



### Chief Editor

**Dr. A. Singaraj**, M.A., M.Phil., Ph.D.

### Editor

**Mrs.M.Josephin Immaculate Ruba**

### Editorial Advisors

1. Dr.Yi-Lin Yu, Ph. D  
Associate Professor,  
Department of Advertising & Public Relations,  
Fu Jen Catholic University,  
Taipei, Taiwan.
2. Dr.G. Badri Narayanan, PhD,  
Research Economist,  
Center for Global Trade Analysis,  
Purdue University,  
West Lafayette,  
Indiana, USA.
3. Dr. Gajendra Naidu.J., M.Com, LL.M., M.B.A., PhD. MHRM  
Professor & Head,  
Faculty of Finance, Botho University,  
Gaborone Campus, Botho Education Park,  
Kgale, Gaborone, Botswana.
4. Dr. Ahmed Sebihi  
Associate Professor  
Islamic Culture and Social Sciences (ICSS),  
Department of General Education (DGE),  
Gulf Medical University (GMU), UAE.
5. Dr. Pradeep Kumar Choudhury,  
Assistant Professor,  
Institute for Studies in Industrial Development,  
An ICSSR Research Institute,  
New Delhi- 110070.India.
6. Dr. Sumita Bharat Goyal  
Assistant Professor,  
Department of Commerce,  
Central University of Rajasthan,  
Bandar Sindri, Dist-Ajmer,  
Rajasthan, India
7. Dr. C. Muniyandi, M.Sc., M. Phil., Ph. D,  
Assistant Professor,  
Department of Econometrics,  
School of Economics,  
Madurai Kamaraj University,  
Madurai-625021, Tamil Nadu, India.
8. Dr. B. Ravi Kumar,  
Assistant Professor  
Department of GBEH,  
Sree Vidyanikethan Engineering College,  
A.Rangampet, Tirupati,  
Andhra Pradesh, India
9. Dr. Gyanendra Awasthi, M.Sc., Ph.D., NET  
Associate Professor & HOD  
Department of Biochemistry,  
Dolphin (PG) Institute of Biomedical & Natural Sciences,  
Dehradun, Uttarakhand, India.
10. Dr. D.K. Awasthi, M.SC., Ph.D.  
Associate Professor  
Department of Chemistry, Sri J.N.P.G. College,  
Charbagh, Lucknow,  
Uttar Pradesh. India

ISSN (Online) : 2455 - 3662

SJIF Impact Factor :5.148

# EPRA International Journal of Multidisciplinary Research

Monthly Peer Reviewed & Indexed  
International Online Journal

Volume: 5 Issue: 1 January 2019



Published By :EPRA Publishing

CC License





## LIFE SKILLS FOR SUSTAINABLE DEVELOPMENT: ASSURANCE OF A QUALITY LIFE

**Jyoti Mishra<sup>1</sup>**

<sup>1</sup>Assistant Professor,  
Arya Narayani Devi Teachers Training College,  
Ajmer, Rajasthan, India

**Prof M.P.Sharma<sup>2</sup>**

<sup>2</sup>Professor Emeritus,  
Department of Education,  
Mohanlal Sukhadia University,  
Udaipur, Rajasthan, India

### ABSTRACT

*Education plays a key role in a prosperous and successful life and its success depends on one's ability to get along with one's own self and with others. Life skills are those skills which are linked with knowledge, experience and skills to live independently. These skills are also focused on the development of communication skills, self esteem and confidence to live on their own. Skill development is a main component of education for sustainable development. If we consider the role of life skills in the ESD then it would be very beneficial for students and other persons. Life skills play a crucial role in teaching and learning in acquiring of knowledge and development of attitude and skills which support sustainable behavior and further leads to sustainable development. The present paper deals with the importance of life skills in the process of sustainable development. It also focuses on theoretical aspect of life skills and sustainable development. Here researcher also wants to emphasize on some suggestions for students to development of life skills in classrooms.*

**KEY WORDS:** *Education, skills, life skill education, sustainable development.*

### INTRODUCTION

Life is a continuous process which relates with adjustment .we faces many crises in our daily life. Life skills are those skills which are necessary to cope with several crisis of life. It is a person's ability to show a positive and adaptive behavior while interacting with others. Life skills are those skills which are essential for a managed and better quality life. It provides opportunities to live life with full potential and caliber. It is needed for dealing with daily life problems. Life Skills are those abilities which may help on individual to lead a holistic and fruitful life. . Life Skills based education refers to the interactive process of teaching and learning which focuses on acquiring knowledge, attitude, values and skills which support behavior of the learner that enable them to take up greater responsibility in their lives by making healthy life

choices gaining greater resistance pressures and minimizing harmful behaviors.

### OBJECTIVES OF THE STUDY

Researcher has framed following objectives for present study-

1. To find out the theoretical aspects of life skills and sustainable development.
2. To explore the utilization of life skill knowledge in daily life
3. To suggest some recommendations for the inculcation of life skills among students through different activities.
- 4.

### LIFE SKILLS AND ITS TYPES

World health organization states that life skills are the abilities for adaptive and positive behavior that enable individuals to deal effectively with the demand and challenges of everyday life. Life skills are directly

related with vocational or occupational skills that are mandatory to enhance individual's economic level.

