

Life Skills



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Introduction :-

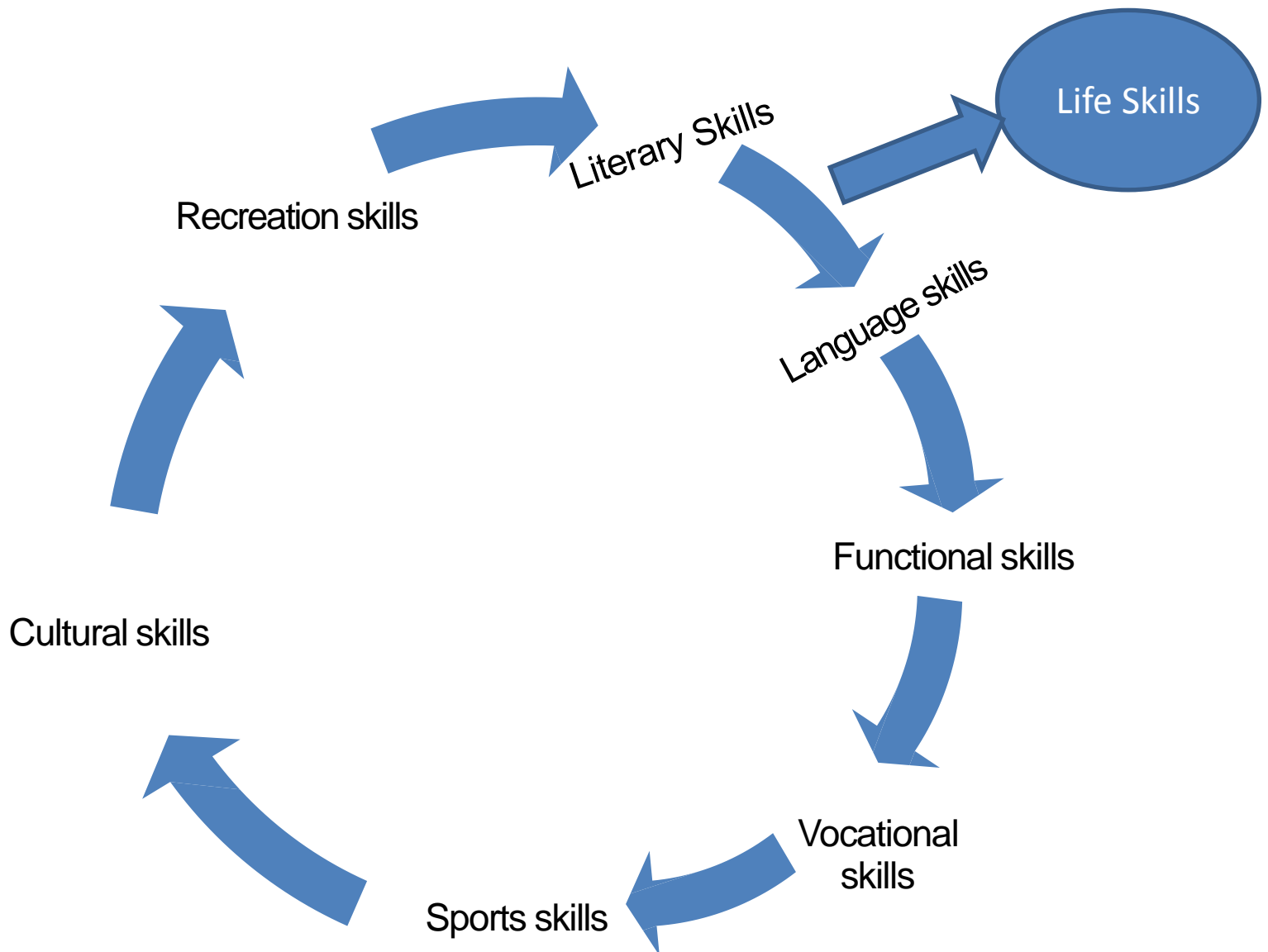
A Skill is a learned ability @ a capacity which helps us to do a task in an effective manner.

