

A STUDY ON DEVELOPING A CONCEPTUAL FRAMEWORK FOR LIFE SKILLS IN TEACHER TRAINING PROGRAMMES

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Abstract: *Training is program in which a trainee develops their knowledge, skill and experience for precede the act or perform the related task. Knowledge in training delivered fact, concept, procedures and theories to learner for specific information about particular field/task. Students are developed through practical experience and real-world application in skill-based learning. These skills are like, effective communication, solving problems, adjustment with situation etc. Experiential learning is “the process whereby knowledge is created through the transformation of experience,” (Kolb’s Experiential Learning Theory) and teaching training includes like, communication, time management, empathy and sympathy, creative and critical thinking, leadership abilities, teamwork, stress management etc. Life Skills (LS) are not limited to any institution or organization, but a teacher can also apply their developed skills to his/her own social life situation. Training includes education and John Dewey defined education as “reconstructing and remolding our experiences in way that is society desirable.” Every educational institute has some specific educational aims. In this context ‘complete living aim’ is very important aim, which is formulated by Herbert Spencer. His complete living aims includes dimensions like self-preservation, securing a vacation, being a healthy member of his home, contributing one is best to the society, utilizing leisure time profitably, etc.. and strong skills helps to reduce professional problems as well as life problems. Every students/teacher must complete their task easily and effectively with the help of training and training boost to 21st century teacher for a successful life.*

Key words: Conceptual Framework, Life Skills, Teacher Training Programmes, Student Teacher

Introduction

An individual who lack the necessary life skills to match it, then no matter how you smart in academic work because you will find difficulties to handle real-world problems. The development and enhancement of young people's personalities is essential to a nation's progress and growth. Even though teen boomers are thought to be the most productive generation in history, their lack of inspiration and guidance prevents them from realizing their full potential. The main goal of LS is to enable individual to participate in and effectively navigate life's problems. They are fundamentally important for all human being because of the efficiency and opportunities it can provide. In addition to the inherent importance of life skills, there are more social benefits to provide life skills training to teachers during the teaching training. Life skills training is vital to take responsibility and work effectively for human as teacher as well as social being. Skills also represents components to having fulfilling life and becoming a successful employees and citizen (S. Mathapati and D.S. Jagadeesh, 2012). Life skill training is a part of education and education is the solution of any type of problems. Education can promote values, good habits and awareness about everything. Education does make a remarkable effect on teacher and student's personality. In the educational Institutions, skill development pertains to the process of improving the competencies, knowledge, and abilities of individuals who are part of the teaching-learning process. It entails educating and training teachers, principals, and students to enhance their teaching, learning, and problem-solving abilities. 21st century educational institutions may make sure that their workforce has the skills and knowledge needed to do their educational process well by offering training and development opportunities.

Objectives

- Know the concept of life skills and its importance.
- Learn basic life skills and its significance.
- Explain the relationship between life skills and teacher training programmes.

Methodology

The study is a descriptive and is mainly established on secondary data which are gathered from renowned research articles, journals, position papers, etc. Analysis and examination of the data led to the inferences and conclusions.

Life Skills

In a general way, LS mean a mix of knowledge, behaviour, attitudes and values and designate the possession of some skill and know-how to do something, or reach an aim. Life skills are psychosocial competencies and interpersonal skills that enable people to make informed decisions, solve problems, think critically and creatively, communicate effectively, form healthy relationships, empathize with others, and manage their lives in a healthy and productive way. Life skills can be applied to personal or interpersonal acts, as well as actions that change the surrounding environment to make it more favourable to health. "The abilities for adaptive and positive behaviour that enables individuals to deal effectively with the demands and challenges of everyday life" (WHO). In other words, life skills promote mental health and well-being, setting us up for success in the fullest sense of the word. According to UNICEF's derived definition, this phrase must be further defined to concentrate on a certain range of abilities required for an individual's overall development and empowerment. The goal of the skills is to empower people to act against social injustices, live more educated and proactive lives in their personal, social, and communal contexts, and regain control over their lives. This entails defining life skills more precisely and identifying the universal abilities that people need in order to survive, prosper, and adjust to their everyday situations. According to WHO, UNICEF and UNESCO,

there is some essential and basic life skills, like- Self-awareness, empathy, critical thinking, creative thinking decision-making, problem solving, effective communication, interpersonal relationships, coping with stress, coping with emotions. The list of these abilities makes it clear that they are universal in nature and include both interpersonal and interpersonal abilities. Typically, these abilities fall into one of three main categories: thinking abilities (creative, critical, problem-solving, and decision-making), individual abilities like, self-control, self-awareness and interpersonal abilities (empathy, cooperation, communication, etc.).

