Problem Solving : A Life Skill to Be Develop Through Education - A Need of the Hour

Rajashekhara B Alamje
Principal, Rural College Of Education, Aurad(B) Bidar Dist (K S)., India

Abstract

The journey of human on the earth is not as simple as the walk on the red carpet, it has many hurdles, for successful overcome of those hurdles one needs very skilled movement on the path of life. Life skills are problem solving behaviors used appropriately and responsibly in the management of personal affairs. Components of Life Skills - The World Health Organization (WHO) categorizes life skills the components are Critical thinking skills/Decision-making, skills Interpersonal/Communication skills, Coping and self-management skills A problem can be any task or assignment or project that you need to complete. Usually, it involves several different steps or stages. Some of these will require specific methods that are particular to your subject area. Evaluating the problem, Managing the problem, Decision-making, Resolving the problem, Examining the results, Training of these life skills is the responsibility of the teacher so that the training of these life skills for pupils is very needful to the present context. The present paper is a small attempt to focus on the problem solving as the life skill developed through education that is the need of the hour.

1. Introduction:

The journey of human on the earth is not as simple as the walk on the red carpet, it has many hurdles, for successful overcome of those hurdles one needs very skilled movement on the path of life. Those skills are called as the life skills. The problem solving is one of the most important and very wide scoped skills among the life skills.

It is very important to develop the problem solving ability is the need of the hour. It needs the trained teachers the preparation of such teachers is the responsibility of the teacher educators.

2. Concept of life skiils :

Life skills are problem solving behaviors used appropriately and responsibly in the management of personal affairs. They are a set of human skills acquired via teaching or direct experience that are used to handle problems and questions commonly encountered in daily human life. The subject varies greatly depending on societal norms and community expectations.

3. Definitions Of life skills:

According to UNICEF: "Life skills" This term refers to a large group of psycho-social and interpersonal skills which can help people make informed decisions, communicate effectively, and develop coping and self-management skills that may help them lead a healthy and productive life. Life skills may be directed toward personal actions and actions toward others, as well as actions to change the surrounding environment to make it conducive to health.

According to WHO: As "abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life".

4. Components of Life Skills :

The World Health Organization (WHO) categorizes life skills into the following Three components:

a) Critical thinking skills/Decision-making skills
b) Interpersonal/Communication skills
c) Coping and self-management skills

5. List of life skills :

There is no definitive list of life skills. The list below includes the psychosocial and interpersonal skills generally considered important.

I. Communication and Interpersonal Skills
- Interpersonal communication skills
- Negotiation/refusal skills
- Empathy
- Cooperation and Teamwork
- Advocacy Skills

II. Decision-Making and Critical Thinking Skills
- Decision making / problem solving skills
- Critical thinking skills

III. Coping and Self-Management Skills
- Skills for increasing internal locus of control
- Skills for managing feelings
- Skills for managing stress

6. Problem-Solving Skills :

A problem can be any task or assignment or project that you need to complete. Usually, it involves several different steps or stages. Some of these will require specific methods that are particular to your subject area.

One of the things that employers often identify as being an important quality when hiring college graduates is their problem-solving skills. Students need to develop the ability to apply problem-solving skills when faced with issues or problems that are new to them. The development and use of problem-solving skills also improves learning. Rossman (1993) suggests that when students use problem-solving skills, "The role of the student changes from a passive recipient of information to a participant in the creation of understanding. The problem should captivate students' attention, be meaningful, and allow a wide range of individual responses."

Having a process for solving problems helps to keep efforts focused and eliminate becoming stalled. Problems solving usually involved the following steps

- Identify the problem
- Analyze the problem and gather information
- Generate potential solutions
- Select and test the solution
- Analyze/Evaluate the results

However, there are generic skills and processes that contribute to success for any kind of 'problem', whether writing an assignment, conducting a student project, undertaking projects at work, or taking on an undertaking in your personal life.

