The role of Life Skills in coping with Covid 19 and job readiness

The Covid 19 pandemic has brought home the flip side of living in a better-connected world.

On the one hand, with academia and industry opening their doors to individuals from different regions, it means that global populations have the opportunity to meet with people from different geographies, different cultures, different learnings and different skills and abilities. Such intermingling opens the mind to different perspectives and creates an environment of empathy and unity.

On the other hand, in the present circumstances, close physical intermingling also means that along with their human hosts, deadly infectious diseases and viruses can travel across the globe and infect entire regions. A case in point is the COVID-19 virus that originated in one province of one country. The deadly virus managed to find its way to spread across 220 countries and territories of the world, infecting as many as 213,050,725 confirmed numbers of people, as of 25 August 2021, as per WHO reports.

Social distancing and banning the intermingling of people to stop the spread of disease is not an ideal long-term behaviour to adopt. Its fallout could lead to greater problems. According to a research paper published by the National Center for Biotechnology Information, U.S., "To society, social distancing presents the dangers of increasing social rejection, growing

impersonality and individualism, and the loss of a sense of community. It negatively affects learning and growth, and it prevents people from effectively socializing, which is a fundamental human need".

Reports of an increase in suicides, domestic violence, substance abuse, feelings of loneliness and despondency suggest that these stem, to a large extent, from the isolation that people have experienced since the outbreak of the pandemic. As far as young people are concerned, under the shadow of the Covid cloud, every school and college-going child has missed out on important character-building traits that are imbibed during their offline school and college experience.

Mental health and Life Skills in the Covid 19 induced 'new normal'

The answer to some of the issues raised above lies in imparting Life Skills that will enable people to adopt mindful behaviours that curtail the spread of disease, create better crisis management skills, teach empathy and at the same time, instil the ability to deal with fear, anxiety, loss and grief. Research has shown a direct correlation between mental health and life skills. There is enough data to prove that Life Skills enable psycho-social competencies and interpersonal skills that empower people to make informed decisions and manage their lives healthily and productively.

Life Skills and job-readiness

It is important to note that the pandemic or otherwise, the present generation of youth in India is getting ready to join the workforce. Recruiters are already looking at hiring freshers who are problem solvers, adept at conflict management, are light-hearted crisis managers, and show entrepreneurial spirit and leadership skills, rather than those who are mere academic achievers.

Age-appropriate Life Skills that complement, supplement and reinforce each other are considered even more important than IQ and will go a long way in creating coping mechanisms that matter and will last a lifetime.

Source:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7461541/

https://covid19.who.int/

https://www.worldometers.info/coronavirus/countries-where-coronavirus-has-spread/