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## Importance of skills in human life

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### Abstract

India Today spoke to experts on why skill development is necessary from a young age and how it should evolve according to the student's age to create ideal employees in the 21st century. They also explained the differences in skill training in India and international countries and options a student can vouch for if they haven't been skill-trained. In the changing world scenario with regard to industry and the job market, there is now an overpowering need for skilled workers. However, the definition of 'skill' in India, and the world in general, has also changed over recent years. In a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life. The dramatic changes in global economies over the past five years have been matched with the transformation in technology and these are all impacting on education, the workplace, and our home life." But life skills go well beyond choosing a major in college or impressing a potential employer in the future. Life skills provide children with important tools for development, such as independent thinking, how to socialize and make new friends, and how to take action in situations where their parents or teachers may not be around to help or intervene unlike motor skills and basic intelligence, executive function, and decision-making skills are not innate but learned.

**Keywords:** experts, skill development, training, technology, transformation, and motor skills

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### Introduction

After 'Digital India' and 'Make in India', the Narendra Modi Government is to launch yet another programme. This one is a revised version of programmes launched earlier under the skill development policy. This new programme, called 'Skill India', is supposed to be a multi-skill programme. It will be launched in March 2015. Like all other programmes, 'Skill India' too is a dream project of Narendra Modi, and the work to launch this programme has already been initiated.

The move to tap the potential of India is unprecedented in the country's history. Skill India is today a major project that involves every segment of the Indian society, local and foreign companies, and governments. Every ministry of the Government of India is involved in the massive Skill India program, billed as the world's largest initiative to train manpower in a single country or geographic location. In a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life. To cope with the increasing pace and change of modern life, students need new life skills such as the ability to deal with stress and frustration. Today's students will have many new jobs over the course of their lives, with associated pressures and the need for flexibility. Skill India program will equip and train the nation's massive, enviable workforce with employable skills and knowledge. This will help them contribute substantially to India's industrialization and economic boom. Over 400 million women and men in the country will be trained in various industrial and trade skills by the year 2022. Skill India program was launched on July 15, 2015, to enable the Indian economy and industry to benefit from the country's young workforce. This is the first time in India's history that a project that assures financial prosperity to all Indian citizens, eradicates poverty, reduces unemployment, and helps develop micro, small, medium enterprises is being implemented. Skill India will help reduce dependence on urban and semi-urban jobs. It will provide ample work and business avenues in rural India too. It strives for gender equality for income in India. Skill India aims at tapping this vast potential of indigenous manpower. Skill India encourages standardization in the certification process and initiates a process of creating a registry of skills. It increases the productivity of the existing workforce and aligns the training and certification to the boost employability and productivity of youth by incentivizing them for skill training reward candidates undergoing skill training by authorized institutions at an average monetary reward. Think of life skills as the building blocks or framework that allow students to apply the knowledge, they acquire in school to real-world problems and situations. Also referred to as "soft skills" in a professional context, the ability to think abstractly and approach problems from multiple angles to find practical solutions and the skill to communicate clearly and effectively are just as important as technical knowledge in a particular field or academic subject. According to Macmillan Education, "In a constantly changing environment, having life skills is an essential part of being able to meet the

challenges of everyday life. The dramatic changes in global economies over the past five years have been matched with the transformation in technology and these are all impacting on education, the workplace, and our home life.” But life skills go well beyond choosing a major in college or impressing a potential employer in the future. Life skills provide children with important tools for development, such as independent thinking, how to socialize and make new friends, and how to take action in situations where their parents or teachers may not be around to help or intervene (dealing with a bully or personal insecurities and fears, for example.) Unlike motor skills and basic intelligence, executive function and decision-making skills are not innate but learned. Building life skills is essentially an exercise in helping children develop sound judgment and good habits for long-term stability, wellness, and success.

### **Objectives of ‘skill India’**

The main goal is to create opportunities, space and scope for the development of the talents of the Indian youth and to develop more of those sectors which have already been put under skill development for the last so many years and also to identify new sectors for skill development. The new programme aims at providing training and skill development to 500 million youth of our country by 2020, covering each and every village. Various schemes are also proposed to achieve this objective.

