



The Necessity Of Life Skill Empowering In The Digital World

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Abstract

Life skill empowering is a fundamental part of mental well-being. Setting targets after believing in the self can yield better results. A life skill is a catalyst for this empowerment process. Doing duty with optimistic attitudes before asking for more is an end product of life skill education. Any nation can stand on its foot by using its resources entirely, if all citizens learn from experiences and prepare for the future more vigorously. Life skills assist this sustainable development activity. Digital era has a large world wide web with positive as well as negative sides. The data available on WHO and UNICEF sites substantiate the importance of support needed to youngsters to prevent them from falling into bottomless pits of negativities in the modern era. Thus there is considerable demand for life skill empowering through creative module for building self-confidence in children to follow the right path in this highly digital world.

Keywords: Life skill, Doing duty, Empowering, Mental well-being, Digital world.

1.Introduction

Timely action is essential for success in all walks of life. This is very relevant in all the usual activities of the digital era. Developing inner potential helps to take measures to empower oneself. In addition to the support from parents, guidance from trainers in life skills is indispensable, mainly for adolescents in this highly digital world, to keep them vigilant against behavioural risks and internet addiction. Thus after reviewing the literature from WHO and UNICEF in detail, the need for life skills empowering in a creative style is explained for treading towards the right goals with optimism.

2. Empowering children by Organizations

The skill to live properly depends on mental and physical health. Environmental pollutants can affect the overall health of adolescents. Perinatal or negative socio-economic elements are also risk factors and so this paper deals only with general ideas on the matter. Sufficient nutrients from food are to be ensured for children by parents by looking after their-own surrounding nature. For example, growing spinach with edible leaves or tapioca in a sack is not a laborious work for any layman. Looking around, they can find

several natural fruits and vegetables gifted by mother nature. Therefore, skipping breakfast is to be avoided by kids before going to school. Trainers must teach the importance of the nutritional value of naturally grown fruits and vegetables rather than enjoying a large quantity of junk food by teenagers. Stories of those families affected by malnutrition or substance use must be read by teachers in classes. Media and film-makers also can play a vital role here. As per WHO literature, pesticides, air pollution, and usage of drugs or alcohol can harm humanity, whereas care-giving in childhood, education in safe environments and support with adequate nutrition are protective factors for overall health across the life course. Hence, parents and teachers accompanied by life skill trainers with cost-effective interventions can create a safer planet for posterity.

While discussing expert tips for parenting, UNICEF has underlined the massive role of parents in supporting the mental health of their children. Here the mentioning of care building for their emotional skills for a healthy, happy and fulfilled life is noteworthy. Adolescents should understand the love of their parents for them and be confident to obtain advice or support from them during their tough times. This is possible by allowing them to share their feelings and experiences in school. During the conversation, they will automatically join the parents in tasks like arranging plates for dinner. This will develop interpersonal relationship skills and empathy in them. Effective communication and encouragement will remind them that home is their most comfortable area in society. UNICEF points out the power of the words of parents in supporting their children. Correcting mistakes should be followed by them praising for obeying to change their attitudes. Setting up goals by writing time table and allotting independent space for their work are other parenting tips. Let them practise a hobby to relieve stress and find solutions for their problems from their choices rather than strict advice of elders. If a conflict occurs, sort out it in a serene mood giving due consideration to the views of teenagers and understanding the possibilities of stress to those inexperienced little ones. Getting angry will spoil the spirit, and the best way to be calm is to be silent at the moment with a deep breath. Instead of power struggles, trainers must be honest in allowing them to express their ambitions and desires to make a compromise between the two. After sharing and processing feelings, they have to find a solution to the problem together. Self-care is also a life skill; supporting the inner self to be happy is therefore to be prioritised in goals. Thus in UNICEF literature, looking after self and well-being are interconnected. The items listed to cope with stress are exercising, keeping a diary, planning goals and following. Taking a few minutes to re-energize by the thoughts of proud moments and enjoying resting, dancing or drawing also can make youngsters relaxed. All people will have friends and members of the family who always take care of them in difficult situations. Sometimes in the whole area hundred citizens may not be with one youngster, but a group of five bold people will support their positive mentality. This can be the foundation for an innovative movement. Therefore finding out exact matches is vital in adolescence.

