

SELF-AWARENESS ON CORE LIFE SKILLS EDUCATION AMONG UNDERGRADUATE STUDENTS AUTHOR

Sharan,S

Vellore Institute of Technology (VIT), India

"Formal learning can teach you great deal, but many of the essential skills in life are the ones you have to develop on your own" - Lee Iacocca. Students are considered to be the productive members of a society due to their physical and intellectual capacity. But unfortunately, most of the students are unable to utilize their potential to maximum due to inappropriate environment. Now-a-days, stress is often referred to as the epidemic of the twenty-first century among all students. It is an everyday topic of conversation among students, employees working in organization and society. Most people will experience stress as well Covid-19 in their personal or work lives. The stress and challenges young people and students regularly face many, and require more than even the best numeric and literacy skills. That is why the 164 nations committed to 'Education for All' have included "life skills" as a basic learning need for all young people. The schools and higher education institutions should incorporate components of life skill education to train young and adults' minds to combat stress. Even though the students have enlightened brain using modern technology, it will not be beneficial to the society if they are unskilled with regard to social and individual life. The present study is an attempt to find the awareness on core life skills education among undergraduate students in higher educational institutions. This study is descriptive in nature. Both primary and secondary was applied for the study. Convenience sampling method was used to collect the structured questionnaire from 129 students' respondents using Likert's scale through survey method. Statistical tools like percentage analysis, frequency distribution and mean score with rank correlation was applied for the study. The results of reliability test were 0.791 which means, that all the variables taken for the study have good internal consistency. The results of the study showed that, out of ten variables, four variables like more self-awareness on imparting core life skills among students with mean score value 2.63 was ranked 1, decision making with mean score value 2.35 was ranked 2, empathy with mean score value 2.34 was ranked 3 and interpersonal relationship with mean score value 2.33 was ranked 4 have more awareness among the respondents.

Keyword: *Self-awareness; Core life skills; Creative thinking; Undergraduate students*
