

INTEGRATION OF LIFE SKILLS WITH SOCIAL SCIENCE

Ms. Kavita Dixit

Research Scholer,
School of Liberal Studies and Education
Navrachana University, Vadodara

Dr. Archana Tomar

Assistant Professor,
School of Liberal Studies and Education
Navrachana University, Vadodara

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ABSTRACT

Integration of subject with any other subject might reduce curricular load of students. It helps in evolving new ideas and skills. In the current scenario there is a need that a student should deal effectively with the circumstances, make optimum utilization of resources, recognize available opportunities and face the challenges of society. To manage with the increasing pace and challenges of modern life, students need life skills such as the ability to deal with stress and frustration. Life skills are not always taught directly but often learned indirectly through experience and practice Life skill program is a school based program where life skills are imparted in a supportive learning environment. Life Skills can be taught with the integration of the subject with integrated teaching, which engages learners in purposeful, relevant learning. Integration implicit that a single activity achieves significant curricular goals in two or more subjects simultaneously. Social sciences plays a pivotal role in developing and managing life skills by creating continuously interactive environment. Social science is any discipline or branch of science that deals with human behavior in its social, physical and cultural aspects. It develops humane qualities in students, their duties towards human society. They learn to use a particular skill effectively in diverse situation to cope with challenges of life. It develops imagination, critical comparison, analysis, summary, evaluation skills. This paper highlights the integration of life skills with social science subject.

INTRODUCTION

Education is one of the ways of gaining comprehensive knowledge. Education helps in learning different things. It helps finding new things and preparing for the future for betterment. It helps in evolving new ideas and

skills. Skills develops helps in taking decisions for improvement the standard of living. Education plays a vital role in enlightening and fostering deeper sense of human development. In a continuously changing environment, life skills are an important part of being able to meet

the challenges of everyday life. To manage with the increasing pace and change of modern life, students need new life skills such as the ability to deal with stress and frustration. Secondary level more emphasis to the adolescent age. Adolescence is vital among all the stages of life in an individual from childhood to adulthood, agrees to many physiological as well as psychological changes, moving to the path of independent behavior and maturation, as adolescents progress through this stage. It is well said that adolescence is a turning point in one's life.

NEEDS OF ADOLESCENCE STAGE

Adolescence has often been portrayed as a period of stormy stress, but adolescents can make an immense contribution to society if they are given proper support and space through handholding and informed interaction. Cairo International Conference on Population and Development (ICPD)(1994) . Adolescence may be taken as a period of growth from puberty to maturity. This period between 13 to 19 is associated with quick physical, psychological and social changes. Adolescence is a transitional period between childhood to adulthood. Their minds develop and change tremendously which effects whole personality to change. The transformation from childhood to adulthood involves many changes (e.g. changes in relationship associated with parents, peers, friends, change in self-identity, self-esteem)

Adolescence is a period of life with specific health and development of mind and body . It

is also a time to develop knowledge and acquire knowledge of or skills to learn to manage emotions and relationships, and acquire attributes and abilities which will be signify for enjoying the adolescent years and assuming adult roles.

But they are uncertain of their goals in life, they want to explore in the world, needs freedom. This is a period of storm and stress, a time when the individual is fickle, emotionally unstable and unpredictable, feels nervous, low self-esteem. It is a situation in which new adjustments have to take place. The time is identified with significant changes in the body, along with development in a person's psychology and academic career. Thus, at this stage (adolescent) of human development is subjected to influence by lots of psychological pressure due to physical changes, role changes, identity crises, career choice, school phobia, social adjustment, emotionally immature, changes in parent-child relationships etc. The adolescent is not mature enough to deal with most of these problems, resulting in morbidity, depression, stress, lethargy, lack of sleep, loss of appetite, aggressiveness, feeling of insecurity, inferiority feeling with others, lack of self-confidence, emotional instability, irritation, uneasiness, withdrawal and imaginary pains and of trying to escape from these realities, physical awkwardness , excessive- day dreaming, economic dependence, emotional tension, personal appearance and psychological problems suicide psychology.

Therefore, they become overloaded with lots of psychological pressure due to that frustration can develop, mental conflict appears and then anxiety which converts into psychological stress. They are facing lot of problems around them and they need help and guidance for their solution. They have excessive energy, which converts into aggressiveness or rebellious attitude, for that they require some skills which will help them in life to choose a proper path. Life skills that leads towards choosing an appropriate direction which help them in their personal and professional life smoothly.