Healthy life leads to a happy life. Speaking about ways to support the children, UNICEF pinpoints the love and care of parents to improve the emotional well-being of their kids. The childhood mile stone up to five years from the first smile to numerous emotions is described as the best period of the beginning of mental support for them. They need the attention to feel safe and secure in parental care. At this stage, time spent on them is crucial when one can do the groundwork for mental and physical well-being. When they are babies, talking, playing and singing with them produce happy hormones in both

parents and kids. Such interactions can make them effective communicators. Toddlers explore everything with curiosity. This needs to be encouraged inside the home as well as outside in nature. Reading, naming, and playing with toys can help them adapt quickly to the environment. Interaction helps to develop creative thinking in preschoolers. Instead of harsh words, one must use positive comments in the direction. Here the ideas given by parents regarding realistic choices, expectations and boundaries will be there in their memory during their entire period of growth in life. As they are not fully aware of the ways of effective communication, they may cry or become angry quickly. When overwhelmed, reassurance for help is vital in navigating and managing their emotions. Non-violence is a better option here between children and parents. According to the organisation, a hostile environment may be a reason for stress, which will harm children's development and cause long-term issues in later life. Thus consistent attention with love is their option to avoid the feeling that elders neglect them. Social and peer group support can also help to naturally manage emotions like frustration or nervousness. Healthy food, sleep and physical activity for parents and children are crucial for a happy life. Building resilience starts in older children between six to ten years of age. Here focus will be shifted to school activities where physical and social skills will be acquired rapidly. Independence will be the new change. As peer pressure and physical changes start from this point, they must be allowed to talk about their experiences and emotions to their parents. Therefore, more face-to-face conversations are to be encouraged in this digital world from this period to build confidence in them. Parents can reinforce their mental strength by forging the bond and fostering resilience in these children by watching their changes. Slowly they will begin explaining their experiences and emotions in happy as well as challenging situations, where a father or mother can play a crucial role in caring for their boys or girls. Accepting or praising good habits and maintaining rapport can make a child comfortable at home. Having fun, deciding on dress or food together and spending time with genuine interest will make the child very affectionate. All these are the first steps towards building empathy with them, as depression is one of the leading causes of disability. WHO also noted that suicide is a leading cause of death among 15-29-year-old youngsters and people with severe mental health conditions pass away prematurely due to preventable physical diseases.

The stage between eleven to thirteen years of age is a challenging time, as per UNICEF literature, as appearance and friendships change at this juncture. Youngsters will assert their rights more, and physical changes may negatively influence their mental well-being, which parents must watch and support to alienate their worries. Heavy school work, moodiness, eating problems, low self-esteem, and other issues will be there at this stage, according to the organisation. Thus the Researcher by experience considers this age most vital for developing life skills through a creative and innovative module. Hence this part is reviewed in detail.

First, elders have to create an atmosphere conducive to natural communication with the children sans any pressures. It can be in any situation while doing anything. Before talking, parents must understand their moods and choose another time if they are busy with their homework.

If they have fluctuating moods, let the youngsters speak about it frankly. Parents and trainers need to respect the ideas and opinions of children, especially adolescent girls, to give support at the right time. They can point out their experiences at this age and get suggestions for improvement. Open discussion of their quiet nature noticed recently, and difficulties in topics of studies without any judgment will yield good results. Bits of advice in the form of commands, dismissing the feelings, arguing, comparing or

