## Effectiveness of Life Skills Education Programme for Adolescents

### Personal details

1. Name of the college/school : 
2. Name of the student: 
3. Class: 
4. Type of school: 
   - 1 Govt. 
   - 2 Aided 
5. Location: 
   - 1 Rural 
   - 2 Urban 
6. Age: 
7. Sex: 
   - 1 Male 
   - 2 Female 
8. Type of family: 
   - 1 Nuclear 
   - 2 Extended 
9. Religion: 
   - 1 Hindu 
   - 2 Christian 
   - 3 Muslim 
   - 4 Others (specify) 
10. Caste: 
11. Education of Father: 
   - 1 Post Graduate 
   - 2 Graduate 
   - 3 Pre-Degree 
   - 4 SSLC 
   - 5 Below SSLC 
   - 6 Illiterate 
   - 7 Others (specify) 
12. Education of Mother: 
   - 1 Post Graduate 
   - 2 Graduate 
   - 3 Pre-Degree 
   - 4 SSLC 
   - 5 Below SSLC 
   - 6 Illiterate 
   - 7 Others (specify) 
13. Occupation of Father: 
   - 1 Professional 
   - 2 Managerial 
   - 3 Clerical 
   - 4 Household 
   - 5 Abroad 
   - 6 Others (specify) 
14. Occupation of Mother: 
   - 1 Professional 
   - 2 Managerial 
   - 3 Clerical 
   - 4 Household 
   - 5 Abroad 
   - 6 Others (specify)
SECTION A

(Please tick (✓) the letter showing the correct answer)

1- What are life skills?
   (a) Life skills are the physical abilities to cope up with the day-to-day demands of life.
   (b) Life skills are the psychosocial abilities to cope up with demands of day-to-day life.
   (c) Life skills are the skills, which can develop only through teaching.

2 Find out the core life skills identified by WHO from among the list given below
   · Coping with difficult situation · Critical thinking
   · Training skills · Empathy
   · Self esteem · Sympathy
   Communication skill · Technical skills

3 Self awareness -------- an individual
   (empowers, frustrates, disappoints)

4 One of the methods to reach self-awareness is --------
   (reading, discussion, introspection)

5 Self-awareness helps to ------- one’s strength and weakness.
   (assess, improve, enhance)

6 Empathy is the quality to -------
   (sympathise with another person, feel for another person, help another person)

7光滑-------is one of the pre requisites for empathy.
Empathy ultimately leads to ---------
(social obligation, social disintegration, social interaction)

Critical thinking is the ability to ---------
(criticise others, think rationally, judge others)

--------- is one of the major steps in critical thinking.
(analysis, description, subjectivity)

Critical thinking helps to arrive at ---------
(balanced decision, balanced thinking, creativity)

Creative thinking is the ability to ---------
(generate new ideas, analyze, think critically)

--------- is a major component of creative thinking
(innovation, rigidity, conventionality)

Creative thinking facilitates ---------
(decision making, empathy, self awareness)

--------- is a barrier to decision making skill
(mind set, experience, self-awareness)

--------- is an important step in decision making
(adopting mental shortcuts, weighing the pros and cons, narrow focus)

Decision making skill helps in ---------
(choosing the best alternative, choosing the alternatives suggested by elders, choosing the favourite alternative)

The first step in problem solving skill is ---------
(exploring the roots of the problem, identifying the problem correctly, analysing the problem)

19 --------- is a major component of problem solving
(emotional stability, happiness, convenience)

20 Identify the basic type of communication from the bracket.
(active and passive, verbal and non verbal, aggressive and assertive)

21 ---------creates communication gap
(stress, happiness, understanding)

22 ---------facilitates effective communication
(urgency, patient listening, speaking)

23 ---------promotes interpersonal relationship
(sympathy, empathy, apathy)

24 Interpersonal relationship skill --------- relationships
(respects, disrespects, distances)

25 Which life skill protects one from the negative effect of intense emotion on health?
(empathy, coping with emotion, assertiveness)

26 The life skill capable to redress mental tension constructively is
(coping with stress, coping with emotion, empathy)
### SECTION B

Mark ‘Yes’ or ‘No’ to the statements given below:

