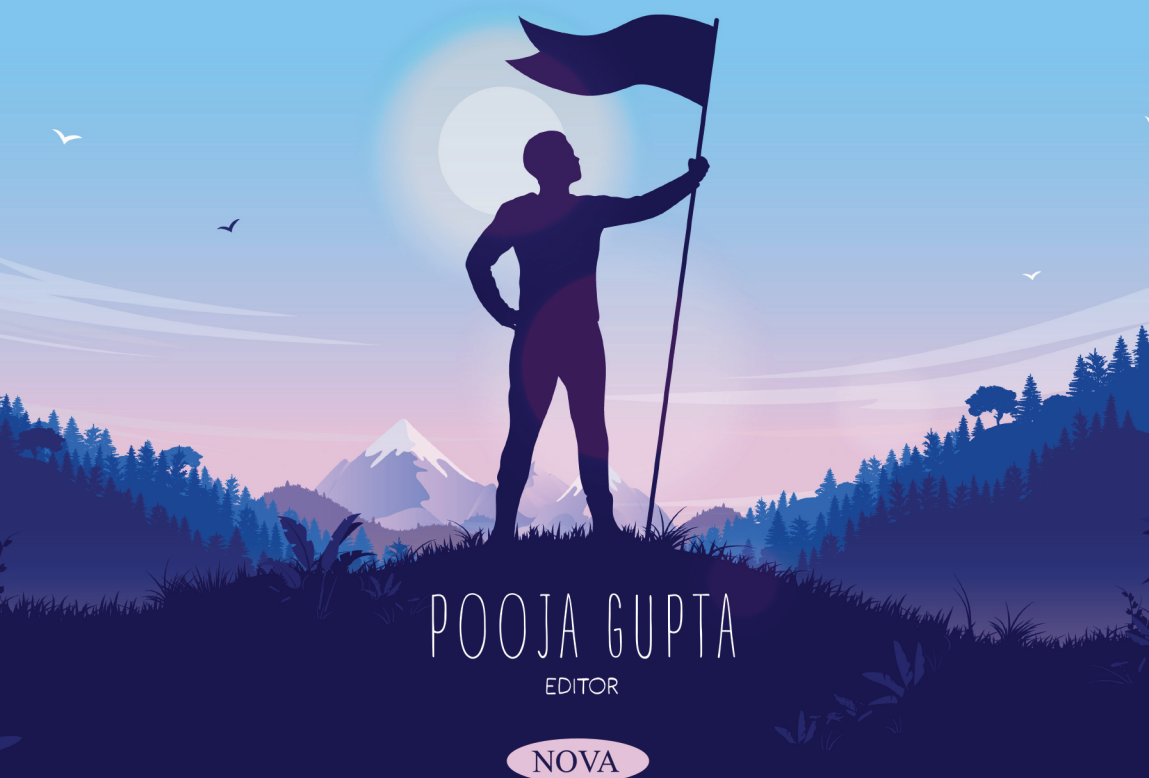


EDUCATION IN A COMPETITIVE AND GLOBALIZING WORLD

LIFE SKILLS IN CONTEMPORARY EDUCATION SYSTEMS

EXPLORING DIMENSIONS



POOJA GUPTA

EDITOR

NOVA

Education in a Competitive and Globalizing World



No part of this digital document may be reproduced, stored in a retrieval system or transmitted in any form or by any means. The publisher has taken reasonable care in the preparation of this digital document, but makes no expressed or implied warranty of any kind and assumes no responsibility for any errors or omissions. No liability is assumed for incidental or consequential damages in connection with or arising out of information contained herein. This digital document is sold with the clear understanding that the publisher is not engaged in rendering legal, medical or any other professional services.

Education in a Competitive and Globalizing World

Lifelong Learning: Perspectives, Opportunities and Challenges

Isaac Kofi Biney, PhD (Editor)

Paul G. Nixon (Editor)

Rebecca Kleiweg de Zwaan (Editor)

2023. ISBN: 979-8-88697-551-2 (Hardcover)

2023. ISBN: 979-8-88697-579-6 (eBook)

Bilingualism and its Benefits

Genevoix Nana, PhD (Editor)

2023. ISBN: 979-8-88697-500-0 (Hardcover)

2023. ISBN: 979-8-88697-536-9 (eBook)

Life Skills in Contemporary Education Systems: Critical Perspectives

Pooja Gupta, PhD (Editor)

2023. ISBN: 979-8-88697-704-2 (eBook)

Undergraduate Research Perceptions and Experiences: A New Zealand Study

Doreen Vikashni Chandra, PhD

2023. ISBN: 979-8-88697-506-2 (Hardcover)

2023. ISBN: 979-8-88697-540-6 (eBook)

The Future of Medical Education

Mildred López, PhD (Editor)

2022. ISBN: 978-1-68507-881-2 (Softcover)

2022. ISBN: 979-8-88697-021-0 (eBook)

More information about this series can be found at

<https://novapublishers.com/product-category/series/education-in-a-competitive-and-globalizing-world/>

Pooja Gupta

Editor

Life Skills in the Contemporary Education System

Exploring Dimensions



Copyright © 2023 by Nova Science Publishers, Inc.

