



LIFE SKILLS AND EDUCATIONAL ADJUSTMENT AMONG ADOLESCENTS-A STUDY

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ABSTRACT

The present study was investigated relationship the Life skills and educational adjustment among adolescents' students Sonipat District. Descriptive survey method was used. The tools for data collection in scale on life skills standardized by Nair A.R.K. Subasree R& Ranjan Sunitha (2010) and Educational Adjustment standardized by Seema Rani and Dr. Basant Bahadur Singh. Data was analyzed using mean, mode, median, sd,t-test. The findings of the research is that there is no significant difference between Boys & Girls, Govt. & Private and Rural & urban students. Life skills & Educational Adjustment is the important part of life. It help individual need and help better life and dealing with issues as student life skills improvement and building citizen.

KEYWORDS: Educational Adjustment, life skills, adolescents.

INTRODUCTION

The present study was defined to be the educational adjustment and life skills of adjustment. Life skills are helpful in the academic adjustment of adolescents. The aim of the present study was to look at the effect of skill on educational adjustment. The aim of the present study was to see the impact of life skills and educational adjustment among adolescents. The present time of adolescent clearly show that the condition of our youth has significant rise in the problems, faced by the adolosents. For example serious emotional distrubance has increased. The studies clearly illustrate the increase in aggressiveness, suicidal cases, drug use and depressive cases among adolescents. This give us the clear image of the struggles that adolosents go through the problem they face. One best practice model for contributing to the developed of adolosents is a life skills approach.

Life skill refers to the skills you need to make the most out of life. Life skills are usually associated with managing a living better quality of life. They help us to accomplish our ambitions and live to our full potential. Any skills is usefull in your life can be considered a life skills. Life skills are a set of human skill gain via technology or direct experience that are use to handle problem and question commonly encountered in daily human life.

Dimensions of life skills:

1. Decision-making
2. Problem solving
3. Critical thinking
4. Creative thinking
5. Effective communication
6. Interpersonal relationships
7. Self awareness



Educational Adjustment it refers to an individual adopting emotional relationship within and with other people both inside and outside the school says reflected in the individual's attitudes and behavior. Education is the process of acquiring knowledge, skills, values beliefs and habits with make a person good citizens. Educational adjustment means how an individual is imparting his duties towards his education and whether he is able to get his goal or not. If is an individual is unable to get good marks in the examination, he will face the problem to adjust himself in that education environment while those students you get good marks in the examination feel better adjust in their educational setup. Satisfaction of the child with the behavior in of his class fellow, teachers and head of the institution, methods of teacher, rule and regulations, time management, Co curriculum activities influences his adjustment.

REVIEW OF RELATED LITERATURE

Rabindranath, Thomas, Sharry (2012) conducted on a “Importance of life skills Training for Corporate Sector. This study find out that Human resources with positive attitudes towards life and germane skills for advanced knowledge economy that are publicly responsible and Accountable is becoming important high today’s momentum humanity .It is important that we mobilize skills such as personal management and people management skills which are necessary for adequate Functioning which help us to steer our life towards more positive behavior and well being.

Gulhane(2014) was Conducted is a study on “Life Skills Development school Education”. The intervention has tried to find out is part of the life skills program there are close links between the department and their subjects, including science. RS, thinking skills current affairs and Games/PE.Life skills also developed through assemblies, which are led by individual members of staff and by form or other groups.A life skill and courage get the state to think rationally both inside and outside the classroom.

Agric (2014) was conducted a study on “impact of Intervention On Life skills Development Among ADOLESCENT girls”. The intervention has tried to find out characterized by Rapid psychological change and maturation.These are also risk taking, solving their own problem,taking decisions on crucial issues.Thus it is a turning point in one’s life and a period of increased potential.

R.Zakia ,Ayelish MC Garvey (2001) the study was conducted on education of American youth is widely considered an important goal in the United States.The issues of how American youth are faring in their schooling refered here as their educational adjustment, educational functioning ,both compared to youth in other countries, has received a great deal of attention in public debates.Indeed there are strong argument for why wo should place such as significant focus on Educational Adjustment. Level of academic achievement during Adolescent and educational attachment later in life are strong prediction of a variety of indicators of well being in adulthood including but no limited to indication of economic functioning such as education.

Gill (2014) investigated a study on Educational, social and Emotional adjustment of boys and girls of visual handicapped student of a special school at Faridabad.The significant difference between educational adjustment of the special school student belonging to boys and girls. There was no significant between the Emotional adjustment of special school students belonging to boys and girls.

