

# Effects of Life Skills Training on Interpersonal Skills among Secondary School Students

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## Abstract

*Education is the process through which an individual attain all the skills and abilities to adopt to this transforming world. In this journey an individual has to socialize with many people at different stages of life, for that one needs to have proper interpersonal skills. And life skills training program would help everyone to imbibe these interpersonal skills in their life journey. To know the effectiveness of life skills training on interpersonal skills this pretest posttest experimental study was designed. 80 students from ninth standard were selected from Anubhavamantapa school Davanagere district Karnataka state. 80 students were divided into two groups as control group and experimental groups. And pretest was conducted and then experimental group students were given life skills training for a period of 45 days. While the other 40 students were not expressed to training program. Results revealed that experimental groups students who were given life skill straining had better interpersonal skills and maintained good relationship with friends, teachers, siblings and parents. Results revealed that life skills training program helps to attain interpersonal skills to adapt to this quick evolving world.*

**Keywords:** Interpersonal Skills, Cooperative, Behavior, Training, Imbibes, Socialize

## Introduction

Man cannot live alone. He is a social animal (Aristotle). He/she is dependent on society in one or the other way. Each individual live their life through constant interaction with their society, for this each one need to imbibe interpersonal skills to maintain proper relation in the society. These interpersonal skills can be developed through life skills. Life skills are the abilities through which one attains to face the complexities in his/her life. In those life skills interpersonal relationship skill is important as it is the combination of all other life skills in various aspects. Hence one needs to get life skill training to inculcate interpersonal skills to have good relationship in the environment to lead contented life.

## Definitions

Life skills are mixed aptitudes, attributes, code of behavior, psychological competencies and interpersonal skills which makes people to take proper decisions, get solution to their problems

develop good relationships, empathize with others and help to manage their lives to lead a good relationship. -(WHO-2003).

Life skills training is an intervention program which developed by stakeholders to bring positive changes among students. LST aims to develop interpersonal skills among secondary school students adopt themselves in this transforming world.

Interpersonal skills are the abilities which help an individual to socialize with others in the society. These skills include how we communicate with others, how empathetic, how active while listening, trustworthy, mutual respect etc. These skills are very important to secondary school students as they are in their crucial stage with lots of changes in their physical, mental, psychological aspects. Hence it is very much needed to inculcate interpersonal skills to maintain healthy relationship with everyone.

### **Review of Related Literature**

Various research studies conducted on Life skills training programs to know the effectiveness and revealed that, LST programs helps in developing good self-awareness, decision making, Interpersonal skills and ethical behavior (Astroth-1996). Life skills training is considered as an effective mode of education that enhances social, emotional and thinking skills, and helps the 21st-century youngsters to achieve their goals, to help students to build up strong competencies to get adjusted with the changing scenario and face the present challenging world society. It has been observed in several empirical studies that life skills training programs empower the individual by bring positive changes across varied population groups and helps in maintain good interpersonal skills with others (Aishath Nasheed, et al., 2012; Kaur & Joshith, 2021; Khakasari et al., 2019).

Interpersonal skills would help to students to learn cooperative learning and good communicative abilities to connect them to express, communicate, help, and share and giving compliments to others effectively in educational settings (H.J. Walberg).

### **Need of the Study**

At present world is transforming very rapidly. Every individual is struggling to get adjusted to this fast evolving world. Each one has to imbibe certain skills to socialize with everyone in the society. For that good interpersonal skills required which helps an individual to get success in their personal and professional life. As these interpersonal skills help everyone to face the complex situations, solve problems and foster good relationship with everyone. At present students with good interpersonal relationship skills can develop good rapport with friends, teachers, siblings and parents and future society. For that various measures need to include in the school level to develop interpersonal skills this study conducted to see the effects of life skills training on interpersonal skills.

### **Objective of the Study**

- To assess the level of Interpersonal skills among secondary school students.
- To study the effects of Life skill training program on Interpersonal skills among secondary school students.

### **Hypothesis**

- There is no significant difference in the level of interpersonal skills among secondary school students with respect to their gender.
- There is no significant difference in the Life skills training program on interpersonal skills among secondary school students.

## Methodology

The present study was conducted through pretest post test experimental design to investigate the effects of life skills training on interpersonal skills among secondary school students. All these students were assessed for their interpersonal skills. On the basis of total scores these students were divided into two groups – experimental and control group.

## Tool

The tool used in this study is Interpersonal skills scale. Which is constructed by the researcher with the help of research guide. The tool is used to measure the interpersonal skills of secondary school students. The scale consisted 45 items represented d in five subscales. It is a five point scale including positive and negative items. The reliability of the scale was estimated by using Cronbach's alpha method. The reliability coefficient was found 0.89. The validity of the scale was checked by getting experts review and scores.

## Development of Life Skills Training Module

Life skills training modules were important aspect of the study which is constructed and validated by the researcher with the help of research guide and experts in the field. Researcher has attended various life skills training workshops, and referred existing training modules and then prepared modules which help to achieve present research objectives. These modules consist 20 sessions followed by assessment sheets. It includes various activities and measures to assess and enhance the interpersonal skills among secondary school students.

## Conduct of the Study

### The Study was Conducted in three Stages

- Pre-test stage: The pretest was given to 80 students at Anubhavamanthapa school, Davangere district in Karnataka by the researcher itself. The pretest conducted using interpersonal skills scale at school in the classroom. Before conducting this pretest proper interaction was done and given clear instructions to prepare students for the test.
- Experimental Training stage: 80 students were divided into two groups and one group with 40 students were selected for experiment. Life skill training was given to the experimental group. The sessions were carried out for 45 days I school premises having various activities and sessions.
- Post- test stage: after completion of the Life skills training this test given to students using the same interpersonal scale.

## Results

For the result analysis Mean, Standard Deviation and ANOVA is used. This is representing in the following tables.

**Table 1 Shows the Mean and Standard Deviation Scores of Interpersonal Skills Scores of Experimental and Control Group**

| Groups             | Pre-test Mean | SD    | Post-test Mean | SD    |
|--------------------|---------------|-------|----------------|-------|
| Control Group      | 1.05          | 0.520 | 5.53           | 0.18  |
| Experimental Group | 1.33          | 0.16  | 1.65           | 0.625 |

According to table 1, we got to know that the mean scores of the experimental group in the pre-test for interpersonal skill was 1.33. This has increased to 1.65 in the post test.

According to table 2, we can infer that the difference in the interpersonal skills scores between the experimental and control group is statistically significant, in a way that training life skills can result in increase in interpersonal skills. According to the Eta squared, value of this effect is 11%.

## Discussion

The main objective to conduct this study was to analyze the effects of Life skills training on Interpersonal skills among secondary school students studying in class 9. The result of the study revealed that Life skills training increases interpersonal skills among the students who were in the experimental group.

## Conclusion

The life skill education is very much important one to attain social and psychological skills. Learning should in the lifelong journey to help individual to lead happy life with socializing everyone. For that stakeholders should plan to include these life skills as multidisciplinary and interdisciplinary concepts at the school level to help the future generations to imbibe sustainable skills.

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