

LIFE SKILLS EDUCATION: AN EFFECTIVE TOOL TO EMPOWER TEACHERS WITH POSITIVITY DURING AND AFTER CORONA PANDEMIC

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Abstract

Life skills are qualities which are important to live a healthy and prosperous life. These skills are combination of different kind of skills like social skills, emotional skills, coping skills etc. With this going on pandemic, the things we are losing is especially the human touch. it has become very difficult to develop life skills. This is the high time when we need life skills more than any other things. We need resilience, empathy, coping skills, communication skills in each and every aspect to prosper and flourish in this pandemic era. Now a days parents do not spend quality time with their children due to professional commitment of both the parents so the responsibility of moulding the child behavior into a complete individual depends on teachers. This paper attempts to highlight the importance of essential life skills education to the future generation to face the enormous difficulties and challenges of life during and after pandemic.

Keywords: *Life skills, empathy, resilience*



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Introduction

We as teachers teach young people who are the future of the nation .whatever we learn in adolescence age becomes the culture for the whole life. Life Skills Education is very important for teachers because they prepare the young minds. Life skills education enable young teachers to translate the knowledge, skills, and attitude to young people to handle the difficulties and challenges of real life problems. It would help teachers to enhance quality of education through innovation, creativity and making them more self-confident and self-aware.

Life skill education make us aware about the strategies to make healthy choices that contribute to a meaningful and happier life. Life skills are the kind of abilities that help to promote mental well-being and competence in young people as they face the realities of life in today's competitive world.

Life skills are the type of skill set that make people to live happy and balanced lives and reach their full potential. People who have sufficient life skills flourish. In this context, a meaningful life is achieved through mental wellbeing, self-awareness, and skills for appreciating humanity in others as well as working towards wellbeing in one's. Life skills cannot be generated in a day. It's a lifelong learning process.

Importance of life skills for human being in present scenario of pandemic

How to avoid any kind of stress and how to achieve healthy life style is the demand of current scenario. Life skills education could be suggested as a reliable solution for human being in this current pandemic time. Developing life skill helps the individuals to translate knowledge, attitude and their health behavior such as acquiring the ability to reduce specific risk behavior and adopt healthy behavior that improve their lives in general. Distraction from routine life and work from home, unemployment and other hectic mental stress causing situations resulted in various imbalances in mental and physical health of the person. Life full of boredom, loneliness, sleeplessness, anxiety, pressure, fear of job loss etc. created lot of pressure everywhere.

Life skills education helps to build a society that enables everyone with problem solving ability, decision making skill, stress coping skill, effective communication with others etc. Life skills education inculcates such qualities in individual that are necessary to operate and survive in this pandemic period.

Aims of life skills education

Life skills education teaches us that life is beautiful. We need think of developing understanding on part of learner, following which they would be able to learn and create their own versions of knowledge as they grow. Such an understanding level would make the life of learner wholesome, creative and enjoyable. With this in view the National Policy on Education (NPE, 1986) proposed the National Curriculum Framework as a means of evolving a national system of education, recommending a core component derived from the vision of national development enshrined in the Constitution. The Programme of Action (POA, 1992) elaborated this focus by emphasizing on relevance, flexibility and quality in education. Thus NCF 2005 focuses on constructive based pedagogy and developing thinking, and other attributes like

personal and social values, such as self-reliance, creativity and cooperation which are necessary to live a successful life in today's world. Thus NCF 2005 places different demands and expectations on the teacher, which need to be addressed by both pre-service and in-service teacher education.

Effect of covid 19 on teachers

Covid 19 changes the whole teaching learning scenario for the teachers. Without risking the life, teachers must continue their duties as academic and non academic works. Teachers today mostly are computer educated and internet friendly. Teachers are doing a great job in this pandemic time, just need is to motivate them and boost their morale with free trainings online to learn about new E platforms. Covid 19 actually created a long term positive impact on educational scenario. Teachers are the professionals who remain active through out the pandemic by online platforms and being connected to their students through out the lockdown and pandemic crisis. Problems of Stress and complexities and loneliness which teachers feel in online teaching can be removed up to a large extent with the help of life skills. Coping skills and thinking skills helped teachers a lot during the covid time period.

