



Spotlight on life skills education and human intelligence

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Abstract

Human brain power leads to success and life skills education designed for facilitating students acquire the abilities they need to succeed in the 21st century. Life skills education helps in promoting psychosocial skills, positive health condition, social bonds and mental health. Resources on life skills education and human intelligence are essential. Life skills education can be more robust, durable and consistent method for raising human intelligence. Intelligence has the analytical experiences such as problem-solving, decision making, self-awareness, motivation, effective communication, creativity, planning and innovation.

Keywords: Life skills education, human intelligence, psychosocial skills, mental health, problem-solving

Introduction

The World Health Organization (WHO) identified ten core life skills (1997): Self-awareness, critical thinking, creative thinking, decision-making, problem-solving, effective communication, inter-personal relationship, empathy, coping with emotion, and coping with stress. Information on a subject exclusively in the format of table with sections such as title of the work, person's name, and year of the book. Information can be based on table can be to advance knowledge and analysis from the works.

Human intelligence is the ability of humans to solve problems, take decisions, remember information, develop self-awareness and motivation. There is a debate on the subject matter of intelligence as a fixed trait or intelligence as a growth trait. Education appears to be safe method to develop intelligence.

"The abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life is referred as Life Skills."

World Health Organization (1997)

"The ability to gain and apply knowledge and skills is referred as Human Intelligence."

Compact Oxford Dictionary, Thesaurus, and Wordpower Guide (2001)

Review of Literature

Gordon Gallup (1998) [1] in his research Self-awareness and the Evolution of Social Intelligence stated that it is our faculty to visualise ourself in the first place makes thinking and consciousness possible. The emerging evidence suggests to rephrase the famous quote from Rene Descartes "I think, therefore I am" as, "I am, therefore I think."

James Thomas Kunnanatt (2004) [2] in their study Emotional Intelligence: The New Science of Interpersonal Effectiveness stated that people with low emotional intelligence enter into counterproductive emotional transactions and a field of emotional repulsion that causes their social circles to become contracted and distanced from them.

Ioannidou and Konstantikak (2008) in their study Empathy and emotional intelligence: What is it really about? discussed that what is important is the degree of empathy believed and caused by stimulating us.

Yingxu Wang and Vincent Chiew (2010) [4] in their research paper on the cognitive process of human problem solving explored empirical studies on problem solving in cognitive psychology and computational intelligence. The entire project will lead to the advancement of cognitive computers that are capable of thinking, learning, and perceiving.

Wayan Widiana and Nyoman Jampel (2016) [5] in their research paper Improving Students' Creative Thinking and Achievement through the Implementation of Multiple Intelligence Approach with Mind Mapping found that multiple intelligence teaching approach aided by mind mapping could increase science learning achievement of the fifth-grade students.

Elena Libin (2017) [6] in their research paper Coping Intelligence: Efficient Life Stress Management found that not only emotional but also cognitive and behavioural inefficient strategies are associated with low life satisfaction. Efficient and inefficient coping strategies demonstrate reverse relations with both temperamental and subjective life satisfaction characteristics.

Wändi Bruine de Bruin, Andrew Parker, and Baruch Fischhoff (2020) [7] in their research Decision-Making Competence: More Than Intelligence? found that decision making competence may reflect an emotional, intellectual, and experience-based skills.

Diane Halpern and Dana Dunn (2021) [8] found in their research paper Critical Thinking: A Model of Intelligence for Solving Real-World Problems that the tools to tackle the challenges are available and teaching critical thinking is a useful approach for informing the common people in order to improve reasoning. Facts suggests that critical thinking can guide an intelligent response to global problems like COVID -19 pandemic. Critical thinking can help many people become better intellectuals and this can be an important step to toward creating a better society.

Pratheesh Thomas and Syed Khalid Perwez (2024) [9] in their research Influence of Hovard Gardner's Linguistic Intelligence on Effective Communication experiments the importance of managers to possess interpersonal and linguistic intelligence as admiring managerial communication to perform successful management of an organization.

