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CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

Approving Life Skill Education For Tranquility And Euphony Of Life

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Abstract

Today, we are in 21st century. We can't certainly state that there is joy and satisfaction all around us while leading our lives and there are a number of reasons behind it. Today, we witness a number of incidents of atrocities, corruption, inhuman behavior which is reflected by the incidents of rapes, suicides of farmers, suicides committed by students, spread of Naxalite Movement and so on and so forth. The ill effects of these are not only seen at international level but in our families, too. If we ask the question as to what are the reasons behind problems such as increasing number of divorces and dowry - deaths, the sole factor responsible for all these problems is the unnatural tendency of humans. Through this research paper, it was explored as to how the life skills are useful for the welfare of the human race and how virtues such as social commitment, dedication to work, humanity, patriotism, social harmony, a feeling of fraternity would be inculcated in our society and in what manner we would be in a position to create a peaceful society.

Keywords: Education, Life Skills, Peace, Harmony, Society, Globalization

Introduction:

Schools shouldn't merely act or play the role as educational centers, but rather should become the centers of knowledge and skills. Today's schools provide only information, but do not educate students as to how to tackle everyday problems. But due to this tunnel vision of education towards life, students are leading stressful lives. As a result, they tend to behave carelessly. Therefore, peace in personal life of an individual as well as that in social life is disturbed. Today's student regards his sole aim as making more and more money, without even realizing why is money needed in life. He is striving for physical amenities and other luxuries. But the problem is that when one is habituated to lead a life full of luxuries, he loses his conscience and vices in him show up their presence. It is interesting to note that good and bad qualities dwell in the same individual. It is education which encourages virtues and minimizes vices. But the present education system can't train young minds in such a manner. Seeing that tomorrow's India is taking shape in today's schools, we will have to bring about a number of changes in our education system, otherwise students won't hesitate to commit such activities as committing suicides, would indulge in addictions and juvenile crimes which would eventually disturb the peace of society. Therefore, at schools, it isn't sufficient simply to impart knowledge to become a discreet member of family and society. But what is more required is to inculcate in students knowledge, virtues and skills. This is because only those individuals who have knowledge, virtues and skills would emerge successfully in life and this would eventually lead to creation of a good and harmonious society and such an individual would strive for the betterment of society. In order to lead a peaceful life, it would be apt to give a thought to life skills right from the school - going age. With this view in perspective, the WHO has decided on ten life skills. If these life skills are imbibed in the minds of students through the medium of syllabus, then it would definitely mould mentally stable, healthy and peaceful youths in the future.

Present Scenario:

In our times, the newspapers deliver us the news of murders, dacoits, rapes and terrorist attacks incessantly. On the news channels also, such news are shown in a very gaudy and inappropriate manner.

Today, not only money but girls of a very tender age (say, of 2 years age) are being raped and this extremely heinous inhuman tendency is on rise. Today, we are witnessing widespread corruption in every sphere of life. Whether it be corrupt leaders or govt. officials, leaders offering money to people in order to get elected in elections, leaders coming from dubious background, their number is ever increasing. Education today has no doubt produced many scientists, doctors, engineers, politicians but the touch of humanity and qualities of ideal citizens are not to be seen in any of them and we have to accept this fact. Due to increasing expectations, the tendency of going to any level for fulfilling one's own desires is increasing. Today, a society which gives mere importance to physical pleasures rather than seeking spiritual enlightenment is being molded. We today witness that it is the more educated, elite people who are involved in corruption and committing atrocities on their fellowmen. We certainly can't deny this aspect or fact. Students are committing suicides only because they had to face failure in a less significant test or exam. Those who should give some definite direction to society are found to be indulged in wrongdoings. Rather than pollution of any other type, today we find that pollution of thoughts is rampant, which has led us to social chaos and disturbances in the fabric of social peace and harmony. As a result, each individual views himself to be insecure in such a chaotic situation. In other words, it has led us to a chaotic situation and each of us is suffering due to this degradation of social values.

Life Skills and Peace Education:

Life skill education is nothing but to develop the competencies or abilities of learners in order to make progress on the highway of growth and development of life. Due to such an education, one can lead a happy, peaceful, healthy and successful life. The WHO has put forth such ten basic life skills. These life skills are concerned with the thoughts, feelings and behaviors of one or more individuals of society. Hence, if one gains mastery over these skills, their personalities would undergo development. What's more, their life would also become more peaceful and happy. As a consequence, this would create a healthy society and this, in turn, would eventually create harmony at international level among various nations.

Life skills, conservation of values and their development is a broader concept. Students, school, parents and society are the customers of a teacher. By taking into consideration social commitment of teachers, the teacher has an important role to play in conserving life skills, nurturing values and developing them through the medium of syllabus. For social security, it is very much essential to impress upon the minds of students the education of life skills. For habituating students to behave and act in a balanced and constructive manner, it is essential to conserve and develop life skills among students.

How would Life Skill Education lead to the Creation of a Peaceful Life and Society?

1) Self-awareness: Due to this life skill, an individual can think clearly about his own likes and dislikes, his feelings and his nature. Due to self-awareness, an individual understands the true meaning of life and one's own existence. Due to it, one can control oneself. Those students or individuals who are fully aware of themselves can play an important role in bringing about development of society of tomorrow. They can decide on priorities in life and hence are capable of leading society in the direction of progress and development.

