





# Impact of Life skills training on psychological well-being of Adolescents

 Prof. Rakesh Dwivedi<sup>1\*</sup>,  Shishir Chandra Rai<sup>2</sup>

<sup>1</sup>Professor & Head, Department of Social Work, University of Lucknow, Lucknow, India.

<sup>2</sup>Research Scholar, Department of Social Work, University of Lucknow, Lucknow, India.

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\*Corresponding Author: [dr.rakeshdwivedi@gmail.com](mailto:dr.rakeshdwivedi@gmail.com)

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Adolescence is the transitional phase in an individual's life which is marked by biological and psychosocial changes. Numerous factors like family dynamics, school environment and peer pressure create a significant impact on well-being of the adolescents. The purpose of the study is to know the impact of the life skills training on the psychological well-being of the adolescents and its need to develop necessary life skills among the adolescents across diverse settings. The studies revealed that life skills training contributed significantly in reducing anxiety, stress and psychological distress among adolescents by providing critical skills like problem solving, stress management and self-awareness. This study emphasizes on the amalgamation of life skills training within the academic curriculum to develop emotional and social well-being among adolescents and encourages institutions to adopt such approaches in collaboration with the governmental initiatives to navigate developmental complexities of adolescents. Available literature between the time frame 2014 to 2024 is reviewed for the collection of relevant data.

**Keywords:** *Life Skills, Training, Psychological Well-Being, Adolescent.*



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## 1. INTRODUCTION

Adolescence is a vital developmental period in an individual's life which encompasses the overall well-being marked by biological, psychosocial changes. In this way, Adolescents are becoming more vulnerable to stress and mental health challenges. The transitional phase of adolescents is influenced by a number of things like peer pressure, family dynamics, school environment and educational pressure which create a meaningful impact on them. Maturity and

personality formation at this stage shape the behavior and thoughts of the adolescents which leads to the complex life situations. The complexities at this stage like stress and life pressure among adolescents adversely affect their well-being as a whole. Adolescents need to acquire necessary life skills to cope up with their daily life challenges and to enhance problem solving competencies among them. According to World Health Organization (WHO), there are vital life skills identified as self-awareness, empathy,

problem solving, decision making, critical thinking, effective communication and coping with stress. These life skills are helpful in developing coping mechanisms and fostering psychological strength. Along with this, national policies like National Education Policy (NEP, 2020) which focuses on value-based education to advocate holistic educational framework. University Grants Commission (UGC, New Delhi) initiated the Jeevan Kaushal Curriculum program to offer communication, professional skills, human values and leadership skills to assist adolescents' well-being (Guha, 2024). Around 10 to 20 % of adolescents and children are experiencing mental disorders worldwide and issues like anxiety and depression can be marked before 14 years of age resulting in disability adjusted life years (Azman et.al, 2023). Adolescents are affected with academic performance, productivity leading to harmful behaviors such as suicidal tendencies and substance abuse. Psychological disorders like inability to analyze and think about personal problems and incompetent in facing life difficulties. There is an urge for effective interventions in the form of life skills training programs which will enhance the competencies related to emotional intelligence, effective coping strategies to combat with the living environmental difficulties in an effective manner. In case of specific demographics and cultures like Tibetan refugee adolescents, life skills need to be offered as per their unique psychosocial needs. High stress environments and culturally diversified settings require some more explorations regarding life skills training. The promotion of the sound mental health is the ultimate goal of the life skills training which is helpful in enhancing individual responsibility and avoiding harmful behaviors. This study aims to examine impact of the life skills training program as a vital intervention for mental health of the adolescents to foster psychological well-being and to reduce distress across diverse contexts.

## 2. FUNCTIONAL DEFINITION

- Life skills: The abilities of an individual to manage the daily life challenges and fulfilling the demands in an effective manner like Psychosocial competence.
- Training: it is an act of developing and learning skills or knowledge to carry on any professional or personal pursuits.

Training is meant for improvement of one's productivity, performance and competency.

- Psychological well-being: It is the state of sound and positive mental health, overall contentment and satisfaction which includes self-esteem and coping skills to ensure subjective happiness and purposeful meaning of life.
- Adolescent: Any person who is between the ages of 10 to 19 years and acquired life skills training.

## 3. OBJECTIVE OF THE STUDY

- To study the impact of life skills training on psychological well-being of adolescents.

## 4. METHODOLOGY

Desk review method is used in this study. The analysis of existing literature related to the topic is done for the extraction of the secondary data with the help of journals, reports and online data. Phrases associated with the title of the study are used while searching the literature. The timeframe of the literature reviewed for this study is 2014 to 2024.

## 5. OBSERVATIONS AND RESULT

In 2019, Jeevan Kaushal Curriculum 2.0 was initiated by UGC proved an effective program which enhanced mental strength and supported psychological well-being by fostering necessary life skills among students nationwide. It has aligned with the National Education Policy (NEP, 2020) which incorporates holistic educational framework along with value-based learning and community involvement which are required for students' overall development having a special focus on curriculum's role for the improvement in the mental health outcomes for adolescents. The life skills interventions mitigated stress, anxiety and depression and highlighted this as a strong tool for reducing mental health challenges. The findings show that there are positive impacts of life skills interventions in improving mental health and showcased their potentials in the mitigation of these issues among the adolescents (Azman et.al, 2023). In a study, it was found that the 40-session training program which was founded on the WHO's list of ten essential life skills. It was proved much effective for the students in coping with daily challenges and this program was important

in accomplishing the observed improvements in psychological well-being (MIER, 2022). The life skills training program proved to be meaningful in developing the coping strategies, self-confidence and emotional intelligence among Tibetan refugee adolescents as per their cultural adherence, sustainability and psychosocial needs (Yankey & Biswas, 2019). Life skills training was operational in improving self-esteem and reducing emotional and behavioral issues and coping up abilities among adolescents affected by eruption in Indonesia (Kaligis, 2017). With the help of evaluations used reliable assessment tools like the Kessler Psychological Distress Scale and Goldberg General Health Questionnaire (GHQ-28), it has been revealed that the role of life skills training has substantial impact on mental health as it has shown reduced psychological distress and improved social interactions among the participants and emphasized inclusion of the life skills training program in the school curriculum to enhance mental health resilience among adolescents (Ghasemian & Kamal, 2015). A study in Kurdistan province, Iran found that the trained students with the life skills training showed lower levels of anxiety and depression than their untrained peers and this training did not impacted the social functioning and physical health but supports mental health (Ranjbar, 2014).

## 6. CONCLUSION

The adolescence phase of an individual is more sensitive in overall developmental aspects of his life. Life skills training is a proficient medium that assist the adolescents in addressing their life challenges effectively by enhancing their capabilities to make better choices resist harmful behavior and negative peer pressure. Essential skills such as problem solving, stress management and self-awareness have learned through these training programs which promoted the positive mental health by observing the complications of adolescence stage. Positive outcomes of life skills training like reduced levels of anxiety, depression and stress across diverse groups proved it as a powerful intervention to enhance psychological well-being among adolescents. Designing of Life skills training programs considering cultural relevance and gender sensitization resulted in providing effective and desirable outcomes. With the integration of life skills training and education,

students not only prepared for academic attainments but also for individual growth. Life skills training is promised to manage stress develop sound relationships and enhance self-esteem which will direct for better mental health and societal well-being. There is need of some more explorations regarding applicability and long-term effectiveness of life skills training through future research by also considering cross cultural and demographic dimensions so as to refine these programs.

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