Table 1

Self-Awareness Books		
TITLE	NAME OF THE AUTHOR	YEAR
Self-Awareness and the Elusive Subject	Robert Howell	2023
Know Thyself: The New Science of Self-Awareness	Stephen Fleming	2021
The Self-Aware Leader: Play to Your Strength and Unleash Your Team	John Maxwell	2021
Self-Awareness (HBR Emotional Intelligence Series)	Daniel Goleman	2019
Self-Awareness: How to Develop Self-Awareness	Oliver JR Cooper	2018
Alchemy 365: A Self-Awareness Workbook	Brenda Marroy	2016
The Self-Aware Leader: A Proven Model for Reinventing Yourself	Joseph Costal	2012
7 Mindsets to Master Self-Awareness	Elizabeth Diamond	2010
The Seven Habits of Highly Effective People	Stephen Covey	1989
Meditations	Marcus Aurelius	1954
Critical thinking books		
Clear Thinking: Turning Ordinary Moments into Extraordinary Results	Shane Parrish	2023
The 4 Pillars of Critical Thinking: 103 Techniques and Hacks to Improve Your Work and Personal Life by Mastering Mental Skills	Patrik Ian Meyer	2023
Rationality: What It Is, Why It Seems Scarce, Why It Matters	Steven Pinker	2021
Critical Thinking: A Concise Guide	Gary Kemp	2019
Critical Thinking Skills for Dummies	Martin Cohen	2015
An Introduction to Critical Thinking	Madhucchanda Sen	2011
The Power of Critical Thinking	Lewis Vaughn	2005
Critical Thinking: Tools for Taking Charge of Your Professional and Personal Life	Richard Paul and Linda Elder	2000
Asking the Right Questions	Neil Browne and Stuart M. Keeley	1981
How to Read a Book	Mortimer Adler	1972
Creative thinking books		
The Creative Thinking Book: How to Ignite and Boost Your Creativity	Neil Francis	2022
The Thinking Classroom: Supporting Educators to Embed Critical and Creative Thinking	Alice Vigors	2022
The Art of Creative Thinking	Rud Judkins	2015
One Plus One Equals Three	Dave Trott	2015
Creativity Rising: Creative Thinking and Creative Problem Solving in the 21 st Century	Gerard Puccio	2012
Where Good Ideas Come From: The Natural History of Innovation	Steven Johnson	2010
Think like Da Vinci: 7 Easy Steps to Boosting Your Everyday Genius	Michael Gelb	2009
Creativity: Flow and the Psychology of Discovery and Innovation	Mihaly Csikszentmihalyi	1996
Strategies for Creative Problem Solving	Scott Fogler	1994
The Art of Creative Thinking: How to be Innovative and Develop Great Ideas	John Adair	1990
Decision-Making Books		
Decisions: How to Master the Art of Decision- Making	Pankaj Garg	2020
Decision Making Essentials You Always Wanted to Know	Mark Koscinski	2020
The Art of Decision Making: How We Move from Indecision to Smart Choices	Joseph Bikart	2019
HBR's 10 Must Reads on Making Smart Decisions	Daniel Kahneman, Dan Lovallo, Olivier Sibony	2013
The Decision-Making Book: Fifty Models for Strategic Thinking	Roman Tschappeler	2011
The Art of Choosing	Sheena Iyengar	2010
What's Your Decision	Tim Hipskind	2010
How We Decide	Jonah Lehrer	2009
Judgment: How Winning Leaders Make Great Calls	Noel Tichy	2007
Yes or No	Spencer Johnson	1992
PROBLEM-SOLVING BOOKS		
Solve It! The Mindset and Tools of Smart Problem Solvers	Dietmar Sterner	2022
Thinking in Algorithms: How to Combine Computer Analysis and Human Creativity for Better Problem Solving and Decision-Making	Albert Rutherford	2021
Fixed: How to Perfect the Fine Art of Problem Solving	Amy Herman	2021
Bulletproof Problem Solving: The One Skill That Changes Everything	Charles Conn	2019
Cracked It! How to Solve Big Problems and Sell Solutions Like Top Strategy Consultants	Bernard Garrette	2018

