



Life Skills and Stress, Coping Patterns in Transient Stage of Tribal Adolescent (With special reference to Jhabua District)

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Introduction

UNICEF has defined life skills as a “large group of psychosocial and interpersonal skills that can help people make informed decisions, communicate effectively, and develop coping and self-management skills that may help lead a healthy and productive life.” In 1986, the Ottawa Charter for Health Promotion recognized life skills in terms of making better health choices. In 1989 convention on Rights of the Child (CRC) linked life skills to education by stating that education should be directed towards the development of the child’s fullest potential.

Life skills have been defined by WHO (1999), as abilities for positive and adaptive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. It is through life skills they will solve their problems, manage situations and cope up with a variety of stressors. Life skill education enhances young people’s ability to take responsibility for making choices, resisting negative pressure and avoiding risky behaviour. The ten life skills are as follows;

Critical thinking : It is an ability to analyse information and experiences in an objective manner.

Creative thinking : It is the ability to look beyond our direct experience and address issues. It contributes to both decision making and problem solving by enabling us to explore the available alternatives and various consequences of our actions or non-action.

Decision making : It is a choice that makes between two or more possible options.

Interpersonal relationships : Interpersonal relationship skills help us to relate in positive ways with the people we interact with.

Effective communication : Effective communication means that we are able to express ourselves, both verbally and non-verbally, in ways that are appropriate to our cultures and situations. This means being able to express opinions, desires, needs and fears.

Self-awareness : Self-awareness includes our recognition of ourselves, our character, our strengths and weaknesses, desires and dislikes. Developing self-awareness can help us to recognize when we are stressed or feel under pressure.

Empathy : Empathy is the ability to imagine what life is like for another person, even in a situation that we may not be familiar with.

Coping with stress : Coping with stress is recognizing the sources of stress in our lives, recognizing how this affects us, and acting in ways that help to control our levels of stress.

Tribal Adolescents & Life Skills

TRIBAL, also known as indigenous peoples or aboriginals are ethnic groups who are native to a particular region or territory. They often have distinct cultures, languages, traditions, and social structures that are rooted in their historical connection to the land. Tribal typically live in more remote or rural areas and maintain close ties to their ancestral territories.

Adolescents need help and guidance in decision-making, problem solving, critical thinking, developing interpersonal skills, self-awareness, empathy, coping with stress and managing emotions. They need support and guidance which is the responsibility of the parents to help



children by understanding and solving their problems. Adolescence is the transition period from childhood to adulthood and also a period of experimenting, experiencing and expanding. The Life Skills Education is a good support system for adolescents at the community level. Effective acquisition and application of life skills can influence the way one feels about others, ourselves and will equally influence the way we are perceived by others. It contributes to perception of self-confidence and self-esteem in turn promotes overall well-being of an individual (Anuradha, 2014. Life skill of a person develops over the years continuously in a dynamic manner.

Tribal Adolescents experience anxiety, confusion and difficulty in their day to day life. To develop life skills the adolescents have to take responsibility for making choices, resisting negative pressure and avoiding risky behaviour. Extra care is needed while offering help to adolescents problems because it is not easy for teenagers to accept the fact that they need help.

The paper is written to understand tribal adolescent, their needs, attitude, coping patterns, relationship with the family members and friends during the transitional phase. This will help in analyzing the core problems and analyze.

Methodology

Sample size is 300 tribal adolescent from Jhabua District. The school and college students are included in the sample as they are been given training for the life skill in their school and colleges. Girls and boys both are included in the study. The study will be useful to understand about the perspective for the life skill training on 300 tribal adolescent from Jhabua District (Meghnagar, Thandla, Jhabua block)..

Area of study: The Jhabua district of Madhya Pradesh state is taken up for this study (Jhabua, Thandla and Meghnagar Block).

The Quota sampling and the stratified random sampling method is be used in the study. The population would be divided in the criteria of adolescent 10-19 years of age. The sample universe is the Jhabua district (Meghnagar, Thandla, Jhabua block).The tribal population in the district is highest and the villages which have the majority population of the tribal are selected.

Primary Data

Primary data is the original data derived from 1. Interview Schedule and 2. Observation 3. Focused group discussion. These are a fundamental method used in research, scientific inquiry, and everyday life to gain an understanding of the world around us.

Secondary Data: It refers to the data that is collected by someone other than primary user. 1) Journal and 2) Newspaper.

