“IMPACT OF LIFE-SKILLS TASK PACKAGE BASED ON BHARTIYA DARSHAN ON STUDENT-TEACHERS’ PERCEPTIONS REGARDING QUALITY OF LIFE.”

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Abstract:
The present world witnesses the fact that in the last decade stress, anxiety, fear and terrorism have been increased. In the preface of the Dollors Report (1995), it has been empathetically told that Bhartiya Darshan points to the qualitative ways in 21st Century for entire human race. Hence the aim of the present study was “IMPACT OF LIFE-SKILLS TASK PACKAGE BASED ON BHARTIYA DARSHAN ON STUDENT-TEACHERS’ PERCEPTIONS REGARDING QUALITY OF LIFE.” For that researcher prepared 40 hours Life Skill Task Package (LSTP) based on Bhartiya Darshan. In this research, LS have been framed and defined from major ideas, concepts, principles and values innate in Bhartiya Darshan. There were five major life-skills रज्ज्ञाति (Self awareness), निरोक्त (Self observation), एकार्त्त्व (One-ness with beings), सम (Self-restrain), विभेद (Discrimination) included in the package. The package contained 51 tasks. The Life Skill Internalization Inventory (LSII) was developed for the study to the effect of LSTP on students teachers’ internalization of the life skills. The quality of life inventory was to study the effect of LSTP on students teachers’ perception regarding quality of life. This is an experimental study with an integration of quantitative as well as qualitative methods of interpretations. The two groups pretest-posttest design was accepted for this study. There were a pre-test, treatment and post-test for the experimental group where as there were no treatment and a post test for the controlled group. Various descriptive techniques were used for logical analysis and interpretation of qualitative data and t-test and qui-square for quantitave data. Conclusions of the study suggested that the present LSTP was significantly effective on the student teachers’ perception regarding quality of life and internalization of life skills.

Key-words: Life-skills, perceptions, internalization, quality of life.