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Life Skill Education: Strategies to Handle Adolescent Behavior

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Journal Information	Abstract
<p>Volume: 01-02-18 Issue: 02-02-2018 Date: 27-02-2018</p>	<p><i>Adolescence is a transition period of development and adolescents are considered as the productive members of a society. In modern era, the lives of adolescents are becoming miserable due to many reasons including inappropriate home and school environment. They are becoming individuals who are less motivated, less confident and are engaging in antisocial activities and spoiling their valuable life. Adolescence is a period when the intellectual, physical and all the capabilities are very high but their antisocial activities and behavior are deteriorating all their capabilities and they are becoming a burden to the society. The paper focused on the benefits of life skill education in shaping adolescent life in modern time. Life skill education aims to provide students with strategies to make healthy choices that contribute to a meaningful life. Life skills are the abilities that help to promote mental well being and competence in young people as they face the realities of life. It helps the young people to take positive actions to protect themselves and to promote health and meaningful social relationship. Life skill facilitates a complete and integrated development of individuals to function effectively as social beings. Life skills can be applied in the contexts of social and health events. With life skills, one is able to explore alternatives, weigh pros and cons and make rational decisions in solving each problem or issue as it arises. It also entails being able to establish productive interpersonal relationships with others.</i></p>

Introduction

Adolescence is the period of transition from childhood to adulthood which young people go through many intellectual and social changes. At this stage in the life cycle, a young person is transformed. Adolescence is a time of preparation for the adult roles of worker, citizen and community participant, spouse,

parent, and household manager. It is a period of capacity development and one of increased vulnerability and risk, especially for girls. In their transition from childhood to adulthood, adolescents face many challenges. Many of the problems adolescents are experiencing are related to their relative lack of power. Legally, politically, socially and economically, adolescents have less power than adults. This

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