



RELEVANCE OF PROBLEM SOLVING SKILLS FOR ADOLESCENTS IN THE PRESENT ERA

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ABSTRACT

The current system of education in some or other ways unbalanced. It focuses heavily on acquisition of information at the expense of attitudes, skills, and traits. The present system requires an intellectual method of education to live a sophisticated manner of life in a cultured society. Education should rely more on life skills viz, problem solving, decision making, self awareness, critical thinking, creative thinking, communication skills etc than information recognition, among other things. The fundamental aim of education should not be confined alone in getting a good job or position rather it should focus also on leveling up .their personalities and skills to make the best out of their student life. Life skill education curriculum contains several life skills that can form the independency of students so that it has an impact on their ability to anticipate all the problems of life. Life skill education has two perspectives, improving mental well- being especially among young people in dealing with life problems, and increasing children's skill activities. Among the adolescents boredom, rebellion, disorientation, peer pressure and curiosity are the host factors that promote high risk behavior such as alcoholism, drug abuse and casual relationships. Life skill education is an effective tool for empowering the youth to act responsibly, take initiative and control over stress and emotions. It assumes that when young people are able to rise above emotional impassés arising from daily conflicts, entangled relationships and peer pressure, they are less likely to resort to antisocial or high risk behaviors.

KEYWORDS: *Problem Solving Skills, Adolescents*

INTRODUCTION

Education is undergoing a revolutionized change regarding science and technology. Currently, youth are facing many emerging issues such as mental stress, unemployment, sexual abuse, health issues, unwanted peer pressure, drug and alcohol abuse, suicidal attempts and other psychological, physical, emotional and social issues. Young mind is being considered as the most productive members of the society due to their intellectual and physical capability. Most of them are unable to utilize their potential in an appropriate way due to the lack of motivation and guidance in real scenario. Social problems like smoking, drug abuse, alcoholism, juvenile delinquency, sexual abuse, antisocial acts etc. have an adverse effect on them and others to a large extent. The existing challenge requires effective and immediate response from a socially responsible system of education. Hence, education nowadays is very important but the kind of education, to support and live life better is more important. Therefore, the cardinal focus of education needs an extraordinary emphasis on developing such skills in students, as they are the important building blocks for a dynamic citizen who can cope up with future challenges and survive. It has been felt that life skills education bridges the gap between basic functioning and capabilities. Many youths are not sufficiently equipped with life skills to help them deal with the increased demands and stresses they experience with changes in many cultures and life styles (WHO). Life skill education strengthens ability of an individual to meet the needs and demands of the present society. In the fast-changing society, there is an urgent demand and related efforts for life skill development. The development of various life skills among adolescents helps them to meet the realities of life. Global and societal changes have influenced the lives of young

and these changes are likely to affect them in the future as well. The rapid social change, consequent upon modernization, urbanization, globalization, and the media boom, has made the lives of young people, their expectations, values, and outlook very different from those of previous generations. Adolescents lack life skills to help them deal with the increasing demands and pressures of a highly competitive world. Therefore, in the fast-changing society, there is an urgent demand for a related effort for the development of life skills especially problem solving skills among learners to empower them to face the challenges of life. Teach children to face problems, build healthy relationship, get over failures and struggles to reach the pinnacle of success (Valarmathi, SCARF India 2023)

Adolescence a vital stage of growth and development, mark the period of transition from childhood to adulthood. It is characterized by rapid physiological changes and psychosocial maturation. Adolescence is also the stage when young people extend their relationships beyond parents and family and are intensely influenced by their peers and the outside world in general. As adolescents mature cognitively, their mental process becomes more analytical. They are now capable of abstract thinking, better articulation and of developing an independent ideology. These are truly the year of creativity, idealism, buoyancy and a spirit of adventure. But there are also the year of experimentation and risk-taking, of giving in to negative peer pressure, of taking uninformed decisions on crucial issues, especially relating to their bodies and their sexuality. Adolescence is thus a turning point in one's life, a period of increased potential but also one of greater vulnerability.



Key Issues and Concerns of Adolescents

Developing an Identity

- Self awareness helps adolescents understand themselves and establish their personal identity. Lack of information and skills prevent them from effectively exploring their potential and establishing a positive image and sound career perspective.

Managing Emotions

- Adolescents have frequent mood changes reflecting feelings of anger, sadness happiness, fear, shame, guilt and love. Very often, they are unable to understand the emotional turmoil.
- They do not have a supportive environment in order to share their concerns with others. Counseling facilities are not available.

Building Relationships

- As a part of growing up, adolescents redefine their relationships with parents, peers and members of the opposite sex. Adults have high expectations from them and do not understand their feelings.
- Adolescents need social skills for building positive and healthy relationship with others including peer of opposite sex. They need to understand the importance of mutual respect and socially defined boundaries of every relationship.

Resisting Peer Pressure

- Adolescents find it difficult to resist peer pressure. Some of them may yield to these pressures and engage in experimentation. Aggressive self conduct; irresponsible behavior and substance abuse involve greater risks with regard to physical and mental health. The experiment with smoking and milder drug can lead to witching over to hard drugs and addiction at a later stage.

Acquiring Information, Service and Education on issues of Adolescents

- Exposure to media and mixed messages from the fast changing world have left adolescents with many unanswered questions.
- The widening gap in communication between adolescents and parents is a matter of great concern.
- Teachers still feel inhibited to discuss issues frankly and sensitively.
- Adolescents seek information from their group who are also ill informed and one may fall prey to quacks.
- Fear and hesitation prevents them from seeking knowledge on preventive methods and medical help if suffering from RTIs and STIs.

Communicating and negotiating safer life situations

- Sexually active adolescents face greater health risks.
- Girls may also face mental and emotional problems related to early sexual initiation.
- Resisting the vulnerability to drug abuse, violence and conflict with law or society.

Problem solving Skills help adolescents to deal constructively with the problems in their lives. Significant problems that are left unresolved can cause mental stress and give rise to accompanying physical strain. Problem solving is an important skill for life. It is an ongoing process that is an integral part of everyday life. Adolescents must learn to question and apply mathematical concepts to problem solving situation on a regular basis. Effective problem solving requires a controlled mixture of analytical and creative thinking. Problem solving is an integral part of everyday life either at home or at work. A problem must first be felt, understood and then alternative choices be created. We need to have proper time management skill along with other skills to solve our problems. Problem solving is an art to be mastered among adolescents. It requires proper methods and procedures in reaching a rational solution. If it is mastered properly, the adolescents can deal their daily problems easily and able to lead a better life.

CONCLUSION

In an ever-growing technology and data driven world, much of the focus in education has understandably taken a shift toward STEM-based (science, technology, engineering, and math) initiatives that will prepare students for the coursework and careers of the future. But life skills - how well equipped students are to make good decisions and solve problems in their academic and professional career as well as their personal lives - should also play a critical role in a well-rounded and comprehensive education

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