

PERSONALITY DEVELOPMENT THROUGH ENRICHING LIFE SKILLS

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Life skills are the abilities that help us to adopt and behave positively. so that we can deal effectively with the challenges of everyday life. So we can also develop our personalities through life skill.

Accordingly UNICEF Life skills as a behaviour change or behaviour development approach designed to address a balance of there areas knowledge ,attitude & skills. life skills have been laid down by World Health Organization.(WHO).

- 1.Self awareness
- 2.Empathy
- 3.Critical Thinking
- 4.Effective communication
- 5.Decision making
- 6.Coping with Emotions
- 7.Interpersonal Relation
- 8.Creative Thinking
- 9.Coping with stress
- 10..Problem solving

1.Self awareness

- .•Ability to know our self: Our Character, desires, likes, dislikes and our strengths and weaknesses.
- Developing self-awareness can help us to recognize when we are stressed or feel under pressure. It

is also often a prerequisite for effective communication and interpersonal relations, as well as for developing empathy for others.

2. Empathy

Empathy is the ability to accept and understand others who are different from you. Empathy encourages a positive behaviour towards people in need of care and assistance.

3. Critical Thinking

Ability to analyze information, experiences, situations and circumstances etc in an objective manner and rationally.

4. Effective communication

Effective communication means that we are able to express ourselves, both verbally and nonverbally, in ways that are appropriate to our cultures and situations.

5. Decision making

- Ability to; Choose the best amongst the various alternatives or options in many life situations
- Weigh the pros and cons of alternatives.
- Accepting responsibility for consequences of the decision with confidence.

6. Coping with Emotions

- Recognizing emotions in ourselves and others
- Being aware of how emotions influence behaviour,
- Being able to respond to emotions appropriately
- Intense emotions, like anger or sorrow can have negative effects on our health if we do not react appropriately.

7. Interpersonal Relation

- Initiate and maintain positive relationships and de-link unconstructive relationships.
- Interpersonal relationship skills help us to relate in positive ways with the people

8. Creative Thinking

- Ability to; Think differently and out of the box
- Look beyond our direct experience

- Respond adaptively
- Having flexibility to situations in daily life
- Achieving the objectives in daily life situations

9. Coping with stress

Coping with stress is about recognizing the sources of stress in our lives, Recognizing how this affects us,

10. Problem solving

- problem solving enables us to deal constructively with problems in our lives.
- Significant problems that are left unresolved can cause mental stress and give rise to accompanying physical strain.

CONCLUSION

Life Skills help in developing positive and flexible attitude in life.

Life Skills help in building self-confidence and self-esteem and enable us to adapt to situations.

We learn Life Skills from our own experiences . We all have inherent Life Skills. To get the best out of them we need to sharpen them regularly. Enhancing Life Skills enables us to adapt to situations and people and helps us to lead a healthy and positive life.