ABSTRACT

The present study examined the effects of Training in Life Skills on School Adjustment and Academic Achievement of Adolescents. This study is undertaken because of the universal importance given to adolescents. Life skills enable adolescents to translate knowledge and values into actual abilities and enable individual to behave in healthy ways. His goal is to shed light on how Training in life skills can help adolescents in the area of adjustment and academic achievement especially. Objectives were of the study were to prepare Modules for developing the ten generic life skills as identified by WHO, to conduct Training in life skills and to study the effect of training in life skills on the school adjustment and academic achievement of adolescents. It is pre-test, post-test experimental study with two groups. Sample comprised of 128 students from four schools affiliated to CBSE of Ludhiana district have been selected for the present study. Tool used to collect data was Adjustment Inventory for School Students (AISS) by Sinha and Singh, (2013).The entire procedure consisted of Four Phases: Phase-I Development of Modules and sessions for Training in Life Skills, Phase-II Pre-Test, Phase-III Training in Life Skills, and Phase-IV Post-Test. The subjects of experimental group received the training in life skills while the subjects of the control did not receive any such training. T-test and ANOVA was employed to see the effects. Results of the study indicated that, Training in Life Skills helps in improving school adjustment and academic achievement by mitigating the adverse effects of stress and negative emotions. It facilitates smooth life through various life skills such as self-awareness, empathy, problem solving, decision making, creative thinking, interpersonal relationship, effective communication, managing emotions and stress which ultimately helps in creating positive perspective towards life.