



A STUDY OF LIFE SKILLS PROGRAMME FOR STUDENT IN SCHOOL ENVIRONMENT

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ABSTRACT

After receiving informal education at home, a child comes to school for formal education. School is the second most impressionable influence after home that provides an enormous area of interaction in which personality is vividly expressed and shaped. Here the teacher substitutes the parents. The teacher's behavior plays significant role in the child's development. The school moulds the personality of the child through interaction with classmates and guidance from teachers.. The school's environment is a chain connecting great number of activities on a campus. School environment consists of physical and psychosocial environment. It also includes positive interpersonal relationship and support for learning. Other factors affecting the environment of school include economy, culture and religious influences of the society. School environment is very important variable for developing all round development of the students. The components that may constitute the school environment are good location, number of teachers, water facilities, library and laboratories, number of rooms, furniture and play grounds. School environment is the atmosphere of a school that potentially influences what students learn. If the school environment is according to the needs of the children, then they will adjust better in school. Healthy school environment is required for an effective education. It motivates teachers to put in their best efforts and inspires the students to take interest in their learning. The components of healthy school environment comprise of good location, appropriate facilities, library, laboratories, attitudes of teachers, teacher and pupil relationship, availability of playground etc. School environment is very important variable for developing instinct of self-esteem among students. The school environment should be made attractive and pleasant.

KEYWORDS:Life Skills Programme, Student, School Environment

INTRODUCTION

The school environment is not only responsible for providing academic qualifications but also enriches the learning experiences regarding behavior in social setting and prepares them for solving day-to-day life problems. The main objective of the school is to build a productive generation for the future. Adolescents are also highly influenced by the socio-economic status in the society. The variations in child's behavior or self-concept, thinking and achievements are because of socio-economic status, the way of treatment by parents, parents' education and so on. High socio-economic status opens new frontiers for progress. Even the interests, attitudes, intelligence, aptitudes and personality of an individual are patterned by the socioeconomic status or background of the individual. Good school environment helps the students to overcome some of the shortcomings in family environment and socioeconomic status.

As such effective family environment as well school environment gives full opportunity to the individuals for the development of life skills through which adolescents cope with their stress effectively.

The rooms should be full of light, colorfully painted with good pictures hung on the walls. Drape walls, dirty and untidy classrooms and corridors tend to make children depressed and dull. Teachers are vital part of environment. Their general appearance, their dress, their speech, their manners, their attitude and ideas will be reflected in their pupil's performance. The place, its surroundings, the structure, furniture and the like constitute school environment. The school environment is really very important in the makeup of an educational institution. By its silent potent suggestions, it exerts a tremendous influence on the impressionable minds of students. The environment of a place of education therefore ought to be made congenial for the desired growth of pupils. Pupil-teacher relationship, class room environment, methods of teaching and available facilities all together constitute school environment. School environment may influence the habits, aptitude, personality, sentiments etc. The impact of school environment on growing individual is undoubtedly accepted by almost all persons.

A good environment motivates the students to learn to work and to make concentrated efforts to achieve their academic goals. School environment means the environment of special institution where the work of imparting education is carried out. The school is considered as one of the most effective formal agency of education. School environment is more than the physical space; it is the entire setting for learning. The school environment is combination of eight variables i.e. clear school mission, safe and well-ordered learning environment, expectation for success, high morals, effective instrumental leadership, quality class room instructions, monitoring of student progress and positive home-school relations.

FACTORS AFFECTING SCHOOL ENVIRONMENT

(I) Teachers personality: The attitudes, beliefs, ideals, habits, ambitions, aspirations of the teacher contribute to an effective environment.

(ii) Curriculum of school: Richness of curriculum and curricular activities also have effect on school environment.

(iii) Methods of teaching: It also influences the environment of school.

(iv) General atmosphere in school: Congenial or uncongenial atmosphere also effect the school environment.

COMPONENTS OF SCHOOL ENVIRONMENT:

The components of school environment viz. physical component, social component and educational component are as follows:

(i) Physical component: A well designed physical environment of a school leads to promotion of learning and positive social interaction among student and staff. The basic design of the class room may vary from the old fashion school of late nineteenth century to modern school. Other factors like furniture, lighting, temperature attractiveness and class room arrangement also comprises the physical component of the school environment.