- Working through basic problem-solving processes
- Elaborating the problem to find the best solution
- Evaluating the process
- Writing up the problem

One of the most exciting aspects of life is the array of choices that we have on a daily basis. Some of our decisions are simple, like deciding what to eat for dinner or what shirt to wear. However, some choices are challenging and take careful thought and consideration.

This is a very normal reaction to tough choices in our lives, and we all, at times, experience a sense of being unable to decide on some option. However, researchers have developed a technique that many people have found useful when they are trying to make a difficult decision or solve a problem that seems unsolvable. This procedure involves a series of steps that you can go through on your own when you are confronted with a decision or problem that needs to be solved. This approach may not work perfectly for all difficulties, but it may help with many of the problems you are confronted with in your life.

Step 1: Problem Orientation
 Step 2: Problem Definition
Step 3: Generation of Alternative Solutions
Step 4: Decision Making
Step 5: Solution Implementation and Verification

7. Developing problem-solving skills :

Most problem-solving skills are developed through everyday life and experience. However, the following interests and activities may be useful in demonstrating a high level of these skills - this may be particularly important when applying to employers in areas such as engineering, IT, operational research and some areas of finance.

- 'Mind games' such as cryptic crosswords, Sudoku, chess, bridge, etc;
- Computer games – the best of these can involve strategic planning, critical and statistical analysis and assessing the pros and cons of different courses of action;
- 'Practical' interests such as programming, computer repairs, car maintenance, or DIY;
- Working with sound or lighting equipment for a band, event or show;
- Academic study: evaluating different sources of information for essays, designing and constructing a 'microshelter' for an architecture project; setting up a lab experiment.

8. stages to solving a problem:

Following are the stages involved in the problem solving. By following these stages we can develop an effective problem solving.

I. Evaluating the problem :
- Clarifying the nature of a problem
- Formulating questions
- Gathering information systematically
- Collating and organising data
- Condensing and summarising information
- Defining the desired objective

II. Managing the problem :
- Using the information gathered effectively
- Breaking down a problem into smaller, more manageable, parts
- Using techniques such as brainstorming and lateral thinking to consider options
- Analysing these options in greater depth
- Identifying steps that can be taken to achieve the objective

III. Decision-making:
- deciding between the possible options for what action to take
- deciding on further information to be gathered before taking action
- deciding on resources (time, funding, staff etc) to be allocated to this problem
- See our page on decision-making skills

IV. Resolving the problem :
- Implementing action
- Providing information to other stakeholders; delegating tasks
- Reviewing progress

V. Examining the results :
- Monitoring the outcome of the action taken
- Reviewing the problem and problem-solving process to avoid similar situations in future

At any stage of this process, it may be necessary to return to an earlier stage – for example, if further problems arise or if a solution does not appear to be working as desired.

The fallowing flow chart represents the problem solving procces
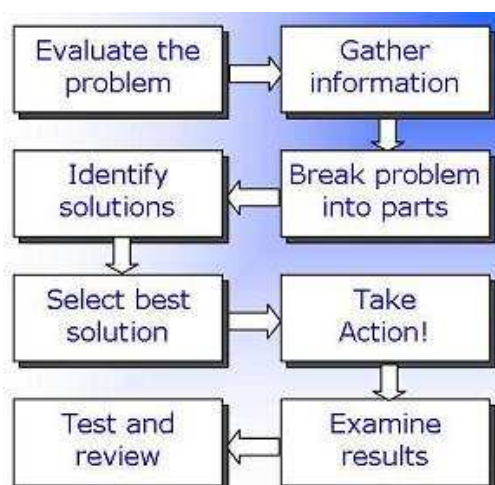
9. Conclusion :

Life skills are the means to lead a successful life for which one need the training of these skills. it is possible only through the education. It need the well qualified and trained teachers. Training of these life skills is the responsibility of the teacher so that the training of these life skills for pupils is very needful to the present context. The present paper is a small attempt   to focus on the problem solving as the life skill developed through education that is the need of the hour.

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