

Enhancement in Life Skills of Adolescent Girls through Intervention

Raj Pathania and Goldy Chopra

*Department of Human Development, College of Home Science, CSKHPKV,
Palampur 176 062, Himachal Pradesh, India*

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ABSTRACT The present study was undertaken with the objective to find out the impact of intervention on life skills of the adolescents. The data were collected from three randomly selected blocks (Bajjnath, Bhawarna and Panchrukhi) of Kangra district of Himachal Pradesh, India. A total of 155 adolescent girls in the age group of 14-18 years were selected from these blocks. To collect the required data from the respondents, an interview schedule as well as scales on critical thinking, problem solving, decision-making, interpersonal relationships, stress and anxiety management, effective communication, self-esteem, empathy and creative thinking were administered on the respondents. The data were collected before intervention and the intervention was provided in the form of module on life skills as well as lectures, flash cards, handouts and puppets. The data were analyzed statistically using mean and SD values. The results of the study revealed that after providing intervention there was increase in the mean scores on all the life skills except on decision-making, empathy, communication and stress management.