Data Interpretation

This paper is based on the life skills and stress, coping patters in the tribal adolescent in the transient stage of puberty to adolescent. Tribal Adolescents need help and guidance in decision-making, problem solving, critical thinking, developing interpersonal skills, self-awareness, empathy, coping with stress and managing emotions. The methods of coping with stress are different in the society we live. These are dependent on the ways the ancestors have made systems. Although society keeps changes and so some rules are changed, modified, etc., but those nearly have the solutions in stress is talk to your parents and they will help you into every situation. With the generation gaps and fast changing needs, lack of time, busy lifestyle there are many things which are not effective now. Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. (WHO).The coping patterns are different for the individual according to the situation, his own attitude towards life and perception.

Life skills are cognitive, emotional and practical abilities which are vital for success in life. Life necessities determine the aims of these skills (World Health Organization, 1994). Life skills help

young people navigate the challenges of everyday life. It enables them to develop into healthy, responsible, and productive adults. Life skills are “abilities for adoptive and positive behaviour that enable an individual to deal effectively with the demands and challenges of everyday life” WHO (1994). Below are the questions and the responses of the sample I have chosen. These questions are relevant for this paper so I have put in few questions as follows :

Table- 1 Life Skill Importance in adolescence

The life skill importance in the eyes of the tribal adolescent respondents is goal setting. 129 individuals have selected goal setting as their answer which is 43% of 300 people sample. Prioritization of the task is been answered by 129 people, and 62 people have agreed that life skill training makes them confident.

| S. No. | Options | No of respondents | Percentage |
|--------|-------------------------|-------------------|------------|
| 1 | Prioritization of tasks | 109 | 36 |
| 2 | Makes Confident | 62 | 21 |
| 3 | Goal Setting | 129 | 43 |
| 4 | Accountability | 0 | 0 |
| Total | | 300 | 100 |

Table- 2 Situations causing stress

These days stress is a very common situation in everyone’s life and by this Table I highlight that which situations causes stress to tribal adolescent youth. The reasons are an indication on what worries youth most in this stage of life. The data below states that studies/ job is the issue which creates maximum stress 145 people has responded to this option which is 48% of 300 people interviewed. Relationship issues stresses 80 people and physical appearance is the reason of stress for 65 respondents. Only 10 individuals are stressed due to difference in opinion with the loved one or friends.

| S. No. | Options | No of respondents | Percentage |
|--------|------------------------|-------------------|------------|
| 1 | Studies/ Job | 145 | 48 |
| 2 | Relationship issues | 80 | 27 |
| 3 | Difference in opinions | 10 | 3 |
| 4 | Physical appearance | 65 | 22 |
| Total | | 300 | 100 |

Table- 3 Coping patterns for stress

The data below suggests that out of 300 respondents 48% which comes out to be 142 tribal adolescent have chosen exercise/ listening to music as their coping mechanism. Music and exercise are both options which are recommended by many life coaches. Following a hobby has 96 people choosing it when coping with stress. 40 people think communicating with friends help they reduce stress and 22 people think help from family member will help them in coping with the stress they are facing.

| S. No. | Options | No of respondents | Percentage |
|--------|------------------------------|-------------------|------------|
| 1 | Communicating with friends | 40 | 13 |
| 2 | Help from family members | 22 | 7 |
| 3 | Exercise/ Listening to music | 142 | 48 |
| 4 | Pursue hobby | 96 | 32 |
| Total | | 300 | 100 |

Table- 4 Managing Stress

Although all life skill trainings help in management of life which ultimately help in managing life and reduces overall stress. The emotional and social relationships are still the important ones and the life skills which manage your stress are related to it.

The Table kept in the interview schedule is to know that what adolescent tribal youth thinks on that which life skill helps an individual to manage their stress. According to the table below conflict management is voted highest with 43% which comes out to be 130 respondents choosing out this option. 80 tribal youths chose problem solving as their skill for managing stress, 50 people chose creativity as their option for management of stress. 40 people think that self-awareness is the key for to manage their stress.

| S. No. | Options | No of respondents | Percentage |
|--------|---------------------|-------------------|------------|
| 1 | Creativity | 50 | 17 |
| 2 | Conflict management | 130 | 43 |
| 3 | Self-Awareness | 40 | 13 |
| 4 | Problem solving | 80 | 27 |
| Total | | 300 | 100 |