(ii) Social components: Social components may be defined as the level and quality of emotional involvement experienced by class room group. It involves dynamic process of developing interpersonal relationships at several levels. There should be meaningful and positive interaction between students and staff. There is need to have a safe and healthy social environment at school for students as well as staff.

(iii) Educational components: A good quality leadership is very important for effective educational environment. Other important factors are quality of care, the nature of the infrastructure and preparation and support of trainers. The educational components of school environment also drive from the contents of suitable curricular to teach at different ages. The tests on which children are engaged, the organization and presentation of these and of patterning of activities across the school day are all key features of the educational components”

The quality of the school environment can be determined from the way students are handled in the classroom and reciprocation between the teachers and pupils. Stated that quality of school environment depends on the quality of interpersonal interactions within the school community which enhances cognitive, social and psychological development of the children. A school is a society in its miniature form.

The better the school, the better would be the society. School provides a congenial environment to a child to achieve the goal of life. School environment includes school plant and equipment, co-curricular activities for all round development of the child, well equipped laboratories, role of the teacher, personality and attitude of teachers towards students, methods of teaching, curriculum etc. School environment is generally defined as the prevailing conditions in the school affecting life and activities of the students. It greatly influences student's achievement. An open environment which allows freedom of thought and expression to the students would reflect in the positive attitude and performance of pupils in all aspects. Negative motivational consequences will result if the environment of school is not facilitative.

Stated that school climate is a term used to describe how people feel about their school. viewed school condition as a multidimensional construct that incorporates physical, social and scholarly measurements. It includes appearance of the school building and its classrooms, school size, teacher-student ratio, organization of classrooms, availability of resources, safety and comfort.

Hence, it can be concluded that a school and young people themselves need to participate in an important task of making youth wholesome member of the society. Teachers have very important role to play in inculcating values to make the youth ready for life activities, live independently, take responsibility for a given task, perceive a person realistically, ability to evaluate oneself, to accommodate in new domain, to set real life aims and to acquire them. School environment is thus an emotional, physical and intellectual climate that is set up by the teachers and the student to contribute to wholesome learning.

FAMILY ENVIRONMENT

Family is the most important environment cluster of variables which influence the development of a child. Family environment is the first social setting in which an infant takes birth and start learning, responding and acting. Family environment consists of two words 'Family' and 'Environment'. Family includes group of individuals joined with ties of marriage, blood and adoption relations, procreating and upbringing the children, where the family members play social roles towards each other in creating and maintaining social culture.

Family environment thus, is that in which an individual (a child or a family member) lives in, interact with the other family members in certain biological, physical, nutritive, culture, social, moral, psychological, economic, emotional, structural, normative, formative and relative conditions. The individual's character, behavior, habits, interests, hobbies, social, physiological, psychological, moral, emotional and cultural development depends on the nature and type of family environment. So each of the domains of development whether it is linguistic, cognitive, social and emotional is affected during early stage experience of the child which he gets from his immediate environment.

Environment is vast phenomenon embracing all the encompassing conditions and influences that affect the growth and development of human beings. Study of family environment involves all the basic and applied sciences, engineering, socio-economic aspects etc. Due to diversity, the environment is affected by several factors which are location specific e.g. ethnic, geological and geographical, climate, social circumstances as well as economic and cultural circumstance. The environment affects the person's body, mind and heart. Few types of environments are given below:

(I) Physical environment: It includes food, temperature, climate and home and school environment.

(ii) Intellectual environment: It consists of books, libraries, laboratories, radio, television, computer, internet, museum, recreation room etc.

(iii) Emotional environment: It consists of emotional nature of parents, friends, relatives and teachers.

(iv) Social environment: It includes parents, members of the family, relatives, friends, teacher and society at large. Family consists of spouse, parents, brothers, sisters, sons and daughters. Collection of families constitutes community and nation. Communities living in one economic unit constitute country. The following factors affect the family environment:

(i) Number of kids: The number of kids affects the family environment. Parents having more number of kids cannot pay attention to all-round development of each and every child. Even they don't have knowledge of emotional intelligence of their children.