DOI: <https://doi.org/10.52305/YSSF6777>.

All rights reserved. No part of this book may be reproduced, stored in a retrieval system or transmitted in any form or by any means: electronic, electrostatic, magnetic, tape, mechanical photocopying, recording or otherwise without the written permission of the Publisher.

We have partnered with Copyright Clearance Center to make it easy for you to obtain permissions to reuse content from this publication. Please visit copyright.com and search by Title, ISBN, or ISSN.

For further questions about using the service on copyright.com, please contact:

Phone: +1-(978) 750-8400

Copyright Clearance Center
Fax: +1-(978) 750-4470

E-mail: info@copyright.com

NOTICE TO THE READER

The Publisher has taken reasonable care in the preparation of this book but makes no expressed or implied warranty of any kind and assumes no responsibility for any errors or omissions. No liability is assumed for incidental or consequential damages in connection with or arising out of information contained in this book. The Publisher shall not be liable for any special, consequential, or exemplary damages resulting, in whole or in part, from the readers' use of, or reliance upon, this material. Any parts of this book based on government reports are so indicated and copyright is claimed for those parts to the extent applicable to compilations of such works.

Independent verification should be sought for any data, advice or recommendations contained in this book. In addition, no responsibility is assumed by the Publisher for any injury and/or damage to persons or property arising from any methods, products, instructions, ideas or otherwise contained in this publication.

This publication is designed to provide accurate and authoritative information with regards to the subject matter covered herein. It is sold with the clear understanding that the Publisher is not engaged in rendering legal or any other professional services. If legal or any other expert assistance is required, the services of a competent person should be sought. FROM A DECLARATION OF PARTICIPANTS JOINTLY ADOPTED BY A COMMITTEE OF THE AMERICAN BAR ASSOCIATION AND A COMMITTEE OF PUBLISHERS.

Library of Congress Cataloging-in-Publication Data

Names: Gupta, Pooja, editor.

Title: Life skills in the contemporary education system : exploring dimensions
/ Pooja Gupta, editor.

Description: New York : Nova Science Publishers, 2023. | Series: Education
in a competitive and globalizing world. Advancements in learning and
instruction | Includes bibliographical references and index. |

Identifiers: LCCN 2023021944 (print) | LCCN 2023021945 (ebook) | ISBN
9798886978339 (paperback) | ISBN 9798886979022 (adobe pdf)

Subjects: LCSH: Education--Aims and objectives. | Life skills--Study and
teaching. | Employability.

Classification: LCC LB14.7 .L544 2023 (print) | LCC LB14.7 (ebook) | DDC
372.37--dc23/eng/20230602

LC record available at <https://lcn.loc.gov/2023021944>

LC ebook record available at <https://lcn.loc.gov/2023021945>

Published by Nova Science Publishers, Inc. † New York

Dedicated to my dear parents, mentors, and the Almighty.

Contents

Preface	ix
Acknowledgments	xi
Chapter 1	Life Skills for the Self-Growth of Students	1
	Purnachandra Rao Alapati	
Chapter 2	Exploring Students' Perspectives on the Implementation of Life-Skill-Based Education	17
	Anamika Sharma and Irum Alvi	
Chapter 3	The Significance of Imparting Life Skills Education	35
	Anithasree Arunkumar	
Chapter 4	The Identification of Essential Life Skills for Outcome-Based Education	51
	Deepa Narayanan	
Chapter 5	An Assessment of Cross-Cultural Communication and Collaborative Active Learning to Attain Employability Skills	61
	Bhatt Vinod, Gupta Dev Brat, Kailas Mayuri and Verma Ajay	
Chapter 6	Understanding the What, Why, and How of Life Skills Education for Professionals	87
	Premila Swamy and Uday Kumar	
Chapter 7	Proactive Thinking: A Sizzling Skill at a Workplace	99
	Pritam Indarsingh Thakur	

Chapter 8	The Co-Relation of Social Skills and Psychological Well-Being.....	109
	Suman Dalal, Rajkumari and Sunita Devi	
Chapter 9	Discourse Management to Enhance Interpersonal Communication in Cross-Cultural Context.....	117
	Ramappadu Kakita and VijayaBabu Palukuri	
Index	143
About the Editor	149

Preface

In recent times, life skills education has gained considerable momentum in the mainstream education curriculum as it leads to a more fulfilling and meaningful life both at the personal as well as professional levels. Education policymakers, researchers, and industry professionals have come up with this reformative step because it aligns with the Sustainable Development Goals (SDGs), thereby developing a sustainable ecosystem and healthy communities.