Table- 5 Life skill providing Better Understanding of attitude & thinking

The below table data suggests that according to the tribal adolescent youth the life skill which provides the better understanding of attitude and thinking is broadening horizons. Out of 300, 153 respondents have selected this option which is 51% of the total data. Accountability has been voted by 79 people and positive communication life skill is chosen by 47 respondents. Independence provides better understanding of attitude and communication is responded by 21 people.

| S. No. | Options | No of respondents | Percentage |
|--------|------------------------|-------------------|------------|
| 1 | Broadening horizons | 153 | 51 |
| 2 | Accountability | 79 | 26 |
| 3 | Positive communication | 47 | 16 |
| 4 | Independence | 21 | 7 |
| Total | | 300 | 100 |

Table: 6 - what are the ways in which you can develop your attitude and thinking?

The below numeric data is the representation of 300 respondents on the ways in which they have developed their attitude and thinking. The highest number of respondents has chosen the option reading books helps them develop good attitude and right thinking towards the life. Listening to podcast is been chosen by 73 adolescents and researching and traveling has helped 55 and 52 adolescent respectively. The trend states that everyone has different ways in developing their skill on developing their attitude and thinking.

| S. No. | Options | No of respondents | Percentage |
|--------|----------------------|-------------------|------------|
| 1 | By reading books | 119 | 40 |
| 2 | Listening to podcast | 73 | 25 |
| 3 | Travelling | 52 | 17 |
| 4 | Researching | 55 | 18 |
| Total | | 300 | 100 |

Table- 7 Effective Methods developed by society to cope with stress

The below data represents the view of the tribal adolescent in knowing that how effective are methods developed by society to cope up with stress. 214 respondents have chosen non effective option which is 71% of 300. Mediocre is chosen by 83 people and other two options have 1 and 2 people respectively.

| S. No. | Options | No of respondents | Percentage |
|--------|---------------|-------------------|------------|
| 1 | Powerful | 1 | 0.3 |
| 2 | Non effective | 214 | 71 |
| 3 | Mediocre | 83 | 28 |
| 4 | None | 2 | 0.6 |
| Total | | 300 | 100 |

Table- 8 Signs of stress

Stress is the state of worry or tension caused by the difficult situation. These days individuals worry about lot of things. Tolerance power is reduced and anxiety is increased. The below Table in the interview schedule is to know how does their body shows signs of stress. The below data suggests that irritated behavior is voted by 108 respondents, this is experienced by maximum respondents. Disinterest in physical activity is chosen by 68 individuals, lack of appetite is chosen by 63 tribal youths and difficulty in daily activity is experienced by respondents as sign of the stress.

| S. No. | Options | No of respondents | Percentage |
|--------|----------------------------------|-------------------|------------|
| 1 | Irritated behavior | 108 | 36 |
| 2 | Lack of appetite | 63 | 21 |
| 3 | Disinterest in physical activity | 68 | 23 |
| 4 | Difficulty in daily activities | 61 | 20 |
| Total | | 300 | 100 |

Table -9 Life Skill & betterment of Education

Adolescents need a basis for making informed, deliberate decisions, especially on matters that have major consequences, such as educational and occupational futures and human relations (Hechinger, 1992). Education is most important aspect in one's life and life skill helps in making people holistic development on their personalities.

The below table gives the data on how life skills have contributed in betterment of education. 115 tribal adolescent believe that there is improvement in critical thinking in which have supplement their education. Evaluation and research skill improvement is voted by 106 tribal youths. The life skill trainings have helped in professional skills by 77 tribal youths.

| S. No. | Options | No of respondents | Percentage |
|--------|------------------------------|-------------------|------------|
| 1 | Creative thinking | 115 | 38 |
| 2 | Evaluation & Research Skills | 106 | 35 |
| 3 | Professional Skills | 77 | 26 |
| 4 | All | 1 | 0.3 |
| Total | | 300 | 100 |

Table- 10 Importance of Relationship

The relationships in one's life are dependent on the values, morals, observations, relationships with the family. The changing society and lifestyle have changed the relationships as well and the western culture influenced has impacted Indian society on lot of parameters. Although here the Table in the interview schedule to know the thought awareness and importance given by the tribal adolescent to the relationships they have in life.