### **Importance of Life Skills**

Parents can take an active role in teaching life-skills at home with projects that provide real-world examples and lessons in decision making and problem-solving. They can be as simple as assigning household chores and budgeting exercises through an allowance or volunteering in the community. Fun and simple-to-organize activities, like game nights (or afternoons) with family and friends with an educational focus that also encourages working in teams, can help to build social and interpersonal skills. In addition to brushing their own teeth and learning how to tie their shoes and get dressed, young children should know what to do in common situations as well as emergencies. The benefits of reading to young children and fostering a reading habit early in a child’s life are hard to overstate. From building and strengthening vocabulary and language skills to aiding with creative thinking, reading is one of the easiest and best activities available to teach children a range of new skills. Exposes children to diversity and differing perspectives and situations than their own the acquisition of problem-solving and reasoning abilities is a fluid and ongoing process, and working with children early in their development to lay the framework with examples that they can understand and apply on their own is a good place to start. If you would like your child’s education to include more life skills, consider enrolling them in a public school at home via online learning. As your child’s Learning Coach you can ensure a well-rounded education that you can supplement with plenty of real-world skills! The emphasis is to skill the youths in such a way so that they get employment and also improve entrepreneurship. It provides training, support and guidance for all occupations that were of traditional type like carpenters, cobblers, welders, blacksmiths, masons, nurses, tailors, weavers, etc. More emphasis will be given on new areas like real estate, construction, transportation, textile, gem industry, jewelry designing, banking, tourism, and various other sectors, where skill development is inadequate or nil. The training programs would be on the lines of international level so that the youths of our country can not only meet the domestic demands but also of other countries like the US, Japan, China, Germany, Russia and those in the West Asia. Another remarkable feature of the ‘Skill India’ programme would be to create a hallmark called ‘Rural India Skill’, so as to standardize and certify the training process. Tailor-made, need-based programmes would be initiated for specific age groups which can be like language and communication skills, life and positive thinking skills, personality development skills, management skills, behavioral skills, including job and employability skills. The course methodology of ‘Skill India’ would be innovative, which would include games, group discussions, brainstorming sessions, practical experiences, case studies, etc. Most individuals do not think of the need for being aware of ‘self’ and most often, we do not pay attention to understanding our own strengths and weakness and the opportunities available and ahead of us. This sometimes results in low self-esteem, inability to handle pressures at work and in personal lives, eventually ending up in Depression. UNICEF defines life skills as “a behavior changes or behavior development approach designed to address a balance of three areas: knowledge, attitude, and skills”. Life skills are “the abilities for adaptive and positive behavior that enable the individuals to deal effectively with the demands and challenges of everyday life. It is applicable for everyone, who would like to be most successful in his career and look for a quality personal life. Ideally, if these skills are given from school age, the effect will be seen when the individual is ready to take decisions related to their choice of career and accordingly the selection of courses, be it professional or otherwise. Sometimes we are baffled by indecisive situations and finding answers become a herculean task. In such tricky situations, life skills help to bridge the gap.

### **Categories of Life Skills**

Growing up, we develop a variety of skills in different fields. As children, our parents encourage us to develop artistic skills to improve our creativity. As we grow older, we learn about skills that can help during our education. Then in adulthood, for our career growth, we understand the importance of life skills education. But by the time we reach there, we realize that we have never paid attention to soft skills needed for our personal and career development.

Unfortunately, this is the case with a majority of people around the world. Our education system relies heavily on textbook-style education rather than practice-based soft skills education. But, while textbook education is important, the older we grow the more important life skills education becomes in our lives. These skills not only help in career development but also significantly impact our personalities and our personal development. Thus, often the students who study everything by the book tend to not do well in job interviews. This is because, in interviews, companies are not only looking for people who can recite textbook information. They are looking for soft skills that can help the candidate perform better in a professional environment.

### **Thinking Skills**

Self-awareness, critical thinking, problem-solving, decision making, and creative thinking.

### **Social Skills**

Effective Communication, Empathy, and Interpersonal Relationships.

### **Emotional Skills**

Dealing with Emotions and Coping with stress. A happy and stress-free mind translates to a healthy life.

### **Personal Skills**

Personal skills are the essential life skills we need to help maintain a healthy body and mind. These skills include many of those on the World Health Organization's list, such as resilience, self-control, and self-awareness. They include skills such as how we recognize, manage and cope with emotions. Our personal skills pages also contain a section on the body, including more on the importance of food, diet, and nutrition, and why and how you should exercise to remain healthy.

### **Interpersonal Skills**

The second important area of life skills is interpersonal and communication skills. These are the skills that we use to make connections with other people and are therefore an important part of what makes us human.

### **Communication Skills**

Communication skills are generally seen as a subset of interpersonal skills, as are decision-making and problem-solving, but both are important enough to consider in their own right too.

While life skills may seem common to many people, often they are not appropriately learned by individuals who have experienced traumatic life events such as homelessness, abuse, neglect, poverty, addiction, and more. If we are not shown the proper skills needed for a happy, healthy life throughout childhood and adolescence, we may not develop these skills as an adult. Learning life skills is necessary to optimize your health and wellbeing. The U.S. National Library of Medicine has noted the following as life skills:

1. Communication and talking
2. Financial awareness and money management
3. Domestic tasks such as cooking, washing dishes, doing the laundry and running a household
4. Personal self-care such as washing, bathing, cleaning teeth, shaving, combing hair, and getting dressed
5. Coping with stress
6. Shopping for and eating healthy food
7. Knowing the time
8. Taking medication
9. Using transportation
10. Planning for the future

### **Conclusion**

Being able to manage anger and stress can also be essential life skills. Learning about anger and stress, recognizing what may trigger them, what the symptoms are and how to control or manage such emotions can greatly enhance the quality of our lives. Many people battle with low self-esteem and confidence, which can cause stress and prevent them from reaching their full potential. Our pages Improving Self-Esteem and Building Confidence provide practical ways to overcome these issues. If you learn how to manage your time better, you'll be more equipped to do something useful with it. If you learn to code or to write, you may have a career ahead of you that you can pursue beyond an office. If you build better habits, you can make a lot of difficult tasks easier. These rewards are clearly valuable. That said, they're ultimately not the highest leverage skills that you can nurture in yourself. In fact, the skill that is perhaps the most potent of all is also the most neglected. It's one that we all already engage with, but it's also one that very few of us have truly mastered. It's both easy and difficult at the same time. Mental illness and addiction can make many of these life skills hard tasks to complete. Individuals who are recovering may be given the chance to further develop these life skills via a program of their treatment center. When life skills interventions advocate the integration of autonomy, relatedness, and connectedness, people experience positive psychological development and optimal psychological wellbeing. Developing life skills can also be great for future employment, as you can learn how to work well in a team, understand time and people management, learn how to adapt to distinct roles and flexible working environments,

develop the potential to lead by influence and learn the ability to self-manage, solve problems and understand the business environment.

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