The Problem Solving, Problem Prevention, and Decision-Making Guide: Organized and Systematic Road Map for Managers	Bob Sproull	2018
Sprint: How to Solve Big Problems and Test New Ideas in Just Five Days	Jake Knapp	2016
Problem Solving 101: A Simple Book for Smart People	Ken Watanabe	2009
The Art and Craft of Problem Solving	Paul Zeitz	1999
How to Solve It	George Polya	1945
Effective Communication Books		
365 Days with Effective Communication: 365 Life-Changing Thoughts on Communication Skills, Social Intelligence, Charisma, Success, and Happiness	Ian Tuhovsky	2021
Decoding Communication: A Complete Handbook for Effective Communication	Girish Jain and Manzoor Moideen	2021
21 Days of Effective Communication: Everyday Habits and Exercises to Improve Your Communication Skills and Social Intelligence	Ian Tuhovsky	2018
Effective Communication Skills: Tips on How to Improve Your Social Skills and Interact with Others Effectively	Robert Cunningham	2018
Crucial Conversations: Tools for Talking When Stakes are High	Kerry Patterson	2018
The Science of Effective Communication: Improve Your Social Skills and Small Talk, Develop Charisma and Learn How to Talk to Anyone	Ian Tuhovsky	2017
The Seven Effective Communication Skills: How to be a Better Communicator NOW	Gabriel Angelo	2014
Effective Communication	James O'Rourke	2009
The Quick and Easy Way to Effective Speaking	Dale Carnegie	1962
How to Win Friends and Influence People	Dale Carnegie	1936
Interpersonal Relationship		
Interpersonal Relationship and the Self-Concept	Brent Mattingly, Gary Lewandowski, Jr., Kevin McIntyre Create citation	2020
The Science of Interpersonal Relations: A Practical Guide to Building Healthy Relationships, Improving Your Soft Skills and Learning Effective Communication	Ian Tuhovsky	2018
Interpersonal Relationships in Education: From Theory to Practice	David Zandvliet, Jan van Tartwijk, Perry den Brok, Tim Mainhard	2014
Interpersonal Relations	Diana Dwyer	2013
Self and Relationships: Connecting Intrapersonal and Interpersonal Processes	Eli Finkel, Kathleen Vohs	2006
The Psychology of Interpersonal Relationships	Ellen Berscheid, Pamela Regan	2005
Interpersonal Relationships	Diana Dwyer	2000
Interpersonal Relationships E-Book: Professional Communication Skills for Nurses	Elizabeth Arnold, Kathleen Underman Boggs	1989
Managing Interpersonal Relationships	Wilson Learning Corporation	1972
The Psychology of Interpersonal Relations	F. Heider	1958
Empathy Books		
The Genius of Empathy: Practical Skills to Heal Your Sensitive Self, Your Relationships, and the World	Judith Orloff	2024
Toxic Empathy: How Progressives Exploit Christian Compassion	Allie Beth Stuckey	2024
Effective Communication and Empathy: How to Communicate Better with Social Skills and Confidence to Create Lasting Relationships and Connect Effortlessly with Charm, Charisma, and Witty Banter	Richard Garraway	2023
Train Your Empathy: How to Cultivate the Single Most Important Relationship Skill	Patrick King	2022
The War of Kindness: Building Empathy in a Fractured World	Jamil Zaki	2019
I Am Human: A Book of Empathy	Susan Verde	2018
Empathy (HBR Emotional Intelligence Series)	Daniel Goleman	2017
The Empathy Exams: Essays	Leslie Jamison	2014
The Age of Empathy: Nature's Lessons for a Kinder Society	Frans de Waal	2009
The Power of Empathy: A Practical Guide to Creating Intimacy, Self-Understanding and Lasting Love	Arthur P Ciaramicoli	2000
Coping with stress books		
Coping with Stress: A Practical and Modern Guide on Ways to Reduce, Manage and Cope with Stress	Olga Hoops	2022
Dealing with Stress: Insights and Tips for Teenagers	Christie Cognevich	2022
Coping with Stress: Tried and True Method for a Peaceful Living	Felix Eboh	2020

Coping Skills: Tools and Techniques for Every Stressful Situation	Faith Harper	2019
Practical Stress Management: A Comprehensive Workbook	John Romas	2013
An Introduction to Coping with Stress	Leonora Brosan	2010
Stress Management for Dummies	Allen Elkin	1999
Coping with Stress	Gwen K Packard	1997
Coping with Stress: A Practical Guide	Jerrold Greenberg	1990
Coping with Stress at Work	Jacqueline Atkinson	1988
Coping with Emotion Books		
Stop Negative Thinking: How to Control Your Thoughts, Stop Overthinking, and Transform Your Mental Habits	Nick Trenton	2023
Manage My Emotions	Kenneth J. Martz	2020
My Body Sends a Signal	Natalia Maguire	2020
Master Your Emotions	Travis Emotion	2019
An Introduction to Coping with Extreme Emotions: A Guide to Borderline or Emotionally Unstable Personality	Amanda Spong	2017
The Emotionally Sensitive Person: Finding Peace when Your Overwhelm You	Karyn D. Hall	2014
Emotional Intelligence: Managing Emotions to Make a Positive Impact on Your Life and Career	Gill Hasson	2014
Calming the Emotional Storm: Using Dialectical Behaviour Therapy Skills to Manage Your Emotions and Balance Your Life	Sheri Van Dijk	2012
Mind and Emotions: A Universal Treatment for Emotional Disorders	Matthew McKay	2011
Human intelligence books		
The Science of Human Intelligence	Richard Haier, Roberto Colom, and Earl Hunt	2023
Human Intelligence: An Introduction	Robert Sternberg	2019
Human Intelligence: All Humans, All Mind, All the Time	Robert David Steele	2010
Human Intelligence	Earl Hunt	2010
Intelligence and How to Get It	Richard Nisbett	2009
On Intelligence	Jeff Hawkins and Sandra Blakeslee	2004
IQ and Human Intelligence	Nicholas Mackintosh	1998
The Nature of Human Intelligence	J.P. Guilford	1967
Building Human Intelligence	Arnold Lorand	1917