The below table represent data on the importance of relationship in one's life. The relationship importance is to feel happier and satisfied in life is chosen by 126 respondents. 124 Tribal youth thinks that relationships give Sense of purpose in life. The stress is reduced when you have good relationships is believed by 40 respondents and 3% believes that all three options are very important in one's life.

| S. No. | Options | No of respondents | Percentage |
|--------|----------------------------------|-------------------|------------|
| 1 | Feel happier & satisfied in life | 126 | 42 |
| 2 | Sense of purpose | 124 | 41 |
| 3 | Less stress | 40 | 13 |
| 4 | All | 10 | 3 |
| Total | | 300 | 100 |

Table- 11 Maintaining good relationships

The support and relationships we share with our closed one's make us happy and satisfied as we have seen in the above Table and here we are discussing about maintaining good relationships. The life skill training have helped adolescent youth in every sector of life and so which skills have helped the tribal adolescent in maintaining good relationships is discussed in this Table.

The below table is the numeric data on which life skill have help the tribal youth in maintain good relationship in their life. From 300 respondents 117 tribal youth have believed that communication and interpersonal skill have made their relationships stronger and sweeter. The strong association with people is voted by 83 individuals in maintaining good relationships. 60 respondents believe that positive attitude and self-motivation helps in maintaining good relationships with family and friends. 40 individuals believe that cooperation helps to maintain good relationships with family and friends.

| S. No. | Options | No of respondents | Percentage |
|--------|--------------------------------------|-------------------|------------|
| 1 | Communication & interpersonal skills | 117 | 39 |
| 2 | Strong Association | 83 | 28 |
| 3 | Positive attitude & self-motivation | 60 | 20 |
| 4 | Co-operation | 40 | 13 |
| Total | | 300 | 100 |

Tables- 12 Positive attitude & behavior affect your relationships

The Life skill or skill for psychosocial competence is the reflection of affective skill of an individual. The positive attitude and behaviour help in improving relationships.

The below table states that from 300 respondents 128 feels that positive attitude and behavior gives emotional support. 110 respondents believes that strength is maintained in the relationships when you have positive attitude towards others. Contentment is achieved when you have positive attitude towards the relationships you maintained.

S. No Options No of respondents Percentage



| S. No. | Options | No of respondents | Percentage |
|--------|-------------------------|-------------------|------------|
| 1 | Strength | 110 | 37 |
| 2 | Gives emotional support | 128 | 43 |
| 3 | Contentment | 62 | 20 |
| 4 | All | 0 | 0 |
| Total | | 300 | 100 |

Tables- 13 Sensitive towards negative news and emotions

The table below gives the data on sensitivity of the tribal adolescent towards negative news and negative emotions and the ways they deal with it. The highest number of respondents takes help from teachers and parents, out of 300 respondents 194, which is 65%. Respondents who think that that communication with friends is best way deal with negative emotion are 76. Only 30 respondents think that both ways are effective in dealing with the negative emotion and news.

| S. No. | Options | No of respondents | Percentage |
|--------|-----------------------------------|-------------------|------------|
| 1 | Communicate with friends | 76 | 25 |
| 2 | Take help from teachers & parents | 194 | 65 |
| 3 | Both | 30 | 10 |
| 4 | None | 0 | |
| Total | | 300 | 100 |

Tables- 14 Attitude needed to be successful

The life skill knowledge have made adolescent take informed choices. The individuals have their own way of dealing with different situations and also following tips and skills which they need to improve themselves.

The table below gives the clear picture on which life skill knowledge is needed to be successful in life. The data depicts that 168 tribal adolescent which is 56% are in favor of positivity, if positive mindset is adopted success is certain. Neutral attitude is needed to be successful in life 77 respondents believe in it and 53 respondents think that diplomatic approach is needed to be successful in life.

| S. No. | Options | No of respondents | Percentage |
|--------|------------|-------------------|------------|
| 1 | Positive | 168 | 56 |
| 2 | Negative | 2 | 0.6 |
| 3 | Diplomatic | 53 | 18 |
| 4 | Neutral | 77 | 26 |
| Total | | 300 | 100 |

Table- 15 Dealing with failures

In life there are success and failures. Dealing of failures is different for every individual as it depends on the personality and emotional quotient. According to the data below it is evident that 120 respondents when have failures they share it with family and friends. Neutral attitude is adopted by 86 tribal youth while dealing with failures. 72 tribal adolescent motivate themselves while dealing with the failures and 22 respondents feel angry and frustrated when they deal with failures.

| S. No. | Options | No of respondents | Percentage |
|--------|-----------------------------|-------------------|------------|
| 1 | Share with family & friends | 120 | 40 |
| 2 | Motivate Yourself | 72 | 24 |
| 3 | Angry & Frustrated | 22 | 7 |
| 4 | Neutral | 86 | 29 |
| Total | | 300 | 100 |

Table- 16 Decision making skill important in facing challenges

The Table in the interview schedule is kept to understand that in the opinion of tribal adolescent is decision making skill important in facing challenges. The life skill have helped the youth in all the sectors of life be it be education, career, emotional and social management, decision making etc.

