainstorming, logical thinking and inference need to be developed. It is important to make sure that your decision-making process is not hampered by prejudice or prejudice.

There is a great need to teach students to control their emotions. For this, parents and teachers should become socialites. Disadvantages of going on a diet of emotions as well as the need to control emotions to some extent The benefits should be explained to the children in clear words. You should also be taught how to express emotions. We need to be aware of the basics of finding out what emotion is affecting us and where it originates from. Children should also be aware of the physical symptoms of emotional distress.

We can instill confidence in children by creating a loving and supportive environment.

Children should be asked to prioritize tasks and to act thoughtfully. Analyzing the situation can teach you to find the reasons behind your stress. It can motivate them to make the right decisions. Encouragement and guidance should be given to develop a positive attitude. As a result, children gradually and gradually learn to cope with stress.

Summary:

The 21st century is a time of information technology and huge competition. The foundation of future skills is laid by education. For this, the knowledge and life skills that are constantly evolving in education should be widely disseminated. The above ten basic life skills mentioned by the World Health Organization need to be properly planned from school life. If teachers inculcate these life skills through their various activities, it will help the students to live their future life successfully and happily. Teacher , Students and parents should properly implement life skills education through action programs.

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