



Traditional and cultural values through life skills education

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Abstract

This article describes the Traditional and Cultural values through Life Skills Education. Life skills are behaviors that allow individuals to get used to and deal well with the demands and challenges of life. Life skills education provides important tools for the overall development of students such as how to socialize and make new friends, decision-making skills to handle any situation (dealing with a bully, personal insecurities, or any other fear) especially when parents and teachers are not around. It helps students build their confidence and be more communicative, recognize the impact of their own actions. Education is considered to be the most powerful instrument in bringing about changes within an individual. On one hand, education acculturates an individual; on the other hand, it preserves, transmits and develops the tradition and culture of the society. It can be stated that education and culture are mutually interdependent, complementary and supplementary in all their aspects and activities. Thus, the relationship between education and culture are indissoluble.

Life skills play an important role in man's life. Awareness regarding various kinds of life skills can help an individual in adjusting to the natural and social environment, developing an individual's personality, socialization of the individual, proper use of freedom, and understanding other traditional and cultural values. Educational aspects and cultural aspects are imparted to an individual through their families, communities and the educational institutions. Taking into consideration the significance of culture and the role played by education in the socialization and the acculturation of an individual, it is meaningful to analyze the changes that have taken shape in our culture.

Keywords: life skills, traditional values, cultural values, education

Introduction

Both traditional education and Life skills education are essential for personal development and they help us to define our objectives in life. But whilst the former teaches us about social, scientific and humanistic knowledge, the latter trains us to be good citizens. Culture-based education is a mode of education that is focused on the principles, standards, perceptions, and practices that are at the soul of any culture. Education developed from the human struggle for survival and enlightenment. It may be formal or informal. Informal education refers to the general social process by which human beings acquire the knowledge and skills needed to function in their culture. Formal education refers to the process by which teachers instruct students in courses of study within institutions.

In school, students from different backgrounds and cultures are often left out because they are taught a curriculum that has a strong cultural bias. It is incompatible with the culture to which they are accustomed and integrated. This is why it is critical to develop a curriculum that integrates a variety of viewpoints. The teaching and learning process must accommodate the child's physical, socio-cultural, Life Skills, Traditional and cultural priorities.

Concept of Life Skills Education

Life skills are skills and capabilities that help individuals cope with problems in everyday life with a positive outlook. Life skills education would place us on the highway to augmentation, development, and building personality in effective decision-making. The word life skill is popularly

used in budding health issues for young people in different parts of the world. Working in a positive environment leads to the generation of ideas and a positive outlook towards life.

Life skills development is a lifelong process that starts in early childhood and continues until the very end of life. It is one such attribute that can help a child climb the ladder of success efficiently. Life skills also deal with mental functions to aid in problem-solving attitudes and focus on one area of concern. Interacting with each other in a developed environment brings peace, and people have contended enough to grow and evolve efficiently.

Concept of Traditional and Cultural Values

Before understanding what the impact of life skills education on culture and tradition is, it is vital to understand the meaning of culture and tradition. By culture we mean the system of norms and standards that a society develops over the course of many generations and which profoundly affects the conduct of people living in that society. Culture is stated to be the complete package of knowledge, beliefs, customs, art, morals, law and any other capabilities and habits acquired by man as the member of that society. The purpose of culture is to offer to the society by cognizant process of learning and experience, patterns of behavior which are found useful for harmonious existence and smooth functioning in all occupations and interactions and thereby individual and group survival and perpetuation. It is the integrated, social, biological and ethnic modes of behavior of a group or a society. It is implied that even the possession of ideas, attitudes, values etc are from culture.

Traditional education is also called customary education or conventional education. The main motive of traditional education is to pass on the values, manners skills and the social practice to the next generation which is necessary for their survival. In traditional education the student learns about the customs and tradition of the society in which he lives. Traditional education is very far from the use science and technology. Neither the education about sciences we study today in a great detail is imparted in the traditional education system. Traditional education system basically included the knowledge about customs, traditions, and religions. That is why it is called traditional education.