The data below depicts that during the challenges decision making skill is important. From total number of respondents 121 believe that decision making skill if learned it is time efficient. Sorting options is easy when you face challenges is agreed by 79 individuals and 68 respondents believe that logical reasoning in difficult situations helps them stay okay during difficult times. Quick results are evident when decision making is easy for you in the difficult times faced by them.

| S. No. | Options | No of respondents | Percentage |
|--------|-------------------|-------------------|------------|
| 1 | Sorting options | 79 | 26 |
| 2 | Time efficient | 121 | 40 |
| 3 | Logical Reasoning | 68 | 23 |
| 4 | Quick Results | 32 | 11 |
| Total | | 300 | 100 |

Table- 17 Communicate problems to

The relationships in life are mostly tested during the difficult times in life. The difficult phases of life makes you stronger but you always want to share, discussion with your loved ones when something doesn't happen as per your plan. The Table in the interview schedule is kept to see the responses of the tribal while in their difficult times that they share problems with. The below data states that out of 300 respondents 120 communicate their problems to their mentors. 92 tribal adolescent are communicating problems they face in different aspects of life to family and 88 respondents share their problems to parents. The problems shared depend on the age group and the nature as well.

| S. No. | Options | No of respondents | Percentage |
|--------|-----------|-------------------|------------|
| 1 | Family | 92 | 31 |
| 2 | Parents | 88 | 29 |
| 3 | Mentor | 120 | 40 |
| 4 | Any other | 0 | |
| Total | | 300 | 100 |

Table- 18 Maintaining Strong Association with your family & friends

The strong association of the tribal adolescent with the family and friends is given the table below. Out of 300 respondents 139 maintain their strong association through regular communication. 58 respondents think that supportive behavior with your family and friends help maintain strong association in relationships. Acceptance of family and friends with full heart helps in strong association is voted by 54 respondents. Listening life skill helps in strong association with family and friends is voted by 49 tribal adolescent.



| S. No. | Options | No of respondents | Percentage |
|--------|---------------------|-------------------|------------|
| 1 | Communication | 139 | 46 |
| 2 | Supportive Behavior | 58 | 20 |
| 3 | Listening | 49 | 16 |
| 4 | Acceptance | 54 | 18 |
| Total | | 300 | 100 |

Findings

Importance of life skill : Out of 300 respondents 109 think that life skill is important in adolescent age as it helps in prioritizing the tasks, 62 respondents feels confident due to life skill training, 129 respondents which is highest they voted for goal setting is the way through which life skill have helped them.

Situation causing stress : The primary data of this Table states that studies/ job is the issue which creates maximum stress 145 people have responded to this option which is 48% of 300 people interviewed. Relationship issues stresses 80 people and physical appearance is the reason of stress for 65 respondents. Only 10 individuals are stressed due to difference in opinion with the loved one or friends.

Coping patterns for stress: Out of 300 respondents 48% which comes out to be 142 tribal adolescent have chosen exercise/ listening to music as their coping mechanism. Following a hobby has 96 people choosing it when coping with stress. 40 people think communicating with friends help they reduce stress and 22 people think help from family member will help them in coping with the stress they are facing.

Managing stress: Out of total respondents, conflict management is voted highest with 43% which comes out to be 130 respondents choosing out this option. 80 tribal youths chose problem solving as their skill for managing stress, 50 people chose creativity as their option for management of stress. 40 people think that self-awareness is the key for to manage their stress.

Understanding of attitude & thinking through which life skill: Out of 300, 153 respondents have selected this option which is 51% of the total data. Accountability has been voted by 79 people and positive communication life skill is chosen by 47 respondents. Independence provides better understanding of attitude and communication is responded by 21 people.

Attitude & thinking: Listening to podcast is been chosen by 73 adolescents and researching and traveling has helped 55 and 52 adolescent respectively. The trend states that everyone has different ways in developing their skill on developing their attitude and thinking.

