

Life Skills and Values

Definition

Life skills are defined as the capabilities that enable individuals to take adaptive and positive behaviour that makes them able to deal with the events and challenges of everyday life and to participate in the modern world full of new challenges and handle everything from interactions with others to identifying and processing emotions. This is done through the promotion of positive personal behaviours, social adaptation, citizenship and positive attitudes at work.

Types of Life Skills

There are two types of life skills that need to be taught to students. The first one is General Life Skills and the other is High-Level skills. And under these skills comes a variety of skills which are the following.

General skills

- ✓ Confidence skills.
- ✓ Decision-making skills.
- ✓ Stress alleviation skills.
- ✓ Adjustment skills in adversity.
- ✓ Self-awareness skills.
- ✓ The skill of negative tendency towards wrongdoing.
- ✓ Positive behaviour.
- ✓ Critical Thinking.
- ✓ Society's skills towards each other.
- ✓ High-level skills

The following skills are covered under High-Level Skills.

- ✓ Excellent warmth and high mental level.
- ✓ Way of thinking.
- ✓ Mental and physical relaxation.
- ✓ Goal Setting and Problem Solving.
- ✓ Communication.
- ✓ Social support.
- ✓ Standard of living with health.

Aims of Development of Life Skills

Following are the objectives for the development of life skills.

- ✓ The purpose of social development.
- ✓ Development of experimental knowledge.
- ✓ The purpose of the development of adjustment power.
- ✓ The objective of developing life values.
- ✓ The objective of mental development.
- ✓ Of all-round development

In 1999, the World Health Organization identified some areas of life skills:

Communication and interpersonal skills. This broadly describes the skills needed to get on and work with other people, particularly to transfer and receive messages either in writing or verbally.

Decision-making and problem-solving. This describes the skills required to understand problems, find solutions to them, alone or with others, and then take action to address them.

Self-awareness and empathy, are two key parts of emotional intelligence. They describe understanding yourself and being able to feel for other people as if their experiences were happening to you.

Assertiveness and equanimity, or self-control. These describe the skills needed to stand up for yourself and other people and remain calm even in the face of considerable provocation.

Resilience and ability to cope with problems, which describes the ability to recover from setbacks, and treat them as opportunities to learn, or simply experiences.

Thinking Skills

Thinking skills are defined as the mental activities of an individual that he uses to process information, make sense of experiences, build relationships, solve problems, make decisions, ask questions, and create new ideas or organize information.

It is worth noting that thinking is not a description of one thing, but rather the use of existing information about a particular thing to arrive at something else, and this is called innovation.

There are four types of thinking skills:

Analytical Thinking Skills: Convergent or analytical thinking is an important component of visual thinking that gives one the ability to break complex

problems into single and manageable components and solve problems quickly and effectively.

Divergent Thinking Skills: Divergent thinking refers to a problem-solving method used to generate creative ideas by exploring a variety of possible solutions to find one that works. Divergent thinking usually occurs in a free-flowing, spontaneous, and non-linear fashion. Hence, this conflicts with convergent thinking, which depends on focusing on a limited number of solutions rather than proposing multiple solutions.

Creative thinking and critical thinking. This describes the ability to think in different and unusual ways about problems, find new solutions, or generate new ideas, coupled with the ability to assess information carefully and understand its relevance.

Accepting Criticism: A Life Skill

The skill of accepting criticism is the ability of a person to accept constructive criticism for improvement.

Accepting criticism is an important skill in a person's life. It can be difficult for some people to accept criticism from others, but it is important to leave out emotional and sensitive feelings.

If one accepts criticism and focuses on the reason for the criticism, he can use it to improve himself and change his strategies to become better.

Time Management Skills

Time management is one of the most important skills for a person, specifically for those who have a lot of tasks and things to accomplish.

Care must be taken on the most important step to master this skill, which is a commitment to doing one task at a time, as multitasking leads to a person being distracted and thus wasting time.