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>Yes</th>
<th>No</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>I am fully confident of my abilities</td>
<td>✔</td>
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<tr>
<td>2</td>
<td>I am responsible for my mistakes</td>
<td></td>
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<td>3</td>
<td>When I evaluate myself, I consider my merits as well as demerits</td>
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<td>4</td>
<td>I have a high self esteem</td>
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<td>5</td>
<td>I do not like my weakness being pointed out</td>
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<td>6</td>
<td>I don’t fully grasp things that happen around me</td>
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<td>7</td>
<td>I am conscious of my limitations</td>
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<td>8</td>
<td>I have no goals in my life</td>
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<td>9</td>
<td>I prefer to do things which are novel</td>
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<td>10</td>
<td>It is good to know how others think about a problem</td>
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<td>11</td>
<td>It is better to think independently</td>
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<td>12</td>
<td>After failure, I can find new methods</td>
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<td>13</td>
<td>I can find out different uses of an object which can’t be seen by others</td>
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<td>14</td>
<td>I like to do things in a different way</td>
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<td>15</td>
<td>I consider criticism as a means for progress</td>
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<td>16</td>
<td>I would like to analyse things rationally</td>
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<td>17</td>
<td>Before arriving at a decision, I consider both sides of the issue</td>
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<td>18</td>
<td>Before doing a work its merits should be considered</td>
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<td>19</td>
<td>I find difficulty in taking decisions</td>
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<td>20</td>
<td>I select my own things</td>
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<td>21</td>
<td>My friends' opinions influence my decision greatly</td>
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<td>22</td>
<td>I do many things because of the pressure from others</td>
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<td>23</td>
<td>I can make up my mind and stick on it</td>
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<td>24</td>
<td>I depend on others</td>
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<td>25</td>
<td>I do not like my parents always taking decision for me</td>
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<td>26</td>
<td>I am easily upset by failures</td>
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<td>27</td>
<td>I feel I am failure in my life</td>
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<td>28</td>
<td>When I am unable to solve problems, I feel frustrated</td>
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<td>29</td>
<td>What I think can not be implemented always</td>
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<td>30</td>
<td>I take initiative to solve the problems of others</td>
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<td>31</td>
<td>I have my own opinion about everything</td>
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<td>32</td>
<td>I insist that others must accept my opinion</td>
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<td>33</td>
<td>I communicate in such a way as to attract friends</td>
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<td>34</td>
<td>The views of others also must be considered</td>
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<td>35</td>
<td>There is nothing wrong in not keeping word</td>
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<td>36</td>
<td>My words often annoy others</td>
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<td>37</td>
<td>I search for words while introducing myself to others</td>
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<td>38</td>
<td>I feel nervous when I speak something in front of others</td>
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<td>39</td>
<td>My relation with my friends is satisfactory</td>
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<td>40</td>
<td>I do not like to move closely with my friends</td>
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<td>41</td>
<td>I do not feel greatly attached to anybody</td>
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<td>42</td>
<td>I like to engage in group activities</td>
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<td>43</td>
<td>I do not like to discuss personal problems even</td>
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<td>with my close friends</td>
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<td>44</td>
<td>My friends confide their personal matters with me</td>
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<td>45</td>
<td>I am embarrassed with in the group of elders</td>
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<td>46</td>
<td>I find very few people who are dependable and trustworthy</td>
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<td>47</td>
<td>I can’t make friends with others, by understanding their limitations</td>
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<td>48</td>
<td>I can understand the feelings of another person</td>
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<td>49</td>
<td>When I help others I derive a lot of satisfaction</td>
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<td>50</td>
<td>I do not express my sympathy towards the suffering lot</td>
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<td>51</td>
<td>We need not bother about the feelings of others</td>
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<td>52</td>
<td>I like to work for the welfare of others</td>
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<td>53</td>
<td>I can behave in such a manner as to evoke pity in others</td>
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<td>54</td>
<td>I do not have anxiety even in my difficulties</td>
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<td>55</td>
<td>I am not able to face a difficult situation</td>
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<td>56</td>
<td>I can’t make a happy experience in my life</td>
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<td>57</td>
<td>I find difficult to cope with new surroundings</td>
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<td>58</td>
<td>I am easily hurt by criticism</td>
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<td>59</td>
<td>I am moved into tears without sufficient reason</td>
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<td>60</td>
<td>I feel nervous when I do/Speak something in front of others</td>
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<td>61</td>
<td>At times of happiness, my mind involves in other things</td>
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<tr>
<td>62</td>
<td>I am able to do things as good as many other people do</td>
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<tr>
<td>63</td>
<td>I find it difficult to concentrate on my words due to tension/worries</td>
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</tbody>
</table>
Please identify the most appropriate life skill applicable/required in each situation given below and write the same in the space provided after each situation:

(Self Awareness, Empathy, Critical Thinking, Creative Thinking, Problem Solving, Interpersonal Relationships, Communication Skill, Coping with Stress and Coping with Emotions)

1. Rajan is in class 9th. He wants to be among the academically top performing students in his class. He is an average student and has been scoring about 60% marks. He decides that he will make all efforts to achieve. Now studies few hours every day.