(ii) Martial relationship between the couples: It is an important factor in a family which affects the family environment and also the emotional intelligence of family members. If a couple have healthy relationship among them then it creates a good environment and they are able to know about emotional intelligence of each other. Such couple can easily make all round development of their children and fulfill their day-today needs. If both of them are loyal and honest towards each other and they don't have any extra marital affair, then it automatically creates a healthy environment in the family.

(iii) Parental occupation: Occupation of parents is very important factor which affects the family environment. If the parents have good occupation e.g. they belong to business family or they are doctors, engineers etc. then they have significant influence on their children and also affects their emotional intelligence.

(iv) Socio-economic status: The SES is a factor which influences the family environment to great extent. If a family has good social relations it automatically helps their children to become

an affirmative person, a person who is friendly sociable, helpful and skillful in dealing with people and open about their feelings.

(v) Family background: It is an important influencing factor in family environment. Family background matters a lot to each person. If a person has a strong family background that he is able to fulfill the desires of his children. He can provide good environment and good education to his children which in turn help the children to build a strong carrier in today's competitive world. Family carries responsibility for the welfare of its members from cradle to grave. Family environment is a socializing agent which has strong influence on child's life. Defines family as the cradle in which the future is born and a nursery in which new democratic social order is being fashioned. Family environment is a long-lasting system for growth, adjustment within the family means, identifying with role models, accepting values and playing our family roles.

Family environment means an interpersonal relationship between the parents and the children. It consists of parent's attitude towards the child regarding freedom v/s restrictiveness, dominance v/s submission, acceptance v/s rejection, trust v/s distrust, warmth v/s coldness, partially v/s fairness, expectation v/s hopelessness, open communication v/s controlled communication. Family environment is sum total of social and cultural conditions that affect the human relations among the family members. Family is the most intrinsic basic group which includes children and their parents.

Family provides training, nurturing and care for young children. Family takes care of the overall development, protection and wellbeing of its members. This means that that family looks after the social and physical wellbeing as well as the psychological wellbeing of its members. By action and by example parents shape the lives of their children from birth to adult hood. Family is a group of interacting personalities each of which has a definite role to play. This group is well-knit together. The cooperation, sympathy and friendship are bases of family. Family maintains the continuity of society by providing new individuals in each generation by passing new members not only their physical life but also the knowledge, customs, tradition, intellectual, emotional and spiritual endowments.

Family atmosphere influences the child's subjective and social advancement which influences his/her fearlessness, independence and confidence, identity, adapting abilities, scholastic

inspiration and achievement. An adolescent's personal development and social interactions depend on the family environment though these tends to be different for males and females, less cohesiveness among family members and more conflict between the parents lead to poor family environment that results in escalation in feelings of loneliness, social anxiety and social. Family and interactions within the family have a great impact on the personality of an individual. Family system functioning and parental behaviors are positively related to adolescent well-being.

Family plays a vital role in the life of adolescents by taking following actions:

(i) Developing habits: Parents play vital role in developing habits of a child. A child tries to intimate and adopt habits of his/her parents. A child can organize his habits and form good habits only when parents provide adequate guidance.

(ii) Shaping and molding the character: The parents have a wonderful power to shape and mould the character of their children by providing proper guidance as the children are like clay and parents are the potter. They can shape and mould their children in proper direction.

(iii) Reduce tensions: Around the parents one finds the precious objects of juvenile affection and happiness. All the tensions and worries melt in air, when an individual receives proper advice for the problem.

(iv) Developing the feeling of discipline: Discipline is a precious thing. If the world is building, then discipline is a foundation of its pillars. All the members of family live and act according to directions of head of the family to lead a happy life. This is from where a child learns discipline.

(v) Choose the career: A man can never shine in a wrong profession as a square peg can never be fitted into a round hole. Few parents alone choose the right career for their children. For this parents should invariably take into account likes and dislikes, tastes and temperament and physical fitness of their children.

(vi) Making responsible citizens: The students are future citizens of a country. If parents are responsible citizens, then their children are likely to be responsible citizens too.

(vii) Giving proper and timely advice: A child gets advice from his parents in every sphere of life. The proper advice helps a child to live a successful life.

