

ROLE OF LIFE SKILLS IN HUMAN LIFE

DR. DIGAR SINGH FARSWAN

Associate Professor & Head of School, School of Education, Uttarakhand Open University,
Haldwani, Nainital, Uttarakhand 263139

DR. GOPAL SINGH GAUNIYA

Assistant Professor, Department of Sociology, School of Social Science, Uttarakhand Open
University, Haldwani, Nainital, Uttarakhand 263139

ABSTRACT

Life skills are important for career development. When students learn new skills for their better performance, a sense of competition develops in them. Life skills can be defined as abilities that enable humans to deal effectively with the demands and challenges of life. They may also be called psychosocial skills, as they are psychological in nature and include thinking and behavioural processes. Others define life skills as behavioural, cognitive, or interpersonal skills that enable individuals to succeed in various areas of life. National Education Policy 2020 is a historic initiative for the Indian education system under which many changes have been made in the field of education keeping in mind the interest of the students. Under the new education policy, it has been recommended to include life skills as a part of the curriculum, so that the intellectual development of the students can be made useful and their future, as a result of which the demand for those professionals in the job market has increased. Along with educational qualifications, also know other skills like communication skills, creative thinking, etc. Therefore, students and youth should not limit education only to academic results but also keep learning new skills with time. In this article, researcher will study about what life skills are, life skills required in a workplace, career, daily life, and ways of improving these skills.

Keywords: - Career, development, competition, challenges, and life.

INTRODUCTION

Life skills is a term used to describe a set of basic skills acquired through learning and direct life experience that enable individuals and groups to effectively handle issues and problems commonly encountered in daily life. They include creativity, critical thinking, problem-solving, decision-making, and the ability to communicate and collaborate, along with personal and social responsibility that contribute to good citizenship – all essential skills for success in the 21st century, both for healthy societies and for successful and employable individuals. Democracies need active, informed, and responsible citizens, who are willing and able to take responsibility for themselves and their communities and contribute to the political process.

It helps them to develop self-confidence and successfully deal with significant life changes and challenges, such as bullying and discrimination. It gives them a voice at school, in their community, and society at large.

It enables them to make a positive contribution by developing the expertise and experience they need to assert their rights and understand their responsibilities while preparing them for the challenges and opportunities of adult and working life. Learning life skills help you

effectively deal with workplace issues and are essential for a steeper learning curve. While students will learn certain life skills in school, they learn many life skills through experience. These are as important as academic skills. Therefore, employers today seek candidates with mastery of different life skills. Life skills help you get through your work life and ensure you can face any challenges that might block the road to success.

Importance of Life Skills

Learning and knowing life skills is important in life with the changing environment every day. It is essential as it helps in facing many challenges in life. The amazing changes that have taken place globally in recent years have affected all sectors including education, work-life, business and personal life. Thus, to deal with the changing pace and modern life, everyone must learn new life skills to deal with anxiety and depression. Today everyone has many new jobs which involve pressure and also flexibility. Life skill is to make life more, simple and easy. Adaptive and positive behavioural abilities are those abilities that enable individuals to deal effectively with the demands and challenges of daily life. These life skills can be learned and improved.

The National Education Policy (NEP) 2020 was a landmark initiative for the Indian education system, calling for deep reforms and a systemic change in the education sector. This new policy recommended inclusion of Life Skills as a part of the curriculum where the vision is that education should not be limited to mere academic outcomes to focus on the holistic development of our future generations.

An art of living.

A life skill is an art of living, with the help of which students can face the difficulties and challenges in their life without fear and with ease. It inspires them to live a positive, successful, and satisfied life. It can also help in adopting positive attitudes like personal life, social life, and moral values. By adopting this skill students can lead a healthy and happy life. This skill inspires students to move forward with patience, dedication, and stability.

Increase in self-confidence.

In this continuous process of learning new skills, the self-esteem and confidence of the students increase. It is noteworthy that whenever students learn new skills to improve their performance, a sense of competition develops in them. Life skills prepare students mentally to face the realities of life.

Necessary for education.

According to a survey, it was seen that youth consider life skills important to deal with the challenges in life. Another important fact is that school education has a huge impact on the lives of students. Therefore, teachers should give priority to life skills-based curriculum for the overall development of students. Apart from this, by adopting life skills in one's life, they can be used in various areas like gender equality in education, environmental protection, and income generation.

Important in career building.

This skill is very important for those youth who are still at the initial stage of their career. This skill will help the students and youth in learning decision-making abilities, problem-solving, etc. along with presenting themselves as a successful candidate.

Types Life Skills

Although life skills are related to personal development and well-being, it is useful to reflect on our environment and personal relationships. It leads to sociability, tolerance and increased self-esteem. We learn to say no without being aggressive and make compromises for positive solutions.