It is an ability which needs regular practice and more often usage

Person need to be acquired with a lot of patience and positive attitude

A skilled person used less time and energy & resources to do a job and produces quality results

There are different kinds of skills :-



Literary Skills : Reading, Writing, Creativity in literary

Language Skills: Communicating with others, through speech & writing

Functional Skills: Related to function in different situations and demands (Ticket, Maps, forms)

Vocational Skills: Enhancing Livelihood opportunity (Tailoring, Driving, pottering etc,)

Sports Skills : Capable of playing different games and sports

Cultural skills: Capacity to participate in a cultural activities

Recreation skills: capacity to lighten the spirits of the groups

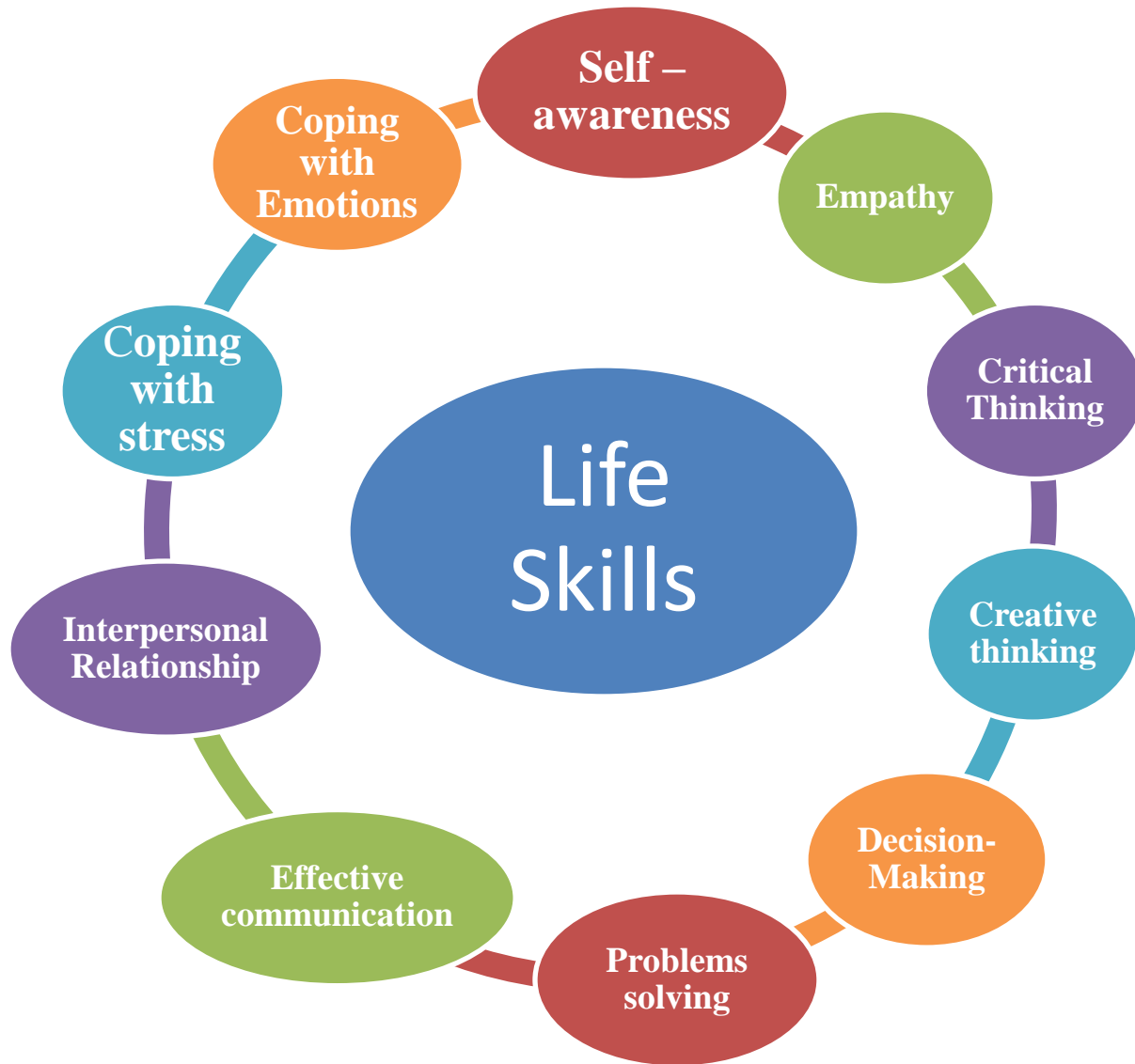
Life skills Definitions and meaning

- Life skills are the ability that facilitate the physical mental & emotional well-being of individual (WHO)
- The abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of every day life (WHO)
- The life skills in terms of making better health choices (1986, Ottawa charter for health promotion.)

Need for Life skills

- To become a well adjusted and well-developed individual
- To improve the relationship better and handling interpersonal problems
- To improve communication skills
- To develop a dynamic self-image and great self –esteem
- To boost the decision making skills
- To help to deal with problems in day to day life
- Prevent high risk behaviours
- To reduce vulnerability and improve utilization of protective factors
- Life skills are those competencies that assist people in functioning well in the environments in which they live

Component and ten core life skills laid down by WHO



Life skills- components

- 1 **Self –awareness:** It includes recognition of self and identifying our strengths and weakness, desires and dislikes
- 2 **Empathy:** It is the ability to imagine what life is like for another persons.
- 3 **Critical Thinking:** it is the ability to analyse information and experiences in objective manner.
- 4 **Creative thinking:** It is a novel way seeing or doing things that generates new ideas.

5. Decision-Making: It helps us to take appropriate decisions about our lives.

6. Problems solving: It helps us to deal constructively with problems faced in our lives

7. Effective communication: It means that we are able to express ourselves, both verbally and non-verbally, so that our ideas are effectively transmitted to others