World Health Organization has laid down ten core life skills and they are as-

1. Self awareness
2. Empathy
3. Critical thinking
4. Creative thinking
5. Decision making
6. Problem solving
7. Communication
8. Interpersonal relationship
9. Coping with stress
10. Coping with emotions

Self awareness is linked with our character, likes, dislikes and our strength and weakness, whereas empathy is related with the understanding and care about other peoples. When empathy is involved in any communication then that communication can be two way communications. Empathy creates understanding towards our self as well as for others. It is helpful to tackle delicate issues and uncomfortable conditions without offending other peoples. It nurtures care, assistance and tolerance among people so that they manage their daily life problems very effectively. Critical thinking creates objectivity to analyze information and issues. Creative thinking exhibits the generation of new ideas, flexibility, originality and elaboration. Decision making is useful in dealing with decisions about our lives. We face many problems in our daily busy schedule where there is no more time for their solution. Here problem solving ability can minimize the effect of mental pressure and physical stress, interpersonal relationship plays an important role in making and keeping friendly relationships which lead on social support. Man can express himself effectively by effective communication. Therefore, to cope with the increasing pace and change of modern life, students need new life skills such as the ability to deal with stress and frustration.

### **IMPORTANCE AND NEED OF LIFE SKILLS**

- Life skills are useful in the development of self esteem, confidence and control on anger and dissatisfaction.
- It develops the capacity of listening and hearing among teenagers which is helpful in the removal of misconceptions and misunderstandings.
- It is helpful in the assessment of positive and negative aspects of any situation therefore the person acts as a mediator for that particular problem solution.
- Life skills enhance social and problem solving skills of any person.

- Raising self esteem and self confidence
- Productivity enhancement
- Ability to plan and set goals
- Acquisition of knowledge related to specific content.

### **SUSTAINABLE DEVELOPMENT**

Sustainable is derived from Latin word '*Sustinere*' which represents to keep in existence, implying performance or long term support. It is a concept of multi-dimensional setting and as per Hicksian view, it is nothing but to examine whether consumption in the present time period can be sustained in the future. It is a concept and strategy by which communities seek economic development appropriately that benefit the local environment and quality of life. (Swaminathan, 2001)

Development refers all the activities which we embark upon to improve quality of human life. Sustainable development works for society in future direction without damaging or depleting natural resources. In Brundtland commission report- Our common future, it is illustrated as –“Meeting present needs without compromising the ability of future generations to meet own needs”. Gandhi ji said-“The earth is sufficient for our needs but not for our greed.” This statement clearly explains that we should use minimum natural resources and preserve them for further use in future. This phenomenon is known as Sustainability which requires minimization of human activities or interferes in environment. Initially the human population was small and their needs were limited but gradually population increased and due to science and technology, life became more luxurious and comfortable therefore man became more ambitious and consumed more resources than earlier.

### **USE OF LIFE SKILLS TO SOCIETY FOR SUSTAINABLE DEVELOPMENT**

As we know that sustainable development deals with long term development which is beneficial for society so life skills are also mandatory for the fulfillment of the goal of sustainable development. These include educational, social, health, cultural and economic aspects etc.

- **From educational aspect** - Life skills are essential for healthy relationship between student and teacher and maintain discipline in school. These skills are also helpful in remedial of students' problems as absenteeism, drug abuse, teenage pregnancies etc. they are equally beneficial I the improvement of pupil's performance.
- **From social aspect** – life skills are useful in cooperation, friendly behavior and avoidance of risky situations among students so that their socialization process gets high. It

is beneficial in the character building of the student.

- **From Health aspect** – life skills leads to the prevention and control of diseases such as sexually transmitted diseases (STDs), AIDS and other diseases of same category. Life skills, make people more responsible about their own and other's health.
- **From economic aspect** – it lead to the high productivity due to a motivated, strong and energetic labor force. Student learns management skills which become helpful in the saving of time, money and other resources.
- **From individual aspect** – life skills motivate students to finding of new ways of thinking and solving problems in their daily life. They teach them to take responsibility for what they do rather than blame others and build confidence in spoken skills and for group collaboration and cooperation. It enhances the ability of appreciation of others and self awareness also.

Life skill education has a great importance in the development of sustainable societies as -

- Recognizing cultural awareness and citizenship makes international cooperation easier.
- Respecting diversity allows creativity and imagination to flourish developing a more tolerant society.
- Developing negotiation skills, the ability to network and empathies can help to build resolutions rather than resentments.

## RECOMMENDATIONS

Teacher has a key role in the classroom. A teacher can motivate his students in a positive way so that they become more excited and curious about new things. Teacher acts as a role model for students so he/she should apply some methods on students to enhance life skills among them as –

- Class room discussions
- Brainstorming
- Role plays
- Audio and visual activities
- Simulations
- Debates
- Concept mapping

## CONCLUSION

In nutshell, life skills enhance psycho-social competences which are helpful in decision making, critical thinking, problem solving, effective communication etc. Life skills promote values and good culture in the society. It is a basic need for the requirement of quality educational and culture transmission. Life skills are abilities that help people to think, feel, act and interact as individuals and participating members of the society. We use these skills in managing and living a better quality life. They are helpful in accomplishment of our ambitions and live to our full potential. In conclusion it can be said that life skills are a tool for the development of sustainable society where people are self aware and confident in all dimensions.

## REFERENCES

1. Dange, J.K. *Life skills: A research based Model*. University news, 54(48), November 28- December 4, 2016 pp- 67-73.
2. Sabu, S. *Education in the new millennium*. APH publishing corporation, new delhi, 2015.
3. Ohri, neetu, *skill based education*, APH publishing corporation, new delhi, 2016.
4. <http://www.macmillanenglish.com/life-skills/why-are-life-skills-important/>
5. [http://www.cbse.nic.in/cce/life\\_skills\\_cce.pdf](http://www.cbse.nic.in/cce/life_skills_cce.pdf)
6. <https://www.skillsyouneed.com/general/life-skills.html>
7. <http://www.macmillanenglish.com/life-skills/what-are-life-skills/>