Important Life Skills

Skills that promote mental well-being and build competency in the young generation as they Endeavour new life challenges are termed life skills. Many developmental areas and professionals involved agree that life skills build up the character and personality of every individual and are generally applied in the context of health and social events. Therefore, life skills can be used in various content areas like health, social, politics, academics, sports, ethical principles, etc.

Life skills meaning extends to other parts of environmental education, consumer education, basic livelihood, counseling sessions, career choices, and many more. Generally, life skills empower the young generation to act wisely to take positive approaches towards life to better health outcomes and positive social relationships.

Below is the list of 20 essential life skills.

Table 1

20 Essential Life Skills	
Self-awareness	Critical thinking
Self-esteem	Creative thinking
Coping with emotions	Problem-solving
Coping with stress	Decision making
Empathy	Leaderships
Effective communication	Adaptability
Conflict resolution and negotiation	Smart working
Friendship formation	Efficient
Assertiveness	Reputable
Peer pressure resistance	Focused

Relationship Between Life Skills and Traditional, Cultural Values

Values can be explained as principles that shape people’s view of life, their understanding of life, their goals, their decisions, and reflect their behavior and attitude. The values developed concerning the material and spiritual situations faced by the individual in society are the whole of the principles that provides meaning to the lives of the people. In short, the value system constitutes the basis of human existence. The feelings and thoughts that we have as an advanced being and that are formed by interacting with life form a view and posture toward life. This intellectual approach shapes man’s perception of value.

Life skills are adaptability and positive behavioral abilities that enable them to effectively deal with their basic needs and the different needs and challenges that appear in daily life. When described in this way, the skills that are considered life skills are many. However, the analysis of the field of life skills, health and welfare of the person for the promotion of skill-based initiatives located in the heart of

“decision making, problem-solving, creative thinking, critical thinking, effective communication, interpersonal relationship skills, self-awareness, empathy, coping with emotions and coping with stress” are one of a series of basic skills shows that. Also, WHO (1990) has identified five key areas of life skills related to cultures. These skills are “(I) Decision making and problem-solving, (II) creative thinking and critical thinking, (III) communication and interpersonal skills, (IV) self-awareness and empathy, (V) coping with emotions and coping with stress” (WHO, 1999, p. 14).

Life skills are part of a holistic concept of competence that includes the ability and capacity to execute processes and use knowledge responsibly to achieve a goal, and the mobilization of knowledge, skills, attitudes, and values to satisfy complex demands (Organization. According to Kivunja (2014, 2015), life skills components of the field, flexibility and adaptability skills, entrepreneurship and self-direction skills, social and inter-cultural skills, productivity and accountability skills, leadership skills and responsibility, cooperation and teamwork, career, and learning to trust yourself as seven different categories of skills from a broad perspective occur. Policy makers, researchers and educational organizations point to novel education policies aimed to develop broad, transferable skills and knowledge, often referred to as “21st Century Skills.” Three areas of competence, cognitive, internal, and interpersonal, constitute the first step in defining the skills of the 21st century. The OECD has identified three distinct types of skills as follows:

- Cognitive and meta-cognitive skills, which include critical thinking, creative thinking, learning to learn, and self-regulation,
- Social and emotional skills, including empathy, self-efficacy, responsibility, and collaboration,
- Practical and physical skills involving the use of new information and communication technology devices.

Conclusion

Today’s ever-changing home life may cause many students to be absent from a scaffolding structure at home to learn the life skills needed to succeed after graduation. However, educational organizations have a fundamental goal of preparing students to become autonomous and accountable members of society. Although standards and curriculum alter over time, what remains unceasing is the need for life skills for the future. Today, however, schools are traditionally focused on meeting standards, teaching from a written curriculum, and meeting testing criteria. In schools, students are taught to reproduce information rather than thinking critically, designing, and acting autonomously. However, life skills will play a critical role in students’ future success. Thus, education is not just for academic achievement. As students grow, they are expected to acquire concepts, such as communication skills, goal setting, meal preparation, budgeting, and time management. This concludes that life skill plays a vital role in developing traditional and Cultural Values among the students.

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