Life Skills: Areas

Self-Awareness: It speaks to the capacity to identify one's own advantages, disadvantages, preferences, dislikes, and so forth and frequently do not bother evaluating our advantages and disadvantages. This could cause us to underuse our strengths and fail to see how our limitations are impeding our development.

Empathy: Understanding the feelings and viewpoints of others is referred to as empathy and facilitates comprehension of the worries and responses of others to a particular circumstance.

Creative Thinking: Thinking creatively is about approaching and interpreting the world in fresh ways. It enables us to think creatively and gives us fresh insights on things. Creative thinking can also mean coming up with original answers for problems that already exist. It is not only about recognizing a new problem and working out its remedies.

Critical Thinking: It fosters the inclination to assess information impartially and from a variety of angles, making it a valuable life skill. It describes the method of objectively analyzing a situation or set of data.

Problem Solving: When a problem occurs, it must be objectively understood, which requires a clear definition of the problem. It involves critical thinking, decision making, creativity and information processing (Robert Henderson, 2023).

Decision Making: It involves in problem solving skill. Decision-making skills are those skills that aid in your ability to choose solutions to challenges. With these skills, you can make informed decisions once collecting all the relevant information and data and considering multiple viewpoints (Jennifer Herrity, 2023).

Coping with Stress: Our ability to manage the demands of daily life effectively affects both our physical and emotional well-being. Understanding the sources of our stress, how to manage it, and how to avoid it altogether are crucial life skills. Stress can be significantly reduced by adopting a healthy lifestyle, using appropriate problem-solving techniques, and having a clear knowledge of the situation.

Dealing with Emotions: Our lives revolve around our emotions. At different times and under different circumstances, we experience happiness, sadness, and anger. A successful existence depends on our ability to recognize our emotions in various situations and to appropriately control them.

Effective Communication: The correct application of both verbal and nonverbal languages is necessary for effective communication therefore, it is not enough to simply say, "I am confident." It is also crucial to convey this statement with confident body language. Effective means of sharing our thoughts as well as the content of our thoughts themselves are both essential components of proper communication.

Healthy Interpersonal Relationships: These are the cornerstones of many other life skills. For example, cultivating and preserving a positive relationship with our family, neighbours, and

co-workers requires empathy, compassion, emotional reciprocity, efficient communication, and other comparable qualities.

Training

Training is teaching, or developing in oneself or others, any skills and knowledge or fitness that relate to specific useful competencies and with the help of training individual can developed their knowledge, skills and experiences in the any specific field. A learning strategy that concentrates on imparting certain knowledge and information to learners is known as knowledge-based training. It entails disseminating information related to a specific subject or field, including facts, concepts, practices, and theories. Prior to advancing to more complex learning objectives, knowledge-based training is frequently utilized to develop fundamental knowledge and comprehension. Skills-based training focuses on how to perform a person their job. It teaches trainees as well as teacher how to do a particular job or task, then tests you on the skills you have learned. A skill-based learning program might be right for you when you looking a new opportunity for your career. Skill-based training also helps to know that how can you perform your task. Learning by doing (John Dewey), is the best example for understanding the experience- based training. One popular framework for reflective practice that might help you advance your professional knowledge and abilities is Kolb's experiential learning model. It is predicated on the notion that education is a four-stage cyclical process that includes concrete experience, reflective observation, abstract conceptualization and active experimentation. Experiential learning is "the process whereby knowledge is created through the transformation of experience," (Kolb's Experiential Learning Theory).

Education and Training

Training is essentially a teaching learning process. In a training programme, learning is a complex, multidimensional process and are myriad factors and conditions that influence the overall educational settings. Training is the part of education as well as training includes education, and John Dewey defined education as "reconstructing and remoulding our experiences in way that is society desirable." Teaching training program is the form of formal education. Formal education can be done in the educational institutional settings. Educational institutions are established to serve some specific purposes. Regarding education, Gandhiji has said that "By education, I mean all-around drawing out of the best in child and man-body mind and spirit. Literacy is not the end of education, not even the beginning. It is one of the means whereby men and women can be educated. Literacy in itself is no education," that is, education is the all-round development of students and for multifaceted development, the objectives of education should be based on the mental, physical and spiritual development of the students, for which including knowledge as well as action in education becomes an essential part because without practical knowledge will be incomplete. About the educational aim the educationist Herber Spencer said, "The great aim of education is not knowledge but action."

