

The importance of Life skills for the Health and Wealth

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Abstract

The life skills playing very important role in everybody life. Life skills can build the psycho-social abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life as well as contribute to overall health development of children's, youth and adults. Wealth was derived from a detailed assessment of the participants economic resources and included financial, housing and physical wealth such as land, business wealth and jewelry but excluded pension wealth. Cross sectional analyses were based on the proportion of people in each life skill category who were in the highest wealth quintile, though comparable results emerged when wealth was modeled as a continuously distributed variable.

Key Words: Health, Wealth.

Objective of Study:

1. A study of importance of Life skills for the Health and Wealth.

Methodology and Data source:

The analysis will be done with the help secondary data. The data is collected mainly from websites, annual reports, world bank reports, already conducted survey analysis, database available etc.

Limitations of the study:

The study limits is analysis of importance of Life skills for the Health and Wealth.

The importance of Life skills for the Health and Wealth:

In a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life. The dramatic changes in global economies over the past five years have been matched with the

transformation in technology and these are all impacting on education, the workplace and our home life. To cope with the increasing pace and change of modern life, students need new life skills such as the ability to deal with stress and frustration. Today's students will have many new jobs over the course of their lives, with associated pressures and the need for flexibility.

• Benefits for the individual :

In everyday life, the development of life skills helps students to:

1. Find new ways of thinking and problem solving.
2. Recognise the impact of their actions and teaches them to take responsibility for what they do rather than blame others.
3. Build confidence both in spoken skills and for group collaboration and co-operation.

4. Analyse options, make decisions and understand why they make certain choices outside the classroom.

• **Benefits for employment :**

1. The ability to self-manage, solve problems and understand the business environment.
2. Working well as part of a team.
3. Time and people management.
4. Agility and adaptability to different roles and flexible working environments.
5. The potential to lead by influence.

• **Benefits for society**

The more we develop life skills individually, the more these affect and benefit the world in which we live:

1. Recognising cultural awareness and citizenship makes international cooperation easier.

2. Respecting diversity allows creativity and imagination to flourish developing a more tolerant society.

3. Developing negotiation skills, the ability to network and empathise can help to build resolutions rather than resentments.

Conclusion:

Life skills can affect daily life, relationships, and even physical health. Mental health also includes a person's ability to enjoy life - to attain a balance between life activities and efforts to achieve psychological elasticity.

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