Stress Management Skills

Stress management skills are defined as the ability that puts one in charge and gives him a sense of control, so it is the ability to control emotions, feelings, and anger toward others. Psychological pressures are defined as a set of external factors that affect an individual, in whole or in part, or affect the integrity of his personality. Stress and fatigue lead to physical weakness in humans, so you must have the ability to relax to get rid of any stress or fatigue you may be exposed to. Stress management techniques help boost self-esteem, reduce stress,

depression, and anxiety, and improve the overall quality of life. Stress management skills are essential for a person to be healthy and strong.

It is also true that different life skills will be more or less relevant at different times in your life. For example:

When at school or university, you'll need study skills. These may include understanding how to organise yourself for study, doing research, and even writing up a dissertation or thesis. These are not skills that everyone will need, but writing skills are likely to be useful in a variety of careers and jobs.

When buying a house, you may need to employ negotiation skills, and you will certainly need plenty of patience and a good temper. These skills are also likely to be high on your 'essential life skills' list if you have children!

You'll need to work on your employability skills to get a job, and will also need to think about how you apply for a job, and how you might cope in an interview;

When you have a job, you may need to develop leadership skills, especially if you need to lead teams or groups;

When you start a family, you'll need parenting skills. You may also find that time management and organising skills become much more important.

However, the most important life skill is the ability and willingness to learn.

By learning new skills, we increase our understanding of the world around us and equip ourselves with the tools we need to live a more productive and fulfilling life, finding ways to cope with the challenges that life, inevitably, throws at us.

Personal Skills

Personal skills are the essential life skills we need to help maintain a healthy body and mind.

These skills include many of those on the World Health Organization's list, such as resilience, self-control and self-awareness. They include skills such as how we recognise, manage and cope with emotions.

Being able to manage anger and stress can also be an essential life skill. Learning about anger and stress, recognising what may trigger them (in ourselves and others), what the symptoms are and how to control or manage such emotions can greatly enhance the quality of our lives.

Many people battle with low self-esteem and confidence, which can cause stress and prevent them from reaching their full potential.

Interpersonal and Communication Skills

Communication and other interpersonal skills cover a huge range of skills, including:

Effective listening skills, together with techniques such as clarification and reflection, can help prevent misunderstanding.

Verbal and non-verbal communication, including both how to use your voice and choose the right words, and also the use of tone of voice, body language and how you dress. They can help to build rapport.

Unfortunately, there are also many barriers to effective communication in any communication situation. These can lead to misunderstanding or even conflict.

Importance of Life Skills Education

Life skills education helps students build confidence in both communication and cooperative and collaborative skills, provide them with tools important for development, find new ways of thinking and problem-solving and provides methods on how to socialize, make new friends and recognize the impact of their actions and behaviours.

Life skills also help students take action in situations where their parents or teachers may not be available and make themselves take responsibility for what they do instead of blaming others.

Purpose of life skills education

It has been felt that life skills education bridges the gap between basic functioning and capabilities. It strengthens the ability of an individual to meet the needs and demands of the present society and helps in dealing with the above issues in a manner to get desired behaviour practical.

Criteria for using Life Skills.

UNICEF identifies the following criteria to ensure successful life skills-based education:

- It should not only address knowledge and attitude change but, more importantly, behaviour change.
- Traditional "information-based" approaches are generally not sufficient to yield changes in attitudes and behaviours. For example, a lecture on "safe behaviour" will not necessarily lead to the practice of safe behaviour.

Therefore, the lecture should be substantiated with exercises and situations where participants can practice safe behaviour and experience its effects. The adult learning theory emphasizes that adults learn best that which they can associate with their experience and practice.

- It will work best when augmented or reinforced. If a message is given once, the brain remembers only 10 percent of it one day later, and when the same message is given six times a day, the brain remembers 90 percent of it. Hence the need to repeat, recap, reinforce and review.
- It will work best if combined with policy development, access to appropriate health services, community development and media.

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