Life skill education aims to furnish students with strategies to make meaningful options that contribute to a healthy life. Life skills are the abilities that aid to promote psychological health and competence in adolescents as they face the realities of life. Life skills enables to complete and integrated development of individuals to live purposefully and effectively as social beings. Life Skills helps to explore alternatives, to assess the nature of decision and action for pros and cons and make rational decisions in solving each problem or issue as it arises. It also involves being able to establish productive interpersonal relationships with others and development of pro-social behavior.

DEFINITION OF LIFE SKILLS

The World Health Organization (1993) has defined life skills as "abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and

challenges of everyday life." As per WHO Adaptive means that a person is flexible in approach and is able to adjust in different circumstances. 'Positive behavior' implies that a person is forward looking and even in difficult situations, can find a ray of hope and opportunities to find solutions.

LIFE SKILL EDUCATION

In view of the importance of life skills, planned programs for Life Skills Education (LSE) are developed all over the world. Across cultures the life skills education aims to promote mental well-being. This helps in effectively solving everyday challenges. Life skills education facilitates adolescents to learn and practice skills, that will help them in future. Life skill education is based on the philosophy that young people should be empowered to take more responsibility for their actions. Life skills education programs are conceptually based on learning theory of Bandura (1977).

The LSE is designed to facilitate the practice and reinforcement of skills in a culturally and developmentally appropriate way. It contributes to the promotion of personal and social development, the protection of human rights, and the prevention of high-risk behavior and social problems. The life skill education is based on the teaching of the generic core skills for life and means to practice life skill in relation to psychosocial needs and demands. They are also taught in the context of holistic health.

The goal of life skills education is to equip individuals with appropriate knowledge on risk taking behaviors and develop skills such as communication, assertiveness, self-awareness, decision-making, problem solving, critical and creative thinking to protect them from abuse and exploitation.

TEN CORE LIFE SKILL

Ten life skill as per World Health Organization are as follows:

Self-Awareness: The ability to self-analyze and accept others thoughts actions and feelings. Recognizing and concede one's needs and desires and potential to know own individuality with Character, desires, likes dislikes and own strengths and weaknesses. Self - awareness can help us to recognize when we are stressed or feel under pressure. It is also often a requisite for effective communication and interpersonal relations, as well as for developing empathy for others.

Empathy: It is the ability to be sensitive to another person's situation. Ability to visualize oneself in the place of others, temporarily, experiences their emotions; understand their concerns, worries, fears, needs and feelings. It encourages a positive behavior towards people in need of care and assistance. Ultimately it helps to move nearer to finding solutions, to solve the conflicts and enhance the quality of life.

Effective Communication: Effective communication means able to express oneself, both verbally and non-verbally, that is

appropriate to our cultures and situations. Listening and Assertiveness is the part of the effective communication skills.

Interpersonal Relationship: Initiate and maintain positive relationships and come out from the unconstructive relationships. Interpersonal relationship skills help us to communicate in positive ways.

Critical thinking: Ability to analyze information, experiences, situations and circumstances etc., in a purposeful manner and logically. Identifying and assessing factors influencing our attitude and behavior. It is not merely criticizing the things instead of making objective judgments about choices and risks.

Creative thinking: It is an ability to think differently and out of the box. Look beyond our direct experience, respond adaptively, having the flexibility to situations in daily life and achieving the objectives in daily life situations. Critical thinking promotes creativity helps us in improving ourselves after self-reflection. Creative thinking enhances decision making and problem solving.

Problem Solving: Problem solving empowers to deal constructively with problems in our lives. Problem solving helps people to come out of the stressful situations through constructive and meaningful ways. It is the ability to solve problems in an effective and timely manner.

Decision Making: It is an ability to take correct decisions at appropriate time,

depending on different situations/circumstances. It helps us deal constructively with decision making about our lives and enables an individual to actively make correct decisions about various aspects of life at the right time with full presence of mind. Correct decision making is important as it can have lifelong impact on an individual.

Coping with Stress: Coping with stress means to identify the origin of stress in our lives, recognizing its effects on us, and finding a suitable way that can help us control our anxiety. Stress and tension are created by changing our own inside outside environment or lifestyle. This skill helps in coping of stress and learning how to relax.

Coping with Emotions: Coping with emotions is concerned with recognizing the emotions within us and others, being aware of how emotions influence behavior and being able to respond to emotions appropriately. Strong emotions like annoyance, anger or sorrow can have negative effects on our health if we do not respond appropriately.

