

## Life Skill Training for Youth Problems and Adjustment

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Present study was conducted with the purpose of investigating the role of life skills training for youth problems and adjustment. The present study is experimental type with pre- and post- test design. The statistical population of study was 126 girl students (due to availability) including 61 students in group-I (Problematic) and 65 students in group-II (Normal). Both groups were trained in life skills for about 20 sessions, one session per day for 2 hours. The training program includes various necessary and essential skills like self awareness, communication, interpersonal relationship, decision making, coping with stress and emotions. The tools used in the present research were Youth Problem Inventory and Adjustment Inventory for School Students (AISS), respectively. Findings showed that life skill training has a positive effect in youth problems and adjustment. The results are applicable for health and education experts.

**Keywords:** Life skill training, youth problems, adjustment and school students.

Youth is very important period in the life of man. This period is usually concomitant with problems as they "struggle" to fit themselves into society. The word "problem" does not necessarily imply that youth is to be assumed to be a period in which stress and storms predominant: it can be a period marked by good health and high achievement. Nevertheless difficult decision and adjustment face young people in today's society. Many youths may not be sufficiently mature to cope with such problems. They go in undesirable directions such as delinquency, drugs, vandalism and stealing etc. moreover, they compensate for their feelings by striking out against society, revolting against adult authority. These problems are invariably compounded by peer pressure where by young people are faced either consciously or unconsciously to become involved in those antisocial activities by people of their own age groups.

Studies on risk and protective factors for children and adolescents have lead mental health professionals to become interested in prevention programs. One well-studied prevention effort is life skills training. Life skills training is an effective prevention method for a range of problems with adolescents, as well as an effective intervention for adolescents experiencing a wide variety of emotional, behavioral, and physical problems.

A WHO document (1994) defines life skills as "abilities for adoptive and positive behavior that enable an individual to deal effectively with the demands and challenges of everyday life".

These skills help to develop psychosocial competence and empower young people to have control over what they do. Decision making, communicating, building self-esteem, developing relationships, dealing with conflicts, problem solving, coping with stress and emotions are set of skills which are necessary for the psychosocial wellbeing in children and adolescents.

The study of Botvin and colleges (2006) that was aimed to evaluate the effectiveness of prevention program of life skills training on students` violence and delinquency, showed that, teaching the skills, significantly reduced the violence and delinquency of students. Arya, Ranjbar, Salehi, and Roustaei (2012) conducted a study to determine the effectiveness of life skills instruction on general health and social adjustment in girl students of Rezvanshahr guidance schools. Findings showed that life skill training in increasing general health, social adjustment, girl students is used effectively and efficiently. Sobhigharamaki and Rajabee (2010) have also found that life skill training affects