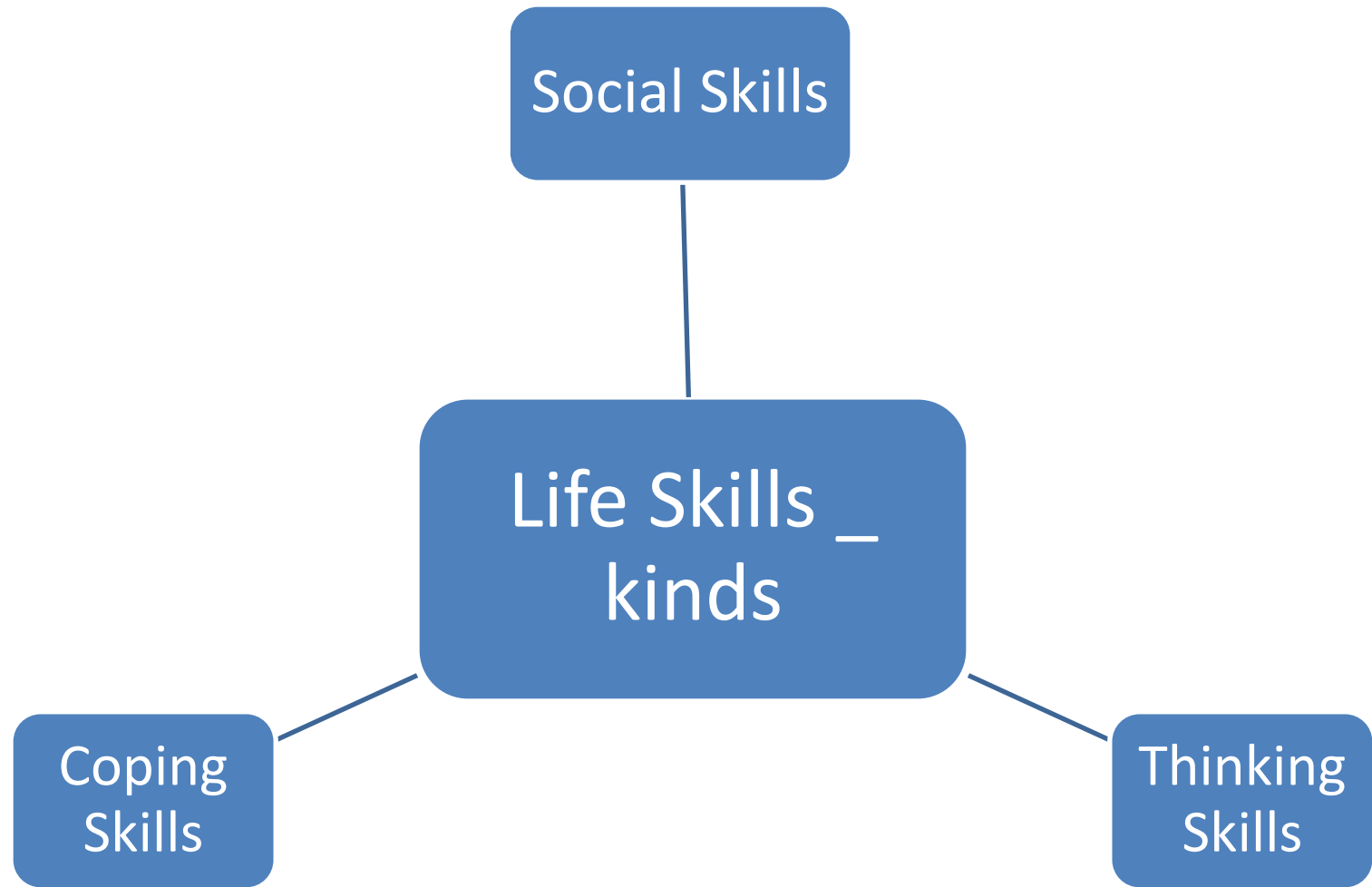
8. Interpersonal Relationship: These skills helps us to establish a rapport with the people whom we interact with.

9. **Coping with stress** :It means recognizing the sources of stress in our lives, recognizing how this affects us,

10 Coping with Emotions: It means involving recognizing emotions within us and others, being aware of how emotions of influence behaviour and being able to respond to emotions appropriately.

Life skills - Kinds

Life Skills are a group of psycho-social competencies and interpersonal skills that help people make informed decisions, communicate effectively, and develop coping and self-management skills to lead a healthy and productive life. They are essentially those abilities that help to promote physical, mental and emotional wellbeing and competence in young people as they face the realities of life. Life-Skills are divided into three core groups namely:



Social Skills

Social skills includes Self-awareness and empathy, effective communication and interpersonal relationship. Self-awareness is a probe into one's own self, relation to the surrounding in which they live. It is an unbiased assessment about one's character, capacity, capability, competency desire and dislikes. Empathy is our mental capacity to accept without emotional disturbances.it is basically seeing the problem of a person by stepping in his shoes. Effective communication is a dynamic and on-going process, which interacts and leads to changes in behaviour and attitudes of individuals. Interpersonal relationships initiates and maintains positive relationships and de-link unconstructive relationships.

Thinking Skills

Thinking skills includes critical and creative thinking, Problems solving and decision making. Critical thinking makes objective judgements about choices and risks. Creative thinking helps to have unique way of thinking which is based on depth of knowledge and insight. Problems solving is the best possible way to get one's needs accomplished. Decision making provides favourable alternative considering consequences.

Coping Skills

Coping skills includes the skills to cope with stress and emotions. Coping with stress means to recognize the source of stress and find the way to control it for effective transaction in the society. Coping with emotions is a life skills which is extremely important for living a successful and healthy which is normal. But one has to know when and how to express these emotions, and how to cope with them.

Importance of life Skills

Importance