

Adolescents and their positive Life skills in the Digital Era

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Abstract

The outcome of application of positive psychology in education is always encouraging to the humanity as mental health is important for overall health of adolescents. In this digital epoch, educated people can make their own choices internationally and can adorn new positions showing the relevant grades in the field. Even then, if they lack positive attitudes, life will not be smooth for such persons. While passing through the teenage years, children need to regulate their moods and so training adolescents in life skills is emphasised in this article. Positive mental health can be maintained to a large extent by practising to live in the present moment and giving enough rest and nutrition to the body. Digital paintings on positive life skill quotes can attract adolescents to such trainings and literature review disclosed a wide research gap in this area. Thus, to fill up the gap of investigation in creative life-skill pedagogy a module exclusively with quotes on life skills with digital paintings was prepared by the researcher for training all adolescents, especially girls of India, to build up confidence in them to face challenges in life effectively. This article therefore, analyses the research gaps and formulates a new methodological approach in life skills pedagogy with a digital medium for adolescents in this digital era.

Keywords: Adolescents, Girls, Quotes on Life skills, Digital painting, positive psychology.

INTRODUCTION

'There is no health without mental health', with these words World Health Organization emphasises that mental health is important for overall health, and it embraces mental, physical and social well-being. It has a vital role in handling stress, making learned decisions, working productively and acting accordingly. All these ideas are rooted on the inner strength and self-confidence learned from adolescent period to face challenges in life with the help of life skills. High literacy alone cannot regulate moods and guarantee positive attitude of a person in social life. Glorification of negativity also leads to confusion on the validation of truth in the modern social set up in this digital era. The influence of peer groups and internet friends with contrasting outlooks in life on various spheres can create mood changes in children. Internet addiction may lead to cyber crimes

among adolescents having poor life-skill upbringing. Positive attitude can be maintained to a large extent by training to live in the present moment and by giving sufficient rest and nutrition to the body. Digital paintings on empowering quotes can attract adolescents, especially girls to life skill programmes to build up confidence in them and literature review unveiled the research gap in this field. Hence, this article analyses this area without going deep into psychological aspects to explain a new methodological approach keeping originality of the investigation in women's studies angle.

Literature Review

There are plenty of online platforms with tips for life skill education explaining necessity of positive attitudes along with beautiful quotes,

which are familiar with all adolescents using internet services. There are short activities in lower classes to teach mindfulness using pictures. This may include images for taking breathing exercises, doing yoga, squeezing the ball, reading interesting books, and so on. Even paintings on colouring pictures and playing puzzles are there for teaching tranquillity. Therefore, only a few examples are given to substantiate the point here. Richard Hickman (2008) observed that research in art education is underdeveloped and later Deepak Mahakul (2014) developed computer based art education package for CBSE students as they needed such technology based material for grasping the content of study. Though not related to life skill education, this is worthy of mention as a piece of work in art education field. Even after continuing efforts by researchers for life skill grooming in teenagers, there exists a gap in research in this field, which is disregarding creativity in life skill education which can stick an image deep into the mind of the learners. As per All Party Parliamentary Group on Arts, Health and Well being report of 2017, those who participate in art will be thirty eight percent more likely to have good health and well being. Painting generally releases tension and stimulates creativity. Feminist aesthetics directs on all craft practices by girls and women done usually in home. Hence lack of confidence on one's own power itself is to be addressed in life skill learning using creativity. Considering all the above facets, a novel training module is developed by the researcher for life skill training in a creative way with digital painting under the flag of women studies.

The most common subjects of study in Indian schools are regional language, English, Science, Social Science, Mathematics, Computer basics, Physical education and so on. But in the syllabus in schools of India, life skill is yet to be included as a compulsory subject of study in the curriculum. The recent calamities, epidemics and conflicts proved the importance of life skill education in schools all over the world. It was evident that literacy alone was unable to prevent stressors in the minds of human beings. This points to the demand for teaching skill to live with positive attitudes in the land using life skill pedagogy, by 194 million boys and 174 million girls below 14 years in India as per the statistics by Jason Anderson and Amy Lightfoot (2019). If children get true guidance, it will avoid many

causalities in their own place as well as in neighbouring areas. The preparation of the module was planned to fill up this gap to some extent for the peaceful living of the humanity as a whole.

Method

The main concepts discussed before explaining the method here are empowering, life skills and digital painting. Life skills or 'psycho-social competencies' can manage life in a fruitful manner by maintaining mental well-being. Empowering or control over one's actions and attitudes is to be developed from formative years by building up selected life skills to strengthen inner self. Digital paintings are paintings done with digital tools in the computer by the researcher. The method adopted here is observing the gaps in the research, analysing data and combing new categories of documents in art and literature to formulate a novel methodological approach in life skill education in empowering adolescents in this digital era. Manuals are always guiding-lights throughout the history of development of pedagogical frame-works. Empowering humanity will be effective if it starts from the roots. Thus review of the related literature was done in order to confirm originality of the of investigation and to gain knowledge on the methods adopted in each part of the documents on different concepts separately. Along with other questions, two main research questions relevant for the module were answered during the study 'on writing empowerment quotes on life skills for the module and drawing digital paintings based on the those quotes by the researcher'.