Self-awareness

Self-awareness is conscious attention directed towards the self. To cultivate self-awareness, we may engage in reflection or introspection. When we have this life skill, we often find ourselves pondering why we are the way we are or why we do the things we do. Examples of self-awareness are: The ability to understand what you can or can't do, recognizing your own talents and being aware of your skill set and the ability to differentiate between the weak and strong aspects of your abilities or behaviour

Critical thinking

Critical thinking can be defined as reflective thinking that focuses on deciding what to believe or do. It may involve organizing facts, analysing ideas, and evaluating arguments. Overall, having this life skill means we use disciplined thinking to make the best judgments we can and take actions that make the most sense given these judgments (Huitt, 1998).

It refers to the ability to think critically i.e., separating facts from opinions. This enhances the ways in which we articulate and express our thoughts and ideas. The flexibility and fluency in the thought process make room for creative and innovative thinking.

Creative thinking

Creativity involves the ability to understand a problem and also to redefine it, transform thoughts, reinterpret information, and ignore existing boundaries to find new solutions (Kim, 2006). Creative thinking involves fluency, originality, and elaboration. Fluency is the number of relevant ideas that you can come up with. Elaboration is the number of added ideas you can come up with to build on existing ideas. This life skill may also include 'resistance to closure' - or in other words, keeping an open mind (Kim, 2006).

Decision making

The ability to use available information to assess a situation and make an informed choice is known as decision-making. It helps develop problem-solving skills and is a highly valuable trait in the workplace. Decision-making can be defined as identifying and choosing from alternatives. Our decision-making process depends on our values, beliefs, goals, etc. This life skill involves tasks such as defining a problem, determining the requirements of an effective solution, establishing the goals of the decision, and identifying alternatives (Fülöp, 2005).

Problem-Solving

Problem-Solving may be defined as a thinking process where we use our knowledge, skills, and understanding to manage an unfamiliar situation. But keep in mind that problem-solving is not like an algorithm. A problem simple enough to be solved with a series of “IF-THEN” statements (as is done in an algorithm) does not need the life skill of problem-solving. When it comes to the human mind, it is capable of much more complex problem solving (Carson, 2007).

Effective communication-

Communication might be defined as the act of disclosing, unmasking, or explaining something in detail (Rowan, 2003). This life skill also involves achieving a goal with our communication. For example, we might wish to inform, persuade, or communicate assertively (Rowan, 2003).

Interpersonal relationships

Humans are social beings by nature and friendly relationships boost social and mental well-being. Interpersonal skills refer to the ability to positively engage with others and coexist amicably. To have successful, healthy relationships, we need a variety of social skills. These life skills might include things like sensitivity to nonverbal cues, low fear of rejection, and the ability to easily adapt when moving from one social situation to the next (Riggio, 1986).

Empathy

High emotional intelligence and empathy allow you to accept others who may be very different from you. You show compassion, support and respond to situations appropriately. Empathy improves the quality of social relationships, encouraging trust and respect between you and others.

Empathy refers to our ability to understand and share the feelings of another. When you are empathetic, you put yourself in another person’s shoes, make an effort to see the world from their perspective and feel the emotions that they feel.

Coping with stress-

Our ability to have resiliency in the face of stress is another key life skill. This might involve developing healthy coping skills, engaging in stress management strategies, and using self-care.

Coping with emotion-

Coping with our emotions for example, by tolerating distress and regulating emotions is another type of life skill. This is especially important for our well-being but skills of this type also have important impacts on our relationships.

The World Health Organization (WHO) describes life skills as the abilities and positive behaviours that enable individuals to deal effectively with the demands and challenges of everyday life. In a constantly changing environment, i.e., a fast-paced world, life skills have become essential in overcoming the roadblocks of daily life. From managing things better to

processing emotions and interacting with others, the need for life skills becomes necessary with time.

Assertiveness

It isn't easy to put your foot down, without hurting somebody's feelings. Assertiveness teaches you how to maintain a delicate balance by helping you express yourself freely without hurting someone's feelings. In the workplace, it's especially difficult to establish boundaries and saying no to people. By being assertive, you can communicate your needs and expectations in a respectful manner.

Time Management

Time management helps you stay on track, organize your activities and work well under pressure. It further reduces stress and allows you to set goals successfully. To stay organized and on top of your priorities, you must manage your time smartly. Time management skills have several advantages, such as: Knowing how to spend your time productively and staying organized, setting priorities and saying no to things that Aren't Urgent and Feeling Less Stressed and Having the Energy to Accomplish Things Successfully

Negotiation

People often view negotiation as a zero-sum game, while in reality, it involves a win-win situation. The ability to compromise or settle in an argument that benefits everyone is the cornerstone of successful negotiation. It's an important interpersonal skill that helps resolve conflicts and solves problems.

CONCLUSION

Being aware of life skills is not enough. Everybody needs to find ways to actively implement them for successful careers and relationships. A Human being learn how to overcome roadblocks and step outside his comfort zone. The Ladder of Learning framework will help learn everything about competence and skills.

Life skills are abilities that help individual to deal effectively with the challenges of everyday life. The World Health Organization identified six key areas of life skills, which include- Communication and interpersonal skills, Decision-making and problem-solving, Creative thinking and critical thinking, Self-awareness and empathy, which are two key parts of emotional intelligence, Assertiveness and equanimity, or self-control. Other examples of life skills include self-awareness, effective communication skills, interpersonal relationships, and empathy.

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