blaming will make it hard to proceed. The adolescents will become short-tempered and ignore such parents. So patience is needed for a cordial atmosphere to make them believe that parents do everything for their well-being. When the child ages fourteen to eighteen, behaviour and emotions can influence their future life. Physical appearance will be noticed at this stage, which may sometimes lead to social anxiety. Such teenagers with low self-esteem fall into depression. They may consider natural food as sour-tasting, and natural ways as old-fashioned, thus creating concerns for mothers. Others may become more responsible and grow into adulthood peacefully. Independence may be misinterpreted, and peer groups in social media or schools will become guiding forces for another group. Parents must watch adolescents closely to see their distractions from family ties and discover the reasons for behavioural risks. Teens need support in tough times to get out of violence, drug usage, and such challenges of poor mental health in this digital era. Effective communication, the life skill for sharing feelings, plays a key role here. By knowing each other, sharing will become easy for parents and children. This way, self-harm and such negative thoughts in the mind can be removed and cleaned. Praising each excellent act can increase self-confidence in teenagers. But discussion on harmful activities should never be done in an angry mood. Teenagers must feel that their parents understand their frustration and stress. If parents see a mistake of the youngster, reassure help to get out of it and confirm that their actions are for the happy life of these children. Slowly they can be capable of standing on their foot by preventing negativities and violent behaviour. They will become confident to lead a life worthy of modelling by looking after themselves and maintaining self-control.

3. Need for Life skills in the Digital World

Even though WHO launched universal health coverage and special initiatives for mental health in 2019, targeting different countries and millions of people, increased investing in self-awareness is obligatory on all fronts to identify adverse effects of existing conditions. There are disadvantages like insecurity, complexity and crimes in the online world. Children ran away from the face-to-face state to social media isolation in the new setup. Parents could not find out the areas of their interest in the world wide web. High connectivity, speed and data services are the advantages of digital technologies. Thus, to identify the right path in a world of digital media manipulation, life skill empowerment is now more essential than in ancient times.

Sustainable development goals or global development initiatives can be accessed only through a citizenry with self-esteem. Developing manual for life skill training in a creative style by dedicated researcher is therefore necessary in this highly digital world. Otherwise, a society with severe human rights violations or discrimination can be shown as developed only on paper and not in reality. Such groups depending on publicity in digital world cannot last long, as the gap between fact and truth is wide in such places. Living in the present moment with optimistic and empathetic attitudes is to be taught to the children following modern life styles in societies. Here outlook of parents will have significant influence on children. If mental health is given enough role in life skill study, many families could live on their earnings after effectively treating drunkards or those with mental disorders at a relatively low cost. Absenteeism in schools will be there among children of such families. Poverty and debts add to their miseries in life. In these families, wives take responsibility for all financial and day-to-day activities, and the lazy husbands show gender-based discrimination to escape from their duties. Shouting, hitting, and all

sorts of superiority complexes will be their veil to enjoy their sedentary life. Women must be confident enough to expose such attitudes from young ages with composure. Instead of getting more financial support from hard-working counterparts in society, such drunkard persons should be made to work for their families with their help. Life skills education is needed here to face androcentric activities with self-esteem by children from early years of development. Another major problem in this digital world is peer group pressure. Without likes and publicity on social media, many adolescents cannot survive. Youngsters from contrasting cultural or religious backgrounds will have different outlooks on life. Power has great charisma here, and it is an area of empowerment even for intelligent groups in the online sphere. It can be financial, political and religious areas. Their influence will be deadly when it spreads to cyber crimes. Internet addiction leading to missing reports follows if these factors affect the mental strength of children. The Researcher, therefore, considers that the 'world wide web is a vast web spreading worldwide'. Thus, self-management is needed to find the right path in this digital era using necessary life skills.

4. Conclusion

Online activities increased significantly in this digital era during and after the pandemic. Therefore, there is tremendous demand for empowering children with creative life skill training by learned investigators with innovative modules. The curriculum developers of National Education Policy 2020 of India touched on life skills a bit. Hence, after reviewing the literature of WHO and UNICEF in this article, the need for life skill empowering in a creative style is detailed for following the right path with optimism in this digital world.

5. References

www.unicef.org
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