This book, *Life Skills in the Contemporary Education System: Exploring Dimensions*, is an attempt to bring together academicians, researchers, and trainers to contribute their research studies in this direction. This book analytically journals a diverse collection of experiential learnings and reflects upon the conceptualization of life skills in education settings, thereby highlighting the importance of teaching and inclusion of life skill courses in the mainstream curriculum, in the global context. Life-skill-based education is expected to bring major changes in the education system by making it more practical, pragmatic, and progressive. This book contains nine chapters written by experienced and passionate academics and professionals from varied disciplines which gives this book a multi-disciplinary outlook. The chapters deal with reformations in the education system with more focus on critical thinking and holistic inquiry-based, discovery-based, discussion-based, and analysis-based learning, to develop an individual equipped to deal with 21st-century challenges.

Furthermore, the chapters focus on the life skills that cater to the needs of students to get academic freedom, which is a source of self-growth, by utilizing the available evidence from a particular section of society. Other chapters aim to examine various aspects of life skill education including students' perceptions of the significance of life skills, especially in higher education, and in what ways, if any, do higher education students perceive that implementation of this education system, would enhance their life skills.

One chapter examines how these skills are typically nurtured within or outside of institutions and assess the feasibility of such interventions for outcome-based education. Furthermore, there are discussions on reviewing the current opportunities for expanding the scope of life skills education in policy and practice in India. Research studies pertaining to themes such as interpreting the status of employability with or without intercultural competence and collaborative active learning skill have been included in the chapters of this book.

The next chapter identifies and establishes proactive thinking as one of the higher-order-thinking skills (HOTS) at the workplace. This chapter presents a model of the valid experiences and outcomes of proactive behavior and concludes that social skills play an important role in dealing with psychological problems because social skills give strength to the students, thereby, increasing overall well-being.

Another interesting study in one of the chapters aims to establish a substantial affiliation between cultural self-awareness through discourse management techniques and the enhancement of interpersonal communication skills among mono-cultural learners. Results indicate that life skills prepare young engineers and other professionals to excel academically as well as at the workplace and to balance personal and professional lives.

Ultimately, this book journals in-depth studies and research on various life skills that are essential for the overall development of individuals at personal as well as societal levels.

Dr. Pooja Gupta
Editor

Acknowledgments

Life Skills in the Contemporary Education System: Exploring Dimensions is about providing critical perspectives on the importance of life skills in the contemporary education system and how life skills are playing an important role in shaping a brighter future for generations.

I would like to thank all the contributors to this book, for providing in-depth research-based chapters in the book: Dr. Purnachandra Rao Alapati, Dr. Anamika Sharma, Dr. Irum Alvi, Dr. Anithasree Arunkumar, Dr. Deepa Narayanan, Dr. Vinod Bhatt, Dr. Dev Brat Gupta, Dr. Mayuri Kailas, Dr. Ajay Verma, Dr. Premila Swamy, Dr. Uday Kumar, Dr. Pritam Indarsingh Thakur, Dr. Suman Dalal, Dr. Rajkumari, Dr. Sunita Devi, Dr. Ramappadu Kakita, and Dr. VijayaBabu Palukuri. Their efforts and cooperation are worth appreciating.

Thereafter, I must mention that this project would have not been complete without the input of intellectuals, Dr. Raj Kumar Pant, IIT Bombay, Dr. Sanjit Mishra, IIT Roorkee, (late) Professor Malabika Sen, Mr. Avelo Roy, MD, Kolkata Ventures and the guest faculty at 9 IITs and 4 IIMs, Shri Gauranga Dasji, Director, Govardhan Eco-village, Mumbai, Professor Himanshu Rai, Director, IIM Indore, Professor Sunil Rai, Chancellor, UPES, Dr. Ram Sharma, Vice Chancellor, UPES, Dr. Madhu D Singh, and my institution for always being there to support me. Also, I am thankful to the publishing team of Nova Science Publishers for their continuous support and collaboration.

I would also like to express my gratitude to my mentors, teachers, and most importantly to my parents and the Almighty who keep inspiring me and giving me the spiritual strength to accomplish this mammoth task.

I hope this book would be well-received by the global audience and researchers world-wide.