LIFE SKILLS AND SCHOOL EDUCATION

In a continuously changing environment, having life skills is an essential part of being able to meet the challenges of everyday life. The significant changes in global economies over the past few years have evolved with the transformation in technology and these have influenced education and our home life. Life skills are often confused with value education, self-awareness, decision making, problem

solving, effective communication etc. which cannot be taught through the conventional lecture method. Many schools in India continue to survive with age-old moral science periods wherein the teacher is expected to impart values to students, expecting them to soak in the wisdom and cope with the challenges life throws at them eventually. Similarly, teaching vocational skills does not ensure that the individual is well-equipped to survive and adapt to changes in the world that lies beyond the academic or instructional space.

In day to day life students are facing a lot of challenges and pressure. School, family and peer pressure for studies, taking decision related to career, dealing with the physical and cognitive changes of puberty, family and peer conflict. To manage with the increasing stress and change of modern life, students need some life skills which increase the ability to deal with stress and frustration. Today's students will have many new challenges over the course of their lives, with associated pressures and they need for flexibility. In everyday life, the development of life skills helps students in various ways i.e. discovering new pathways of thinking and problem solving, identify the impact of their actions. Emphasizing towards them to take responsibility for what they do rather than blame others. Building confidence through personality development and communication skills, for group collaboration and cooperation. Analyze options, make decisions and understand the situations, and find certain choices inside or outside the

classroom. It develops a greater sense of self-awareness and respect for others. The Life Skill Education Program (LSEP) can be designed in such a way that it can be infused into other school subjects. School education plays a key role in Life Skill development among individuals, especially in the current time when traditional mechanisms for passing on. The school is an appropriate place for integrating of Life Skills Education with Social Science because it is one of the most important agencies of socializing the child. It has an ample potential to provide them with varied experiences in their growing years. It remains in constant contact with the parents and the community. It has experienced teachers who can effectively deliver Integrating Life Skill program to the students and help them become more responsible, healthy and resilient adults.

INTEGRATION OF LIFE SKILL WITH SOCIAL SCIENCE

Integration in education can be defined as planning of different subjects learning activities to ensure the harmonious functioning of educational process. A purposeful planning of strategies and inducement of learning to facilitate in an integrated manner including activities and enhance learning across key learning areas is integrated learning. It is an effective way to meet the challenges of the high stake environment while engaging students in learning. Integrated learning coordinates with different subjects, activities, methods,

resources and skill to ensure harmonious functioning. In the field of education integrated learning is defined as the coordinates of different teaching learning activities to ensure the effectiveness of the educational process. This ‘allows learners to explore, gather, process, refine and present information about topics they need to research without the constraints imposed by traditional subject barriers’ (Pigdon and Woolley 1992).

Huntley (1998) defines integration as “an integrated curriculum is one in which a teacher, or teachers, explicitly assimilates concepts from more than one discipline during instruction”

Integrated teaching involves learners in purposeful, focus, relevant and in important learning. Integration of the subjects implies that a single activity accomplishes significant curricular goals in two or more subjects simultaneously.

Integration depends on the nature of the topic, sometimes integration natural or even necessary. Most of the topics in the subjects inherently cut across subjects (to teach about ecology, for example, one must draw content from Science, English, Social Science, Mathematics Art etc.). Integration of subjects makes the clarity of thoughts, understanding of the subjects in the students, which makes students to see the things in the holistic way instead of seeing at individual level.

To see the things in the holistic way, students develop understanding that all things in the universe are integrated to each other. If we

want to succeed in life we have to see the things in the holistic way. Integration enhances the skills of life. All things in nature are as a cycle where each one have individual responsibility but everything is inter related to each other same way subjects are also integrated to each other each subjects have its own philosophy and importance but when students learn through integration it fulfill aims of education.

Social Science is a branch of study which deals with social and physical environment, human behavior, growth, development, relationships, rights, responsibility towards nation and nature and resources which helps in making life smooth. It develops skills which are necessary in life. Social Science provides the knowledge of natural and social environment, it develops human qualities, imagination, critical thinking, reasoning power in students. It also develops comparison, analysis, summary and evaluation skills. All these aspects of life are interconnected and inter-related on one another. Social Science is the study of the activities of social and physical environment which includes human behavior, nature, Social Science is a subject where all the life skills can be taught. The task of teaching and learning of Social Science at the school level is more challenging. The social science has a key role in the development of young men and women capable of living intelligently in a world characterized by pervasive and tremendous change. It enhances skills and knowledge of

the people. Its varied literature and contemporary problems developers the life skills in persons with their past experiences.