Coping with stress: 214 respondents have chosen non effective option which is 71% of 300. Mediocre is chosen by 83 people and other two options have 1 and 2 people respectively.

Signs of stress: Irritated behavior is voted by 108 respondents. Disinterest in physical activity is chosen by 68 individuals, lack of appetite is chosen by 63 tribal youths and difficulty in daily activity is experienced by respondents as sign of the stress.

Life skill contribution in education: 115 tribal adolescent believe that there is improvement in critical thinking in which have supplement their education. Evaluation and research skill improvement is voted by 106 tribal youths. The life skill trainings have helped in professional skills by 77 tribal youths.

Importance of Relationship: The relationship importance is to feel happier and satisfied in life is chosen by 126 respondents. 124 Tribal youth thinks that relationships give Sense of purpose in life. The stress is reduced when you have good relationships is believed by 40 respondents and 3% believes that all three options are very important in one's life.

Maintain good relationships: From 300 respondents 117 tribal youth have believed that communication and interpersonal skill have made their relationships stronger and sweeter. The



strong association with people is voted by 83 individuals, 60 respondents believe that positive attitude and self-motivation, 40 individuals believe that cooperation helps to maintain good relationships with family and friends.

Positive attitude and behavior: from 300 respondents 128 feels that positive attitude and behavior gives emotional support. 110 respondents believe that strength is maintained in the relationships when you have positive attitude towards others.

Sensitivity: The highest number of respondents takes help from teachers and parents, out of 300 respondents 194, which is 65%. Respondents who think that that communication with friends is best way deal with negative emotion are 76. Only 30 respondents think that both ways are effective in dealing with the negative emotion and news.

Type of attitude for success: The knowledge of life skill which attitude is needed to be successful. 168 tribal adolescent which is 56% are in favor of positivity, if positive mindset is adopted success is certain. Neutral attitude is needed to be successful in life 77 respondents believe in it and 53 respondents think that diplomatic approach is needed to be successful in life.

Dealing with failures: According to the data below it is evident that 120 respondents when have failures they share it with family and friends. Neutral attitude is adopted by 86 tribal youth while dealing with failures. 72 tribal adolescent motivate themselves while dealing with the failures and 22 respondents feel angry and frustrated when they deal with failures.

Decision Making Skill Importance: From total number of respondents 121 believe that decision making skill if learned it is time efficient. Sorting options is easy when you face challenges is agreed by 79 individuals and 68 respondents believe that logical reasoning in difficult situations helps them stay okay during difficult times

Problems faced: Out of 300 respondents 120 communicate their problems to their mentors. 92 tribal adolescent are communicating problems they face in different aspects of life to family and 88 respondents share their problems to parents.

Strong Association: Out of 300 respondents 139 maintain their strong association through regular communication. 58 respondents think that supportive behavior with your family and friends help maintain strong association in relationships. Acceptance of family and friends with full heart helps in strong association is voted by 54 respondents. Listening life skill helps in strong association with family and friends is voted by 49 tribal adolescent.

Conclusion

Life skills can be innumerable, some of the important life skills are self-awareness, empathy, interpersonal relationship skill, effective communication, decision making, problem solving, critical thinking, creative thinking, coping with stress and coping with emotions. These skills help to develop psychosocial competence and empower young people to have control over what they do. The adolescence of today face many more choices and demands than ever before.

Dealing with academic competition, handling family responsibilities, transcending daily life conflicts, dealing with peer pressure, preparing for future roles, making crucial carrier choices on the one hand provide them with greater independence but on the other hand can also lead to greater conflict and frustration, thus affecting their psychosocial well-being. It is essential to help the adolescence acquire enduring self-esteem, inquiring habits of mind, reliable human relationships, a sense of belonging in a valued group, and a feeling of usefulness.

Life skills affect social adjustment positively. The life skills training effects on decreasing the mental disorders symptoms especially anxiety, depression and stress of students suspected to the mental disorder. It influences self-efficacy, self-esteem, and life interest and role behaviour for unemployed youth. Life skills affect mental health and self-esteem of adolescents positively. It is found that life skills training led to significant increase of self-esteem in study group.



Life skills training improve the life skills and academic achievement. Also, not significant different between male and female students in the score of life skills and academic achievement observed. Students who received the life skill intervention reported having more developmental experiences related to life skills, greater life satisfaction and a stronger tendency to be optimistic. The life skills and academic achievement are positively correlated.

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