-----------------------------------------------------------------------------------------

2. Hari was a very good student. His father passed away just before his exams. He failed in the exams. His best friend said that he could not understand how Hari could have failed in such an easy examination.

-----------------------------------------------------------------------------------------

3. Vishnu is not very good in studies. He needs extra help. He is not able to tell his problem to his teachers or parents.

-----------------------------------------------------------------------------------------

4. Saritha has failed in her exams. She is very scared that when her father comes to know he will be very angry. She is very depressed and does not know what to do.

-----------------------------------------------------------------------------------------
5. Rajesh is very close to Anil. One day Anil brought a bottle of alcohol and said they would enjoy themselves. Rajesh believes that drinking is not good for them.

6. Ammu gets to know that one of her friends is spreading scandals about her in the class. She feels betrayed and heartbroken. She doesn’t want to break her friendship as they are childhood friends.

7. Akhil is good in languages but his parents want him to be an engineer.

8. Priya’s father transfer orders have arrived. She is very upset, as she will have to leave her school and friends.

9. Arun’s friends are planning to go to a movie during the school hours. They cajole him also to bunk classes. He doesn’t want to do it but at the same time he doesn’t want to offend his friends.

10. Sudha gets to know that her friend is suffering with a chronic illness and will have to undergo prolonged treatment.
SECTION D

Kindly read the questions below and circle your response/s

1. Which of the following best describes your experience of adolescence?
   - Self-Expression
   - Seeking Independence
   - Discovery
   - Major bodily changes
   - Danger
   - Joy
   - Maturity

2. Compared to 3 or 4 years ago, the changes in the way you relate with your mother
   - She is more strict and does not listen to me
   - We are more friendly
   - We respect and listen to each other

3. Compared to 3 or 4 years ago, changes in the way you relate with your father
   - He is more strict and does not listen to me
   - We are more friendly
   - We respect and listen to each other

Situation 1

4. Goutham’s father criticizes him for the clothes he wears and his hairstyle. Goutham tries not to react. His mother says it is alright for him to wear what he wants. His father however wants him to crop his hair short and always wear neatly ironed clothes. Goutham begins growing his hair even longer, and wearing untidy jeans and t-shirts. His father stops talking to him. What would you do, if you were Goutham’s friend?
   - Advise Goutham to discuss with his father, his preference for long hair, jeans and t-shirts
   - Advise Goutham to ask his mother to speak to his father on his behalf
   - Advise Goutham to cut his hair short and wear whatever his father wants
4. Say nothing as it is Goutham’s family problem
5. Talk to Goutham’s parents, if possible, about clothes, preferences and hairstyles

**Situation 2**
5. If you disagree with something your parents are saying, you usually react in such a way:
   1. Shout and fight
   2. Listen and discuss
   3. Ignore them
   4. Stop talking to them
   5. Accept that there are different points of view

**Situation 3**
6. Raju used to study all the time, whether at school or at home. When he joined a new school he became friends with Hashim and Mithun. Both are keen cricketers. Raju too started to play cricket with them and is discovering that he is a good spin bowler. Do you think Hashim and Mithun are a good influence on Raju?
   1. No, because they are taking him away from studies
   2. Yes, because they have helped Raju discover something about himself
   3. May be

**Situation 4**
7. Rajan likes to do housework like cutting vegetables, washing dishes and cleaning. But when his friends come home, he hides this from them. He fears that the boys will tease him and call him a ‘sissy’ or a girl. Which of the following statements do you agree with?
   1. Rajan should stop doing housework
   2. Rajan is right in hiding the house work from his friends
   3. If he tells his friends Rajan might be a good influence on them
   4. Rajan should feel proud that he does housework and not hide it

**Situation 5**
8. Kavita has been good in sports. Suddenly, when she turned fourteen she became shy and embarrassed to wear sports clothes, or to run, play or cycle. What do you think Kavita should do?
   1. Wear whatever she feels comfortable in and continue to run, play or cycle.
   2. Stop playing as there is no future in sports for girls
3. Discuss with her teacher or anyone she trusts why she is feeling like this
4. Push herself to wear what all other sportsmen/women wear

**Situation 6**
9. Your friend is secretly smoking with some other friends and you do not think this is a good habit. What will you do?
   1. Try and talk to him/her
   2. Stop talking or hanging out with him/her
   3. Ignore it and keep quiet
   4. Tell a senior or a trustworthy friend to talk to him/her
   5. Complain to his/her parents

