STUDY OF LIFE SKILLS OF +2 STUDENTS IN RELATION TO THEIR SELF REGULATION, SELF EFFICACY AND SATISFACTION WITH SCHOOL

A SUMMARY OF THE THESIS
Submitted to the FACULTY OF EDUCATION PANJAB UNIVERSITY CHANDIGARH
For the degree of

DOCTOR OF PHILOSOPHY 2018

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The purpose of the present study was to find out the effect of self-regulation, self-efficacy and satisfaction of students with school on selected five life skills (viz. skill of problem solving, decision making, critical thinking, goal setting and acquiring knowledge). This study was descriptive survey study. The student sample comprised of 515 students chosen from representative CBSE affiliated secondary schools of district Roopnagar, Punjab. The classification of students was done on the basis of Self-Regulation (high, average and low), Self-Efficacy (high, average and low) and Satisfaction of Students with school (high, average and low) at the time of analysis. The 3x3x3 factorial design was used to analyze the data. Major findings of the study revealed that students with high self-regulation achieved higher mean scores than that of students with low self regulation on skill of problem solving, decision making, critical thinking and goal setting. Students with high self-efficacy achieved higher mean scores than that of students with low self-efficacy on skill problem solving, decision making, critical thinking and goal setting. Students with high satisfaction of students with school achieved higher mean scores than that of students with low satisfaction of students with school on skill problem solving, decision making, critical thinking and goal setting. Quality of education can be raised by incorporating activities that boost various life skills of students.