(viii) Building strong character: Parents take an active part in the character building of the children. Here are some of the examples like who were influenced by character of their parents. So we can say that parents are the one who can motivate the children to build up the strong character. The traits of parent's character are seen in the character of children.

(ix) Giving moral values: A child learns moral values from his parents. Parents always cherish pure and noble thoughts and feelings.

(x) Achieving desired goals: Nothing is impossible if one gets proper direction, motivation and energy. Parents help to achieve their desired goal.

(xi) Inspiring to do right: Parents are the stores of humanly gems who come out of them and glorify the world with their deeds of honor. A child gets inspiration to do the right deeds by his/her parents.

(xii) Helping in intellectual development of the child: This can be done through the creation of intellectual environment at the house. Such environment is created when parents are lovers of knowledge, collectors of good books and respecters of learned people.

(xiii) In providing religious education: Parents provide religious education to the children. The parents make children conversant with life histories of religious leaders, legends, mythologies and the religious prospects etc. The children are given education regarding their duties as individuals and social being. The feelings of love, sympathy, cooperation and mercy are developed in them. Parents teach their children to say their daily prayer, worship in religious shrines and pay respect to elders and show devotion to God.

(xiv) In making children conversant with the facts of life: Parents direct the attention of the children towards household affairs so that they become conversant with basic needs of life.

(xv) In providing opportunities for the free expression of child's desires and urges: In education of the child, the proper training of his innate urges and desires is of very great

importance. The parents carefully remove doubts of children. The curiosity is satisfied through proper explanations or activities.

(xvi) In paying desirable attention to physical health of child: Parents provide proper opportunities for physical development of a child.

(xvii) Helping to differentiate between right and wrong: Parents are the ones who help their child to differentiate between right and wrong.

(xviii) In taking right decisions: If the children get muddled up then parents try to guide them through personal experiences.

(xviii) In doing school homework/projects/ assignments: Right from beginning of school days' parents mentor their child and help them in their school work.

(xix) Help to reduce peer pressure: Parents are strong pillars of their family. They are always with their children to guide them. Parents can reduce peer pressure by giving them proper guidance.

(xx) Making aware of traditions and customs of their society: A child learns the traditions and customs by imitating his parent's right from his childhood. Parents are first teachers of their children. Children learn about their culture, values and language from the parents. Role of parents is very important in their children's education. Therefore, it is essential that parents equip their children with necessary life skills for leading a successful life. Education includes acquiring academic qualifications, learning to behave properly in social settings, learning to figure out everyday problems and much more. Parents need to talk with their children frequently to build a lasting positive relationship.

Family environment has an important role in the acquisition of life skills by young people. In a healthy family environment each member of the family feels loved, supported and understood. Such a family has a positive and emotionally favorable environment where everyone performs his own social roles and helps in the development of others. A functional family is flexible with good mutual relationships and clearly formulated family laws. Parent's authority is required to ensure children's safety but not for parental dominance over children.

CONCLUSION

Positive significant relationship exists between the life skills and school environment of the students studying in senior secondary schools. . Positive significant relationship exists between the life skills and socio-economic status of the students studying in senior secondary schools. Education is a persistent feature characterizing all human societies. The main goal of education is all round development of the personality of the child. In other words, education aims at harmonious development of cognitive, affective and psychomotor domains. Gurukuls system inherently created an atmosphere where development of different works as well as numerous life skills such as critical and creative thinking, effective communication, problem solving and effective leadership was automatically came out. It helped in deciding the future course of studentslife, what would be his most optimum occupation, social class and his attitude were clearly observable during his stint in. This has been the history of life skills in our society. Though the new era of western system of education and materialistic culture severely affected this structural integration of life skills in our daily life but, our inherent and psychologically inbuilt social and cultural practices kept this structure alive, though a bit weakly, in us. The inherent life skills in our culture has been faded, the only need is to dip within our vast culture and traditional heritage and reinvent the past methodologies and systems that have kept our Indian society rich by way of Life Skills. This can be done by making life skills a part of our formal education system as we are lacking of joint family structure and system and hence, formal education system is the only means of cultural transmission today. Education is seen as the main way of enabling individuals everywhere and nations alike to meet the ever increasing economic, technological, social and other personal challenges.

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