**Situation 7**
10. Sharada and Vishal used to walk home from school and talk a lot. Recently Vishal sent a letter expressing his interest in Sharada. Sharada likes Vishal as a friend, but is not interested in becoming his girlfriend. Sharada should …
   1. Talk to Vishal and explain him that she is not interested in becoming his girlfriend
   2. Stop talking to Vishal and ignore him
   3. Complain to his parents about his letter
   4. Suggest that they continue as friends

**Situation 8**
11. Arun is seventeen years old. His uncle comes over to stay quite frequently. He brings lots of toffees and biscuits for him. He also insists that he will sleep in Arun’s room. At times he tries to touch him in ways Arun does not like. Arun’s parents notice that he has become very quiet and withdrawn. Which of the following statements in your opinion are correct?
   1. Arun is misunderstanding his uncle’s affectionate behaviour
   2. Arun’s uncle is trying to sexually abuse him
   3. Arun’s parents should talk to him and try to understand why he is so quiet
   4. Arun’s parents should keep quiet and not ask any questions as this could upset the uncle.
   5. Arun’s parents should not let the uncle be alone with him

**Situation 9**
12. Manju and Sarah go to see a film. On the way out of the hall, they are teased and harassed by a man who passes obscene comments. Your advice to Manju and Sarah would be to:
1. Confront the man and warn him
2. Seek support from others around
3. Not to go to see films in cinema halls
4. Go with parents or brothers, who can protect them
5. Complain to the theatre manager and insist that they ensure that the hall is safe for women.

Situation 10
13 A male games teacher frequently touches some girls longer than necessary while instructing them. This makes them very uncomfortable. In your opinion what should the girls do?
1. Keep quiet out of embarrassment
2. Talk to a teacher or parent they trust
3. Complain to the school authorities
4. Discuss with other girls to find out if they have a similar experience
5. Confront the teacher by themselves

14 Do you talk to your mother/father/friends/teachers on the following items
(mark a tick (✔) in each of the relevant boxes in the following table)

<table>
<thead>
<tr>
<th>Items</th>
<th>Mother</th>
<th>Father</th>
<th>Friends/siblings</th>
<th>Teachers (brother/sister)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Physical changes in your body</td>
<td>✔</td>
<td>✔</td>
<td></td>
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<tr>
<td>2 Interests like films, music, TV Programs, books</td>
<td>✔</td>
<td>✔</td>
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<tr>
<td>3 Romance and love</td>
<td>✔</td>
<td>✔</td>
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<td>4 Friendship</td>
<td>✔</td>
<td>✔</td>
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<td>5 Studies and school work</td>
<td>✔</td>
<td>✔</td>
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<td>6 Harassment and bullying</td>
<td>✔</td>
<td>✔</td>
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SECTION E

SKILL APPLICATION TEST
All individuals apply skill while doing various kinds of activities. Certain situations are given below. Please give your responses to the questions that follow each situation:

Situation 1
Ravi, Suresh, Bindu, Smitha and Pradeep are friends and they are in a cinema hall. During interval some of the others offer Pradeep a cigarette. He has never smoked. He does not want to smoke even now. But they compel him to smoke. How will he manage the situation so that he is not forced to smoke and his friends are also not annoyed?

QUESTIONS
1. Explain how Pradeep will convey to his friends why he does not smoke?

2. How Pradeep will request them not to force him to smoke?

3. Explain how Pradeep will convince them that all arguments advanced for smoking are baseless?

Situation 2
You are standing with your friends at some place. Two of your friends are teasing a girl who is standing there. How will you react to that situation? Please respond to each of the following statements.

QUESTIONS
1. One may think that the behaviour of your friends is not objectionable, as young people at times do so. If you also think in the same way, please give reason for thinking so?

2. If you think that your friends should not tease the girl, why do you think so?
3. Even if you think that your friends should not tease the girl, you may prefer to keep away and be a silent spectator. What will be the reasons?

Situation 3
Sheeba is with Raju in a lonely place. Raju is known to her and she believes that he is a nice person. But suddenly he misbehaves in that lonely place. He is saying something or touching her in a way that makes her very uncomfortable. How will she manage the situation

QUESTIONS
1. Sheeba decide to ignore his behaviour. Please state the reason why will she do so?

2. Even if she wants to resist, she may decide not to do so. What will be the reasons?

3. She may immediately react and try to stop him from misbehaving. What action will she take?

4. Sheeba may like to talk to Raju and convey him her feelings. How will she state her feelings?

5. Sheeba may take any other action. Please state those actions?