2) Empathy: If students develop the life skill of empathy, they would be better prepared towards creating harmonious relations with other fellow beings in the future life. Such pupils would readily accept friendships and feeling of cooperation, as a result, misunderstandings amongst them would be reduced and there would be less fighting amongst them. In other words, these students would become more tolerant and accommodating and would adjust themselves better to society members. Empathy helps individuals in leading a stress - free life. On the contrary, those students who haven't developed the quality of empathy cannot understand other's feelings and needs and this leads to conflicts.

3) Problem Solving: In school atmosphere, even minor things may become the sources of stress and tension. If they don't get a desired object, they may experience stress. As these pupils grow, even their problems would grow in intensity. If these problems remain unsolved, it may disturb social peace. But, if students are offered opportunities to solve problems, then they would be prompted to think independently and would also become more confident and firm. In the future, such students will not only solve their own problems, but will be able to solve problems at national front, too.

4) Decision Making Abilities: Even though decision making abilities are important, yet it has been observed that presently it is the parents and teachers who take decisions on behalf of students. If this trend continues in the future also, then students' decision making abilities would remain underdeveloped and thus they would become unsuccessful in their lives and they may turn towards destructive activities. On the contrary, if given an opportunity to make their own decisions right from their childhood, it would make them independent and they would be able to take their decisions even during tough times. This, in turn, would develop their self-confidence, clear-cut idea of their objective and would imbibe in them qualities essential for leading an able and satisfied life.

5) Effective Communication: Effective communication helps in making clear one's ideas, problems, and needs to others. If an individual doesn't have the skill to express his thoughts and attitudes, aptly with other, one feels suffocated and this creates dissatisfaction and ultimately the balance of entire society gets disturbed. Those students who can express their views, thoughts and emotions, clearly can communicate with each other easily; they can work in groups comfortably and can also induce others to develop the feeling of cooperation. Hence, such students create a balanced and harmonious world in the future.

6) Interpersonal Relations: Those pupils who bear a feeling of responsibility for each other can know others' needs, only such pupils are respected, they become famous in groups and they don't have to face loneliness at any stage in their lives. On the contrary, those pupils who haven't realized the importance of interpersonal relations behave in an apathetic and carelessness manner, out of which they become stubborn or rebellious in nature. Therefore, students should acquire skills about interpersonal relations so that they could experience a happy and blissful life.

7) Creative Thinking: Those children who possess creative thinking are playful and have a pleasant personality. Those are always engaged in playing and fun activities. On the contrary, those children who don't possess creative thinking are less playful, tenser and are depressed or gloomy. Students possessing more creativity are gladder and are curious about things going on around them. If teachers create an atmosphere in the class which would be conducive to creativity, then it would help students to develop the ability to think independently and to inculcate good habits from which they would develop broad-mindedness. Since creativity helps one to expand his flexibility, it helps people to become more social, righteous and affectionate.

8) Critical Thinking: Today, people possessing the quality of curiousness are not to be seen in large numbers. As a result, students don't develop the ability to think critically and as a result, they tend to take their decisions hastily and ruin themselves. This, in turn, creates other problems and society's balance is disturbed. Today's students need to develop the spirit of enquiry. If a critical situation arises, then those students possessing this skill of critical thinking would be able to analyze the situation and come up with some solution in a satisfactory and competent manner. In a larger perspective, this ability would prove to be a boon in the process of nation building.

9) Coping with Emotions: Factors such as anger, lack of emotional stability, irritation etc. are nothing but the states of mind and these are related with emotions. Whether an emotion be creative or destructive in nature, yet any emotion which crosses a certain limit, proves to be destructive. Hence, if students are taught to control their emotions, they can lead a carefree and stress free life. On the contrary, if students don't know how to cope with emotions, then they become stubborn, excessively naughty,

agitated, lonely and depressed. All these aspects prove to be such which disturb national peace. If students acquire the skill to control their emotions, then they would be successful in coping successfully with their emotions and this would habituate them to express their emotions in a socially acceptable manner. As a result, they would develop a tolerant attitude to others.

10) Coping with Stress: Forgetfulness, lack of decision making abilities, being worried or tense are the symptoms of mental and emotional stress which go to reduce the seriousness of work at hand and thereby diverts the attention of a person to other undesired things. Those who are under stress fall an easy prey to destructive activities in society. This disturbs the fabric of social balance. When students learn to control their stress, then they would be able to concentrate fully on the important task in their life and can play an important role in maintaining social health. By maintaining social and national peace, a peaceful world can be created.

Conclusion:

The impact of globalization has affected all the spheres of human life and educational field is no exception to it. It is expected that due to education, an individual imbibes certain skills but in our times, humans tend to behave in an insensitive manner and we see plenty of examples of it from our daily newspapers. The basic reason as to why this has happened is that basic values and principles which should become cornerstones of human life aren't imbibed through education. As a result, chaotic situation is created in our society. In order to reduce this disturbed state and in order to re-establish peace in our society, it is first of all needed that life skills discussed above be imbibed in our minds. If these are inculcated, we have a hope to have a peaceful, happy and healthy society in the future.

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