Results and Discussion

The effect of digital technology in the life of adolescents increased communication through digital devices and made choices international. But adolescents should be vigilant about internet addiction and such other disadvantages of technology. The benefits of real-life contact are to be integrated with digital life for better results and so application of the new method in life skill pedagogy using digital painting exclusively for living in the present moment with peace forms the extreme necessity for youngsters. By 'taking decisions in a serene mood' or by

regulating mood, many problems in teenage can be solved. Such life skill quotes imprinted on the digital paintings of the researcher help to have control over actions of the participants after the training. Five point closed questionnaires could explicate answers and quantitative method using T test could compare the results of pre and post tests effectively. Providing enough rest and nutrition to the body increases physical health and creating routines for all daily activities develops positive attitudes. Yoga, relaxation and regular exercises in a nature-friendly mood could minimise stress of adolescents in this digital era. Quotes on self awareness, managing emotions and empathy are given with digital paintings in the module prepared for the posterity by the researcher.

Co-operating with others, developing hobbies, exploring alternatives and shedding laziness are also there in the list for improving positive attitudes in life. Contribution to the present literature and art field is another outcome of this work, which will help future studies to prevent inequalities in different areas like women's studies, political science and so on.

Education system in India needs a new revamping. Detailed general knowledge alone is not enough to defeat stressors in challenging atmosphere. Therefore a module with empowerment quotes embedded in an attractive Indian creative background on digital paintings in an interdisciplinary style is designed by the researcher to change the outlook of learners through a positive attitude with confidence. It is structured in an optimistic capsule eventually to have literacy on ethical lines on life skills through a more fascinating way for coating it in mind as an armour in challenging situations. For the past several years India digitally transformed with reforms in e-governance, e-transactions and e-education. But improvement is less in the area of education to develop the skill to live and to use resources of the nation sincerely. Government of India with the digital India initiative and confidence in the online digital Technology, encouraged E-learning in all areas of education. In tune with this, a new narrative method is explained here.

Mental health determines daily activities, relationships and emotional well-being of adolescents. Life skills can escort youngsters to make better choices using the positive attitudes in life. Even then the influence of life skills on

mental health is yet to be accepted in school education in its right sense. Anxiety and stress if not controlled in childhood may become worse in adulthood. This will develop into specific phobias demanding immediate medical attention.

Certain places or events may cause panic to children. Similarly, some kids may develop social phobias and they will avoid social gatherings due to the fear of being judged by others. In a later stage, such youngsters may show substance-induced anxiety disorders after taking drugs to escape from panic disorders. These thoughts paved way to the designing of the module by the researcher as a preventive measure considering that 'vaccination is healthier than treatment, so also the creative emancipation of life skill empowerment'. Adolescents have to learn basic life skills to lead a peaceful life along with lessons on invaders, amoeba or Othello in schools. 'Accepting limitations' enhances critical thinking skills. Self awareness can prevent many anxiety disorders. It serves to resolve misunderstanding and to have healthy mental ties with all in the family and society. The ability to find out solutions to problems after creative and critical thinking increases the psycho-social competencies for managing life in a productive manner. Emotional stability and self confidence follow which will naturally lead to capacity building in the chosen field of life. Overall transformation through life skills in this manner will change attitudes of adolescents in a positive way which is essential for living in this highly digital era.

'Empowering girls with life skills for empowering the nation' is a suggestion offered for the wellness of the whole humanity in the world. When girls face challenging situations due to the lack of mental strength it will push them into internet addiction, suicides or cyber crimes. In this digital world, girls without inner strength cannot survive and life skill study offers a therapeutic effect for such girls.

Empowerment of a girl means power to control actions of her and it increases power of coping skills. Once she gets ability to experience her feelings, needs and beliefs she becomes more confident. Keeping girls active with proper nutrition, exercises and meditation is incremental to this process. Replacing self importance and arrogance with self-confidence and patience also reveals mental health.

Likewise, when all girls realise their full

potential, they can transform themselves and thereby the nation using their empowerment in all aspects of life.

Conclusion

Before discussing the novel training method for improving positive thoughts, a summary of the existing condition is analysed with documents first in this article. Literature review pointed out the gaps in investigation in the life skill education system of the nation in this digital era. Knowledge without self control cannot guide adolescents of the universe to success in all future endeavours. The new National Education Policy 2020 of India has touched the area, but not in an elaborate way using art or digital painting. Observing these gaps in the field of research in life skill training, a new methodological approach in life skill education of adolescents in this digital era with digital painting of the researcher is explained in this article. The effect of images in imprinting ideas in mind justifies life skill education in the capsule form. UNICEF is moving with education sector to have an all-inclusive guideline for innovative education system enhancing learnedness for children. The worth of non-violent and rejuvenating wise sayings is to be identified well in this fathomless pit of conflicts and pandemic worldwide and the new model of the researcher clubbing creativity in life skill education is designed in tune with the present scenario.

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