

# PERSPECTIVES ON QUALITY TEACHER EDUCATION: A STUDY ON LIFE SKILLS AMONG THE B.Ed STUDENTS

**Smt. Dhanalakshmi.M**  
Research Scholar,  
**St.Ann's College of Education**  
**Mangaluru-Dakshina Kannada**

## ABSTRACT

**Life skills** are very essential to lead a better life in the society. It plays a vital role in every individual's life and are very important to possess these life skills by every individual. So The life skills are essential for success and happiness in life can be learnt at any stage in life, and effective learning can bring substantial improvement in the overall quality of life. The Life Skills are very important for the teachers to make positive differences in their lives as well as students lives. Since, a teacher has to play an important role in moulding the children's personality and their attitudes, aptitudes, interests, abilities and so on B.Ed students are going to become the future teachers. So the present study aims to investigate the study of Life Skills among the pupils of B.Ed. This study is a survey study and B.Ed students were randomly selected as samples of the study. B.Ed students Life Skills were measured by using Rating Scale prepared by the investigator. Data was analysed by using inferential statistics "t" test at 0.05 level of significance. The study revealed that Life Skill is significantly effective among the B.Ed students.

**KEY WORDS** Life Skills, B.Ed students, Self Esteem

## INTRODUCTION

Teacher Education or teacher training is preparing the future teachers to impart education to the pupils. Teacher is mainly responsible for implementation of the educational process at any stage. In order to prepare teachers who are competent to face the challenges of the dynamic society. Main intension of Bachelor of Education (B.Ed) programme is to prepare well and effective teachers for secondary level through imparting required knowledge and development of required knowledge and teaching skills and also Life skills. Since, a teacher has to play an important role in moulding the children's personality and their attitudes, aptitudes, interests, abilities and so on. Life skills are very essential to lead a better life in the society and these skills are essential for success and happiness of one's life. It can be learnt at any stage in life, and effective learning can bring substantial improvement in the overall quality of life. The Life Skills are very important for the teachers to make positive differences in their lives as well as student's lives.

## NEED AND SIGNIFICANCE OF THE STUDY

Education is considered as the most powerful instrument for the social upliftment of the society. It plays a very important role in inculcating intellectual ideas, social values, critical and creative thinking and many more. Education is imparted in school, college universities and teachers are the mediators of education and children. Teachers play a very important role in the development of different skills and potentials of every students in their educational system. So the success of a student mainly depend the teacher and quality teachers are the main concern of the education system. Life skills are very essential to each and everyone to lead a better life in the society. Life skills are essential to handle interpersonal relations, to communicate effectively, to manage our emotions and to gain professional development. Therefore it is necessary to enhance the life skills among the B.Ed students. Hence the present study is undertaken to study the life skills among the students at B.Ed level.

## STATEMENT OF THE PROBLEM

A study on Life skills among the B.Ed students under Mangalore university in Mangalore Taluk Dakshina Kannada District Karnataka State.

### Operational Definitions of the study

**Life Skills** are a set of human skills acquired via teaching or direct experience that are used to handle problems and questions commonly encountered in daily human life. World Health Organization (WHO) as ‘the abilities for adaptive and positive behaviors that enable individuals to deal effectively with the demands and challenges of everyday life’.

Life skills recommended by the World Health Organization (WHO) have been taken as components of life skills

- Interpersonal Skills
- Effective communication Skill
- Decision making
- Problem solving
- Creative thinking
- Critical thinking
- Self awareness
- Time management

## Objectives of the study

- To study the Life Skills among the B.Ed students under Mangalore university in Mangalore Taluk.
- To study the Life Skills among the B.Ed students in relation to their High Self Esteem and Low Self Esteem

## Hypotheses of the study

- H1 There is no significant difference in Life Skills, among the B.Ed students in relation to their High Self Esteem and Low Self Esteem.

## Methodology

The present study is a Descriptive Survey method to study the Life Skills among the students of B.Ed.

### Population

The population of the present study consists of all the B.Ed students under Mangalore university in Mangalore Taluk Dakshina Kannada District in Karnataka State.

### Sample

In the present study 100 students were randomly drawn who are studying in B.Ed college under Mangalore University in Mangalore Taluk Dakshina Kannada District in Karnataka State

### Tools and Statistical Method

**A Rating Scale on Life Skills** were constructed by the investigator to measure the Life skills of the B.Ed Students.

**Mean and Standard Deviation and 't' test** were used to find out the Life skills among the B.Ed students in relation to their Self Esteem

## Findings of the Study

### Objective of the study

To study the Life Skills among the B.Ed students in relation to their high self esteem and low self esteem.

**Null Hypothesis H0:-** There is no significant difference in Life Skills, among the B.Ed students in relation to their High Self Esteem and Low Self Esteem.

**Table - As gives the Mean comparison of scores of Life Skills of B.Ed students with high self esteem and low self esteem**

Integrated Approach	N	Mean	S.D	't' value	Significant 0.5 level	Degree of freedom	Result
High Self Esteem	55	394	44.4	1.09	1.99	98	Not Significant
Low Self Esteem	45	384	46.4				

**Result :** From above table it is observed that the calculated 't' value 1.09 is lesser than the theoretical value of 1.99 at 0.05 level with degrees of freedom 98. Hence the null hypothesis was accepted and there is no significant difference in Life Skills among the B.Ed students in relation to their High Self Esteem and Low Self Esteem.

### Educational Implications

The present study emphasizes the importance of life skill centred curriculum in our schools. Teachers must develop these components of Life Skills among themselves and also inculcate these skills within the students in a proper manner to produce value based citizens of tomorrow.

- For the development of Life Skills among the B.Ed students integrated curriculum should be implemented in B.Ed level. Authorities of educational system have the responsibility to implement proper curriculum and proper strategies to enhance the life skills among the B.Ed students.
- The development of life skills are more necessary for all levels of education . Hence in-service teachers of all levels need to be trained in teaching life skills through workshops ,seminars to enhance the Life skills among the students.
- The present study emphasizes the importance of life skill centred curriculum in our schools ,colleges and in B.Ed level. So teachers must develop these components of Life Skills among themselves and also inculcate these skills within the B.Ed students because they were going to become the future teachers in the society.

## CONCLUSION

Life Skills are very much essential for the B.Ed students to make their life best. So Life Skills to be integrated in B.Ed curriculum and Life Skill based education are taught in the colleges. It would empower the students and help in producing the quality teachers of tomorrow.

## References

Aggarwal J.C Theory &Principles of Education, Tenth revised edition,1996

Best John W., "Research in Education, sixth Edition,1990

Bell, Stephanie, (2010) Project-Based Learning for the 21st Century: Skills for the Future. (EJ872047)  
<http://www.eric.ed.gov>

Baker, L. Bruce, and Alan Brightman.(2004) Steps to Independence: Teaching Everyday Skills to Children with Special Needs.

Dr.Khwaja Ali, Handbook on LIFE SKILLS, Banjara Academy ,Bangalore,2001

Dr Mohan Radha , Research Methods in Education, Neelkamal Publications PVT Ltd., Second Edition 2010

[http://en.wikipedia.org/wiki/Life\\_skills](http://en.wikipedia.org/wiki/Life_skills)

<http://www.unicef.org/education>

<http://www.eric.ed.gov/ERICWebPortal/search/simpleSearch.jsp?newSearch=true&eric>