AN EFFECT OF LIFE SKILLS TRAINING PROGRAMME ON THE AWARENESS LEVEL OF KGBVS

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ABSTRACT

Life skills training programme take into account psychosocial competencies and interpersonal skills that help students to take right decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and cope with managing their lives in a healthy and productive manner. KGBV’s Schools under Jogulama Gadwal district were selected purposefully for study. The sample was comprised of 60 adolescents in the age range of 13-15 years (class VIII, IX & X students). Life skills inventory consisting of 65 items was developed covering all the nine areas of LSE. The results revealed that awareness levels of KGBV’s girls have increased in all the nine domains of LSE after the training programme.

KEYWORDS: Life Skills Training, KGBV’s Schools & Students

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