Table 2

S.no	Massive open online courses (moocs)	Website address
1.	Study Web of Learning for Active Young and Aspiring Minds (SWAYAM)	www.swayam.gov.in
2.	National Programme for Technology Enhanced Learning (NPTEL)	www.nptel.ac.in
3.	EdX	www.edx.org
4.	Coursera	www.coursera.org
5.	Class central	www.classcentral.com
6.	Open Yale Courses	www.oyc.yale.edu
7.	The Scimatic Literature Manager	www.scimatic.org
8.	The Semantic Scholar	www.semanticscholar.org
9.	Elsevier	www.elsevier.com
10.	Oxford University Press	www.academic.oup.com
11.	Springer Nature	www.springernature.com
12.	The Cambridge University Press	www.cambridge.org
13.	The Lancet	www.thelancet.com

Table 3

S.no	Name of the website to download research paper	Website address
1.	Sci-Hub	https://sci-hub.se/
2.	ResearchGate	https://www.researchgate.net/
3.	Academia	https://www.academia.edu/
4.	CORE	https://core.ac.uk/
5.	PubMed Central	https://pmc.ncbi.nlm.nih.gov/
6.	ArXiv	https://arxiv.org/
7.	SSRN	https://www.ssrn.com
8.	JSTOR	https://www.jstor.org
9.	SpringerOpen	https://www.springeropen.com/journals
10.	DOAJ	https://doaj.org/
11.	BASE	https://www.base-search.net/

12.	ERIC	https://eric.ed.gov/
13.	PLOS	https://journals.plos.org/plosone/
14.	Zenodo	https://zenodo.org/
15.	HAL Archives	https://hal.science
16.	SciELO	https://scielo.org/en/
17.	MDPI Open Access	https://www.mdpi.com

Discussion

Table – I show the information of book titles, author name, and year of publication of self-awareness, critical thinking, creative thinking, problem-solving, decision-making, effective communication, inter-personal relationship, empathy, coping with stress, coping with emotion, and human intelligence. **Table- II** is the online resources helpful for the progress of life skill education and human intelligence. **Table – III** is the name of the website to download free research papers and website address.

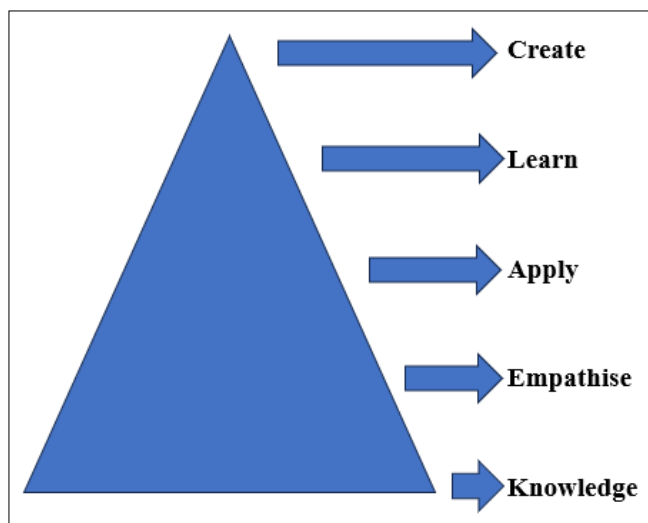


Fig 1: Pyramid Model Diagram

The Pyramid model diagram is inspired from Bloom’s Taxonomy of Educational Objectives (1956). The above pyramid diagram shows the importance of information as a foundation of analysis and synthesis. Knowledge Empathise, are lower-degree thinking skills and Using, Learning and Creating are higher degree thinking skills.

Conclusions

1. Life is the ability to grow, breathe, reproduce etc, that distinguishes animals and plants from objects. Skill is cellular insulation that wraps neural circuits and grows according to certain signals.
2. Education is the process of teaching or learning. The meaning of human is showing the better qualities of human being, such as kindness. Intelligence is the skill to accomplish problematic goals.

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