Benefits of teaching life skills in corona time period

Some of the life skills that individual need to develop to thrive in a post pandemic world are: if covid 19 pandemic has taught us anything, that is what really matters in our lives personally and professionally.

- **Adaptability**

The most important thing which we need in this pandemic is our adaptation to the changing situations. to survive and succeed in this pandemic period we should accept changing scenario and adapt ourselves to sustain.

- **Emotional intelligence** how to handle ones and others emotions wisely is very much needed to handle the situations in pandemic time.
- **Cybersecurity** when everything is going online so this skill is unavoidable in current scenario.
- **Negotiating** are the skills we need most and are very essential during and in post pandemic world.
- **Better perspectives** we need to look everything with better perspective in this tough time of pandemic
- **Networking**

It is the time to expand networks and be connected with peers and family member's. As a professional and as a human being we should connect ourselves to the social media and other social networking sites.

- **Positivity and confidence** taking responsibilities for actions and anger management skills along with human values are the need of the hour in this time. Life skills leads individuals towards developing them into complete and holistic personalities by giving them confidence and positive thinking.

Why teach life skills?

Thus the life skills are essential for not only living a healthy and balanced life but to enjoy life fully with courage and prosperity. It was also suggested that the learning of life skills might contribute to the utilization of appropriate health services by young people. Life Skills Help Young People make Better Choices concerning their Health. developing life skills among adolescents will empower girls to avoid pregnancy until they reach physical and emotional maturity, develop in both boys and girls responsible and safe sexual behavior, sensitivity and equity in gender relations, prepare boys and young men to be responsible fathers and friends, encourage adults, especially parents, to listen and respond to young people, help young people avoid risks and hardships and involve them in decisions that affect their lives.

Benefits of life skills education

Relevance of life skills education can be experienced by us all in every phase of life. Present world is full of stress, and pressure of different types .life skills enable individual to treat every situation of life with confidence and positivity especially in this pandemic time.

Health Benefits Life skills education addresses the combination of psychological and social (i.e. psychosocial) factors that contribute to healthy behavior. The implementation of life skills education in schools addresses the needs of all children. The promotion of personal and social skills is an important aspect of health promotion interventions that aim to empower the individual to promote his/her own health as well as the health of others and of the community.

Educational Benefits

Life skills have an impact on the teaching of academic subjects, e.g. because of the introduction of interactive methods. There are indications that life skills education can have a positive impact on academic performance. Once the students or pupils feel that they are involved in issues of relevance to their own lives, they participate more and learn more. Life skills are important because they enable individual to adjust to the frustrations and challenges they are going to face in their future life. Life skills are under spotlight because mastering life skills help any person learn, live and work better. Life skills have a long lasting impact on the personality of the individual.

Social Benefits

Life skills education can promote more pro-social behavior and so result in less delinquency among humans. How to communicate effectively in this corona time period life skills education taught us thoroughly.

Cultural Benefits

Life skills education helps to clarify the needs of young people growing up in modern societies. Life skills education is of particular value to young people growing up in multicultural societies.

Economic Benefits

Life skills education, and the skills promoted, appear to be amongst the ones most highly valued by the future employers of young people. Life Skills education teaches the tools and skills required to move from reactive mode to active mode. Teachers practicing life Skills tools in schools have testified that the subject helps to fill a huge gap in the ongoing education systems. Education system today is undergoing an overhaul as a result of changing demands of the society. The technology explosion has made education accessible anywhere irrespective of time and space. Over and above this there is constant flow of information as a result of knowledge explosion. Hence time has come to swap short term information accumulation to understanding for memory based education (**Khirwadkar et al, 2012**).

Conclusion

Covid 19 pandemic not only changed our perspective towards life, but it actually taught us the changes way of working, learning and living. Pandemic has changed the way teachers interact with the students. Teachers were not prepared very much to teach remotely. Some were tired, anxious and very little satisfied with this new role. With the help of life skills education we can prepare teachers to overcome all these mental tensions and anxieties. Life skills education can act as a remedy for the problems related to corona pandemic to lead a better life. so we can say that life skills education is need of this corona times and every education society should make life skills education an important part of its system. It can lead towards a society of well learned teachers who can produce better and healthier citizens by better supporting students learning and dealing with their problems not only during pandemic but after the pandemic also. It is universal need for overall development.

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