Teaching and Life Skills

There is a clear link between education and LS is a link that makes us what we are and how we get to be that way. This also dictates how well we would do in life and teaching empathy, developing self-regulation, and commencing storybook reading assist children improve their concentration while also developing their personality and perspectives. Education and life skills are inextricably linked; students should receive an education that will prepare them for the real world. If you want your child to be a well-rounded individual, you should incorporate soft skills into his or her daily life. Talent and soft skills are eternally valuable to everyone. Children that master these talents benefit from them for the rest of their lives and have incredible personality development. Time management skills help achieve a peaceful work-life balance by making

time for what is important, ensuring assignments are completed on time, and having enough time to assist mom in the kitchen on occasion. Self-awareness may be linked to mindfulness activities, meditation, yoga, tai chi, or learning how to dissociate from difficulties and create empathy. Interpersonal interaction skills foster excellent verbal and nonverbal communication and are crucial in all aspects of life. Creative thinking is a skill that allows us to see things from different perspectives and viewpoints. It is a creative thought process that leads to unexpected conclusions and fresh ways of doing things and lateral thinking or brainstorming can help you come up with new ideas.

Teacher Training and Life Skills

Since teaching and learning are intertwined and are lifelong processes, it is crucial that schools fund their teachers' professional development. In order to provide our country's future citizens with the necessary skills and knowledge, we must upskill the educators who will effectively lead this force. The gaps and deficiencies left over from the preparation for educational degrees are filled in and eliminated through training for teacher workshops. Training for teacher workshops aids educators in monitoring and revising their methods of instruction and evaluation, allowing them to investigate more sophisticated and modern approaches from an academic perspective and for procedures such as webinars, extracurricular activities, etc. Teachers can create a plan to consider both extracurricular and curricular performance for evaluation by receiving the appropriate training. By determining what is beneficial for the pupils and how a teacher may use it, teacher training focuses on such strategies. Teachers can enhance essential abilities for teaching, such management and organization, by enrolling in training programs. Teachers become more aware of student difficulties when they receive proper training. A knowledgeable instructor who stays current with teaching strategies will have a greater influence on the student's performance. A teacher will require a variety of abilities to carry out their teaching duties in an academic setting, and these talents should be cultivated through teacher training programs. Patience, critical thinking ability, organizational skills, capacity for teamwork, creativity, communication, conflict resolution, time management, computer skills, and organizational skills. These skills and qualities make you a good teacher and also can help you to prepare for your career. All the skills which are related to teaching and your daily life, you can develop most of them through practice and training.

Conclusion

Our society has always struggled to desirable fulfilment and education has always been based on social needs. According to John Dewey, the ideal school represents a miniature of society. He also writes a book 'democracy in education' and focuses that classroom like a small democracy in which each student participates in making decisions about what and how to learn. Education is the purposeful social process that always goes on in a society by which man's innate powers are developed, his knowledge and art skills are increased and his behaviour is changed and thus he is made a civilized, cultured and capable citizen. Teacher is the main pillar of the educational institution and also the role model of the students. Therefore, it is very important to bring about a positive change in his behaviour as a teacher. It is necessary for a teacher to be a role model for people in his profession as well as in his personal life. Training plays an important role in a person becoming a teacher. Through training, life skills are completely can develop in a person. Training is the part of education, and educational aims should be related to teacher and student's life. Herbert Spencer has mentioned five objectives of education and published these objectives under the titles like, which knowledge is best in the country? What does education try to accomplish? Only science achieves these characteristics completely. Herbert considers the general goal of his five rules to be 'preparation for a perfect life'. He also tried to clarify the preparation for a complete life.

According to Herbert, the given objectives of education like, self-preservation, securing a vacation, being a healthy member of his aim, contributing one is best to the society and utilizing leisure time profitably. These should be complete living aim of student as well as teacher. Training is the best way for developing all the desirable skills of teaching as well as life and by providing teachers with the newest resources and trends, teacher training contributes to closing this knowledge gap. Training provides several benefits that benefit both teachers and students, whether it is improved classroom management or the introduction of new teaching techniques. Teacher educators can meet other teachers at most training programs. This is an enjoyable experience, but it is also instructive, and this opportunity also develops the ability to adjust in every situation. Other participants can benefit from the knowledge and experience that fellow educators are willing to contribute and encourages peer learning and gets educators ready for future scenarios of life.

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