The aim of integrating social science with life skills to students is to encourage learners to acquire and practice life skills that will assist them to become independent and effective in responding to life's challenges and to play an effective and important role in society. The study areas provide opportunities for learners to practice the types of life skills required to make informed choices regarding their personal lifestyle, health and social well-being. The aim is to develop values such as respect for the rights of others and tolerance for cultural and religious diversity in order to build a democratic society. Life skills helps students to see the past events in the critically and creatively which makes them connect with the present scenario and help them to take decision. Life skills can't be taught directly, it has to enhance through experience and practice in an indirect manner. A social science plays a crucial role in developing and administrating life skills through creating continuously interactive environment.

In social science studying history is important because it helps students to understand past events, which help them to understand their present. Through the past events in the history we can identify the effect on today world. The study of successes and failures of the past helps us to think critically and avoid the mistakes in present and future. Which

sensitizes students through many teaching strategies? Role play, case studies, documentary, recorded speeches, discussion. This type of strategy creates awareness in the students and develops life skills; Empathy, critical thinking, decision making and problem solving skills. It also helps students to know about own culture and cross-cultural awareness and understanding. So Self Awareness, effective communication and creative thinking skills can be develop.

The goals of teaching Political Science are to integrate school and society as a key role in social institutions. Students learn to become responsible citizens, who are willing and able to take responsibility for themselves and their communities and contribute to the political processes and reflect on the real issues which effect to group of people and government. Students study about rights and duties given in the constitution and participation as voting, volunteering, jury service, and joining with others to improve society. Political Science education empowers students to be well-informed, active citizens and gives them the opportunity to change the world around them. It is a very important part of any democracy and provides students with knowledge about democracy and Constitution. It gives information about how federal system work. Students be aware about the current situation of the country, its economic physical features and able to clearly articulate their opinions and arguments

Developing the interest of students in learning economics and to impart the knowledge it's necessary to learn economics and develops power of life skills for logical reasoning of students and to acquaint them with the economic condition. It is necessary to integrate with the subject critical skills and creative skills for the development of a healthy and conscious outlook in the students and to develop in them the capacity of understanding social, national and international economic structure and organization. It develops the problem solving skills to solve the problems at local and national level. Life skill integration with subject prepares students to cope up with stress and emotions.

With the geography subject students understand the nations and their resources. It also develops among students a favorable attitude towards their countries. Geography subject deals with the earth in relation to living organisms. Man's life is mostly created by the environment. Geography is related to economic progress. Knowledge of Geography is important for business, trade, commerce, agriculture, industry, navigation, operation, and spacecraft and even for balancing and administration of economic development. Thus, geography influences the economic, social and cultural life of a nation. Knowledge of geography is essential for successful living because of its practicable intellectual, cultural and value. Geography has assumed a singular place within the school curriculum.

These capacities do not develop independently or without guidance so they have to learn and develop through life skill education with the integration of social science . It also needs everyday practical experience at home or at school. It is difficult to provide citizens for the active role required in today's complex and diverse society. If citizens are to become legitimately involved in public affairs, then a more systematic approach towards citizenship education is essential. So integrated teaching helps to develop self-confidence and effectively deal with significant life changes and challenges, such as bullying, discrimination and other social issues. It enables them to make an optimistic involvement by developing the expertise and experience they need to affirm their rights and understand their responsibilities, while preparing them for the challenges and opportunities of adult and working life.

CONCLUSION

Adolescents important resource for future development to meet with the current and future needs they have to become a critical and creative thinker. Adolescents are the most productive force of a country as they have unlimited energy, vitality and idealism, as well as a strong urge to experiment and create a better world. Life skills helps them to fulfill their requirement . Life skills emphasize those abilities that help to persuade overall wellbeing and competence of individuals to face the problems of life. Integration of life skills trains students to develop

communicative competence. Integrated teaching persuades learners to distinguish the inter association and interrelationship between various disciplines and engage them in purposeful relevant learning. Social science has key role in the development of adolescent of living intelligently in a world characterized by pervasive and tremendous change. Social Science enhances skills and knowledge of the students. Its varied literature and contemporary problems develops the life skills in the persons with their past experiences. The aim of teaching social science subject to students is to encourage learners to acquire and practice life skills that will assist them to become independent and effective in responding in the life's challenges and to play an active and responsible role in society. The study areas provide opportunities for learners to practice the types of life skills required to make informed choices regarding their personal lifestyle, health and social well - being. Thus it can be concluded that the aim is to develop values such as respect for the rights of others and tolerance for cultural and religious diversity in order to build a democratic society.