JUSTIFICATION OF THE STUDY

The purpose of the study we are define life skills and educational adjustment in adolescents students. In this study to examine the effect on students academic achievement, motivation, social adjustment, behave personality.This study is main objective of how life skills and educational adjustment in help us to adjust in society of adolescent students. Life skills is an essential part of being able to meet the challenges of every day. This research paper is focused on life skills education and benefit of imparting life skill and adjustment in education developing social, emotions, thinking is adolosents life. The mail purpose of the study is to know the various factor emphasize the adolosents students.

STATEMENT OF THE PROBLEM

“Life skills and Educational Adjustment among adolescents A-study.”

OBJECTIVE OF THE STUDY

The following are the objectives of the present study:

- 1.To find out whether there is any significant difference among adolescents student in there life skills with regard to the background variables namely: (1) Gender (Boys and girls),(2) Nature of school (Government and private) and (3) locality of school (Rural and urban).
- 2.To find out whether there is any significant difference among adolescents student in their educational adjustment with regard to the background variables namely: (1) Gender (Boys and girls),(2) Nature of school (Government and private) and (3) locality of school (Rural and urban).
- 3.To find out whether there is any significant relationship between life skills and educational adjustment students.

**NULL HYPOTHESIS**

The following are the hypotheses formulated for the present study:-

1. There is no significant difference among adolescents students in their life skills with regard to the background variables namely: (1) Gender (Boys and girls), (2) Nature of school (Government and private) and (3) locality of school (Rural and urban).
2. There is no significant difference among adolescents students in their educational adjustment with regard to the background variables namely:- (1) Gender (Boys and girls), (2) Nature of school (Government and private) and (3) locality of school (Rural and urban).
3. There is no significant relationship between life skills and educational adjustment of adolescent students.

METHODOLOGY OF THE RESEARCH

The present study required data for analysis. Data is collected through survey method and descriptive method.

SAMPLING OF THE RESEARCH

The sample for this study, we take total 200 students of Sonipat distt. In which the basis of Gender 50 are boys and 50 are girls. The basis of nature of school 50 Govt. and 50 private. The basis of locality 50 are rural and 50 are urban.

TOOLS TO BE USED

The tools used standardized scale by **life skill by Nair A.R.K. Subasree R, Ranjan Sunitha.at(2010)**
Educational Adjustment by Seema Rani and Dr. Basant Bahadur Singh .

ANALYSIS AND INTERPRETATION OF THE DATA

Hypothesis-1 Comparison of life skills basis of Gender among Boys and Girls students.

	Gender	Mean	Mode	Median	S D	T- value	Remarks at 5% level
Life skills	50 Boys	255	342	342	66.65368615	0.406347489	Accepted
	50 Girls	206	309	336.5	64.026032787		

Hypothesis -2 comparison of life skills basis of nature Govt. and private students.

Variable	Nature	Mean	Mode	Median	S D	T value	Remarks at 5% level
Life skills	Govt 50 Boys	243	342	343	61.76322134	0.986093885	Accepted
	Private 50 Girls	294	342	341.5	74.94821069		

Hypothesis -3 comparison of life skills basis of locality Rural and Urban Students.

Variable	Locality	Mean	Mode	Median	S D	T value	Remarks at 5% level
Life skills	Rural 50 Boys	254	342	343	78.67572558	0.70032574	Accepted
	Urban 50 Girls	206	309	341	83.7672212		



Hypothesis -4 comparison of Educational Adjustment basis of Gender among Boys and Girls students.

Variable	Gender	Mean	Mode	Median	S D	T- value	Remarks At 5% level
Educational Adjustment	50 Boys	22	36	40	8.593210419	0.528002528	Accepted
	50 Girls	25	40	39	8.459362643		

Hypothesis -5 comparison of Educational Adjustment basis of nature Govt.and private students.

Variable	Nature	Mean	Mode	Median	S D	T value	Remarks At 5% level
Educational Adjustment	Govt 50 Boys	22	32	43.5	10.93895865	0.290373055	Accepted
	Private50 Girls	25	38	39	10.11648483		

Hypothesis -6 comparison of Educational Adjustment basis of locality Rural and Urban Students.

Variable	Locality	Mean	Mode	Median	S D	T value	Remarks at 5%level
Educational Adjustment	Rural 50	22	36	40	9.787872546	0.557142781	Accepted
	Urban 50	25	38	39	9.562020963		

Conclusion

In the end we find out the life skills and Educational Adjustment are part of adolescents students life. It has positive change of through life skills and Educational Adjustment program moreover the life skills and Educational Adjustment result may also help the development and positive learning environment for adolescents students. It is also suggest that there is need to different life skills and Educational Adjustment based program for students, then develop balanced personality.

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