Dr. Pooja Gupta
Editor

Chapter 1

Life Skills for the Self-Growth of Students

Purnachandra Rao Alapati*

English Department, Prasad V Potluri Siddhartha Institute of Technology,
Vijayawada, Andhra Pradesh, India

Abstract

The study of enhancing life skills is an integral approach to promoting self-confidence among engineering students. It aims to strengthen many aspects to deal with the hurdles that arise in the career of an engineering student. It helps build social relationships that support individuals in career-oriented aspects like time management, conflict management, emotional intelligence, teamwork, etiquette, etc. Life skills support them to act responsibly and regulate social and psychological factors that hinder individual development. The focus is on content that provides many opportunities to create a platform of their own that is meant for the well-being of engineering students. Naturally, age is an essential factor in comprehending the issues related to life skills that fill the gap in a person's growth in adolescence. The behavioral patterns also focus on laying a foundation for improving self-confidence among students. The fluctuation of emotions hinders reaching the target in their career.

There is a need to inculcate life skills in students' minds for the smooth tackling of hurdles. However, extensive research is required in this area to achieve career-oriented input. This chapter focuses on the life skills that cater to the needs of students to get academic freedom, which is a source of self-growth, by utilizing the available evidence from a particular section of society. In this process, the analytical study of possible aspects of the theoretical frameworks is also vital in empowering career-oriented engineering students.

* Corresponding Author's Email: aprtoapr70@gmail.com.

Keywords: self-confidence, engineering students, teamwork, etiquette, career, self-growth

Introduction

Education plays a pivotal role in moulding the future career of students. But, in the current educational climate, there is a disconnect between what is taught in the classroom and what is needed at the workplace. Normally, the skills pupils learn in school do not prepare them for the demands made on them in the real world. This is because most engineering colleges aim to equip pupils with a solid command of English grammar, a wide range of vocabulary words, and the skills necessary to pass board exams. However, there can be something lacking in the curriculum that the pupils genuinely need to adapt to the fast-paced modern lifestyle. It involves practical life skills that navigate them towards a successful path.

Having life skills is crucial for everyone in the rapidly evolving workplace today in order to confront challenges daily and realize their full potential. This forces schools and colleges to seriously consider giving pupils the adaptable and transferable life skills required to utilise the acquired language and academic knowledge fully.

Generally, a person frequently forms beliefs by interpreting and seeing how others behave in society. Individuals can give new events meaningful context by reflecting on their prior experiences. A person's options and choices are constrained if model samples show restrictions in particular behaviours, such as a lack of economic, gender, cultural, or social class possibilities or opportunities. It is generally acknowledged that education, particularly at the engineering level, has a vital influence in creating pupils' careers. Students deal with various challenges at this age, such as forming an identity, controlling emotions, forming relationships, fending off peer pressure, obtaining knowledge, education, and assistance regarding adolescent issues, etc. Students need to learn skills that will enable them to face challenges and unfavorable conditions and conquer them on their own to solve the problems they are now encountering in life. These abilities are commonly dubbed as life skills. Life skills are essential to enable individuals to approach daily challenges with a positive outlook and assist in completing daily tasks. To improve and strengthen life, to utilise one's potential fully and effectively, one must have the appropriate life skills.

Life skills are necessary for everybody who wants to have a fulfilling life. As the youth appears to be the most susceptible to attitude issues, they are applicable to children and adolescents of all ages. Therefore, rather than serving as an intervention for individuals who are already at risk, life skills are required to develop an attitude. (Dinesh & Belinda, 2014).

The elite of the adolescent and young adult population are college students. It is observed that most students have mental health issues, including hopelessness, psychological ailments, adjusting points, and bad habits. Additionally, many more students could experience emotive matters due to their college and family obligations. Therefore, it is necessary to identify and assist students who have these issues. These students suffer in silence because there are few mental health issues for which there are no psychological consultations.

Students are frequently seen as a nation's most valuable resource. Such emphasis is undoubtedly found on young people's potential to benefit society academically, politically, and economically. Therefore, adaptation and a sense of good manners are essential components of their constructive input to the community. Unfortunately, the current college curriculum does not place much emphasis on this point. Life skills development enhances self-confidence, friendliness, tolerance, the ability to take the initiative and effect change, and the freedom to choose one's actions and identity.

Students believe responsibility, self-discipline, cooperation, communication, inventiveness, and ethical behavior are essential life skills. Communication, academic autonomy, and teamwork are among the life skills students have gotten better at while attending MNCs interviews. There is a link between the life skills, students believe they have called better at and the ones they consider to be most important.

Aim

In the new millennium, science and technology, globalization, privatization, urbanization, industrialization, and other factors are revolutionizing education. Today's engineering students must deal with several new social, emotional, physical, and psychological problems. In the academic arena, the educated have several issues, like fierce competition, unemployment, job insecurity, etc., as a consequence of which students get caught up in the battle of life. Everyone is striving hard to maintain 'self' in the process of developing a unique identity for himself/herself.