

**A STUDY ON THE DEVELOPMENT OF LIFE SKILLS  
AMONG ADOLESCENT GIRLS OF SECONDARY SCHOOL  
LEVEL IN WEST BENGAL**

**A DISSERTATION SUBMITTED IN PARTIAL FULFILMENT FOR  
THE M.ED DEGREE**

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## **ABSTRACT**

Adolescence is a period when the intellectual, physical, social, emotional and all the capabilities are very high, but, unfortunately, most of the adolescents are unable to utilize their potential to maximum due to various reasons. They face many emerging issues such as global warming, famines, poverty, suicide, population explosion as well as other issues like alcoholism, drug abuse, sexual abuse, smoking, juvenile delinquency, anti-social acts, etc. that have an adverse effect on them and others too, to a large extent. The cut-throat competition, unemployment, lack of job security, etc. are some of the major concerns for the educated and as a result, they are caught in the mad race. This new challenge requires immediate and effective responses from a socially responsible system of education. The present paper focuses on the study of the development of life skills among Adolescent Girls of secondary schools.

This research study was conducted in a Secondary Girls School in Kolkata in March 2019, using adolescence girls studying in class IX in the age groups of 14-16 years. The methods used for data collection included questionnaires and observation. This study sets to find out -

- i) The Development of 10(Ten) Life skills among Adolescent girl students of Secondary schools as mentioned by WHO in practical life.
- ii) The awareness among the other stakeholders like teachers and parents who can actively take part in developing the Life skills among Adolescent girls.

The study helps to know the development of 10 (Ten) Life Skills as mentioned by WHO among the learners. These skills are as follows –

- Self –awareness
- Empathy
- Critical thinking
- Creative thinking
- Decision making
- Problem solving
- Effective communication
- Interpersonal relationship
- Coping with stress
- Coping with emotions

It helps to implement better teaching learning ways, and better parenting skills to improve the skills of the learners. The study was conducted on a sample of learners. The questionnaires are prepared by the researcher and distributed among the learners. The data are collected and analyzed.

## **DECLARATION OF THE CANDIDATE**

I, Sanchita Majumder, hereby declare that the dissertation entitled '**A STUDY ON THE DEVELOPMENT OF LIFE SKILLS AMONG ADOLESCENT GIRLS OF SECONDARY SCHOOLLEVEL IN WEST BENGAL**' submitted by me for the partial fulfillment of the M.Ed. course is my original work and has not been submitted earlier to any other institution for the fulfillment of the requirement for any course of study. I also declare that no chapter of this manuscript in whole or in apart is lifted and incorporated in this report from any earlier work done by others or me.

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## **CERTIFICATE**

This is to certify that Sanchita Majumder, Fourth semester student of Master of Education of Satyapriya Roy College of Education has been working under my supervision and guidance for her dissertation entitled '**A STUDY ON THE DEVELOPMENT OF LIFE SKILLS AMONG ADOLESCENT GIRLS OF SECONDARY SCHOOL LEVEL IN WEST BENGAL**' for the partial fulfillment of M.Ed degree under The West Bengal University of Teachers' Training Planning and Administration. Her work is genuine and original and not been submitted elsewhere for any degree or diploma and also not published or under consideration in any journal, book or magazine.

Date:

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Place:

**Principal Dr. Subir Nag**

**Satyapriya Roy College of Education**

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### **LIST OF ABBREVIATIONS**

<b>ABBREVIATIONS</b>	<b>DESCRIPTIONS</b>
<b>LSD</b>	Life Skills Development
<b>SD</b>	Strongly Disagree
<b>D</b>	Disagree
<b>UD</b>	Undecided
<b>A</b>	Agree
<b>SA</b>	Strongly Agree