



**A STUDY OF LIFE SKILLS INCORPORATED THROUGH VARIOUS ACTIVITIES  
IN SCHOOLS.**

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***Abstract***

*Presents study is related to life skills incorporated through various curricular and co-curricular activities in English medium schools. Survey method is used for this study. Sample of 5 schools in Katraj area was selected from Pune city. Interview of Principals and Teachers were taken and yearly planner was collected from them for collecting detail information about activities conducted in the academic year 2014-2015. From the various activities mostly communication skills, self awareness and empathy these life skills are incorporated. Comparatively stress management, emotional adjustment, decision making these life skills are less incorporated through activities. Overall from the study it is clear that many activities are conducted through which life skills are incorporated in the schools.*



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**Introduction**

A continuous and consistent effort made to develop students' innate skills for living their lives efficiently and successfully is what is called 'Life-skills education'. To achieve this, it is important to provide children the necessary opportunities in the early stages of their school lives. An additional objective is to facilitate the development of their personality by making them put their own physical and mental skills to use as much as possible.

The World Health Organisation has recommended the teaching of following ten life-skills: - Self-awareness, Empathy, Problem solving, Decision making, Effective communication, Critical thinking, Creative thinking, Interpersonal relations, Coping with emotions and stress management.

Children are expected to acquire the above skills through the medium of school education. It will be possible to teach the children most of the above skills through curricular and co-curricular activities.

### **Need**

For all round development of child school is playing a main role and taking lot of efforts. Child is spending maximum of his time in school. School is conducting various curricular and co-curricular activities in the academic year. To study which are the activities conducted in the school and which life skills are incorporated through various school activities present study was needed.

### **Importance**

Present study will benefit following people.

- 1) Principal -Principals can inspire teachers for planning yearly planner such that, through activities all life skills can be incorporated. They can arrange orientation programme and workshop for teachers for incorporation of life skills through activities.
- 2) Teacher-The study will help to extend the scope and knowledge of teacher. New activities will be included in the yearly planner for incorporation of all the life skills. This will help students to enjoy all the new activities included in the planner.
- 3) Society –Students are the future citizens. This study will help to develop good citizens.

**Statement of problem:** - To study the life skills incorporated through various activities in English medium schools of Pune city in Katraj area.

### **Operational Definitions:-**

- Life skills –10 life skills recommended by the World Health Organisation.
- Activities – Curricular and co-curricular activities taken in school for all round development of child.
- School – A formal Institution which imparts formal education from std V to X of Maharashtra State Board from Pune city in Katraj area.

### **Objectives:-**

- 1.To study activities conducted in the school.

2.To study various life skills incorporated through various school activities.

3.To suggest activities to develop life skills in school.

**Research Questions:**

Which are the activities conducted for incorporation of life skills in school?

On which activities more stress is given?

**Assumptions**

1. Life skills play an important role for all round development of child.
2. Various curricular and co- curricular activities are conducted in the school.
3. Life skills can be incorporated through various curricular and co-curricular activities

**Scope**

1. Present study is based on curricular and co-curricular activities conducted in English medium school of Maharashtra State Board of Pune city in Katraj area.
2. Present study is related to life skills incorporated through curricular and co curricular activities.

**Limitation**

Conclusions are based on information provided by Principals and teachers of the schools.

**Delimitation**

1. Present study is limited to activities conducted in the academic year 2014-2015.
2. This study is limited to activities conducted in Bharti Eng. Medium school, Sarhad eng. School, Second home school.sss

**Methodology of Research**

**Method of Research** – Survey method

**Sampling** – A small purposive sample of 5 English medium schools from Maharashtra State Board of Pune city in Katraj area was selected.

**Data Collection Tool:-** Interview of Principals and Teachers were taken to collect the information and yearly planner was collected for analysis.

**Data Analysis and Interpretation**

1. Through many activities self awareness, communication skills, creative thinking these life skills are mostly incorporated.
2. Empathy, conscious, problem solving, interpersonal relationship these life skills are incorporated through some activities.

3. Very less activity are conducted in schools through which decision making emotional adjustment and stress management these life skills are incorporated.

### **Procedure of study**

Appointment of teachers and Principals of schools was taken and accordingly interview was held and yearly planner was collected to collect the detail information of curricular and co-curricular activities. Based on yearly planner analysis and conclusion are drawn.

### **Conclusions**

1. Various curricular and co-curricular activities are conducted in the schools for all round development of child.
2. Many life skills are incorporated through various activities.
3. More stress is given on inculcation of self awareness, communication skills and creative thing.
4. Very less stress is given for inculcation of decision making, stress management and emotional adjustment.

### **Suggestions**

1. More activities should be included to incorporate decision making, emotional adjustment and stress management.
2. Activities like some problem has to be given to students to solve from newspaper and solution and their suggestions can be asked.
3. For stress management Yoga session, Meditation, Expert lecture for stress management can be arranged.
4. Poetry writing competition, 'Speaking about self' can be done in schools besides this counselling should be done by experts for emotional adjustment.

### **Educational Implications**

This study is helpful to the Teachers and Principals of the schools

1. To know through activities life skills can be incorporated in the schools.
2. To make aware more programmes should be organise in the schools for inculcation of all life skills.
3. To know which activities should be included in the yearly planner for incorporation of life skills.

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