

LIFE SKILLS DEVELOPMENT



Life Skills

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INTERPERSONAL RELATIONSHIP

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Introduction

An interpersonal relationship is characterized by a profound connection between two or more individuals. Attraction serves as a catalyst, drawing people together and gradually fostering a deep interpersonal bond.

Interpersonal Relationship Stages

An interpersonal relationship is a close bond between people who have similar interests and objectives. In a partnership, trust, loyalty, and commitment are crucial. Famous psychologist George Levinger states that there are five stages that every relationship passes through. They are

Get to Know Them

Acquaintance involves mutual recognition and familiarity. Before initiating a relationship, individuals typically require a solid understanding of each other. Upon meeting in various settings, such as through common friends, social events, or shared affiliations, two individuals may immediately form a connection. Interactions facilitated by mutual friends, social gatherings, or shared memberships provide opportunities for individuals to become acquainted, break the ice, and potentially initiate a relationship.

Formation

This is the point at which the relationship starts to take shape. People begin to develop trust in one another once they have overcome

their initial feelings of strangerhood. Individual compatibility is essential for a relationship to last. Connecting with people who have similar interests and backgrounds is generally easier than connecting with people who have different backgrounds and different ambitions. In the building phase of a relationship, two people usually become closer, feel passionate, and form emotional attachments with one another.

Continuation

At this point, a relationship has the potential to develop into a long-term commitment. It occurs when individuals choose to be married and spend their lives together after getting to know one another well. For the charm to last in a relationship for eternity, trust and openness are prerequisites.

Deterioration

Not every relationship progresses to this point. When there is a lack of love, care, trust, or compatibility, major relationship problems and misunderstandings frequently result. Sometimes people decide to quit a relationship because they are having so much trouble adjusting to each other. It's challenging to advance a relationship when people don't make concessions to one another.

Termination

The fifth and last phase denotes the end of a partnership. Relationships can end for a number of reasons, such as: Divorce, Separation and Death of one partner

Various Interpersonal Relationship Types

People that get along well with one another form interpersonal relationships. For a relationship to be robust and healthy, people must get along well. Let's review the several kinds of interpersonal relationships:

1. Companionship

Friendship is an unwavering interpersonal bond that people choose to enter into of their own volition. In a friendship, people enjoy each other's company and there are no formalities involved. Openness is the most important component of a strong friendship. They don't keep anything hidden from their pals. Ego, envy, hate, and rage are not present in a friendship. The foundation of any friendship is mutual trust and reciprocity. No friendship or relationship can be one-sided.

2. Fondness

Love is an interpersonal relationship defined by passion, closeness, trust, and respect. People that are romantically involved have a strong emotional connection and a unique bond.

3. The Platonic Bond

A platonic relationship is characterised by two people who have no sexual desire or sentiments for one another. A guy and a woman in such a relationship are merely friends; they do not combine friendship and love. Platonic relationships can lead to romantic partnerships wherein both parties fall in love and have mutual feelings for one another.

4. Relationships within the family

A family is defined as a group of people who are linked by marriage or blood.

5. Business Partnership

People who are employed by the same company together are considered to have a professional relationship. Colleagues are people who are in a professional connection together. Coworkers may or may not get along.

6. Social abilities

The personal traits and actions we display in our interactions with others around us are known as interpersonal skills. Certain personality traits are learnt in specific social contexts, while others are innate and can be cultivated.

Interpersonal skills are critical for educators

Teachers may make a great difference in the lives of many people and cultivate intelligent, well-behaved pupils. They can help students advance their knowledge while also enhancing their personal life. However, teaching a diverse group of kids can be taxing, difficult, and demanding. It is a significant duty, and any mistake is readily apparent. Educators must devise multiple strategies for building relationships with their students because their classroom is made up of a diverse group of learners with different problems, experiences, and skills. Strong interpersonal skills are essential for teachers, especially in communication, as this helps them to comprehend the needs of each individual student. Moreover, the effectiveness of a teacher's interpersonal skills will enhance the quality of their lecture or teaching methods.

Teachers' Interpersonal Skills

A wide range of abilities are required in teachers, including humour, effective and good body language, empathy, positive motivation, and communication.

Interaction

It is a means by which educators communicate ideas and information to their pupils. Since every student has a distinct level of knowledge and cognitive power, it can be challenging for teachers to communicate with them at their level of comprehension.

Compassion

It is the teacher's capacity to show a pupil that they are concerned and care about them. by adopting the student's perspective and seeing the issue from their point of view. Teachers will be able to comprehend the issue and contribute to finding a solution in this way.

Encouragement for Success

Positive learning outcomes are frequently highlighted in education. Still, not every student shows the same level of interest for every subject. It is also crucial to show how less popular courses might be used in real-world contexts in subjects that students are interested in. This method aids in student motivation and inspires them to explore particular courses with the required zeal and commitment.

Positivity in Your Body Language

One type of nonverbal communication that helps kids create lasting imprints in their minds is positive and productive body language. The kids will become engaged in the debate through the teacher's hints and body language. One useful method for keeping up strong interpersonal skills is body language.

Laughter

Effective use of humour is a critical competency for teachers in order to keep students motivated. Humour that is suitable and timed well can boost motivation and encourage learning. For learning to be effective, pupils must be kept interested, and humour may be a powerful tool for drawing and holding students' attention during the teaching process.

Methods for improving a teacher's interpersonal skills

The capacities for cooperation, communication, and relationship-building with people are known as interpersonal skills.

They are necessary for any line of work, but they are particularly important for teachers, who deal with students, parents, coworkers, and administrators on a daily basis. The use of interpersonal skills to succeed as a teacher in various areas of the profession is covered here.

1. *Including the pupils*

Motivating students to reach their academic potential and involving them in the learning process are two of the fundamental objectives of teaching. The instructor must employ interpersonal skills like questioning, active listening, empathy, and feedback to do this. By using these abilities, teachers will be better able to recognise the needs, interests, talents, and challenges of their students and modify their lesson plans accordingly. Additionally, the instructor will be able to foster an environment in the classroom where students feel respected, valued, and inspired.

2. *Understanding the student individually*

Not every pupil in the class has the same aptitude. While some learn slowly, others pick things up quickly. Some people grasp the material right away, while others need more time to fully comprehend the ideas. To reduce this kind of barrier, a teacher needs to be well-versed in communication in order to discuss and help pupils work through their challenges.

3. *Speaking with parents*

Effective communication with parents and guardians, who are partners in education, is another crucial component of teaching. Teachers must communicate their objectives, goals, and progress for their students using interpersonal skills including professionalism, clarity, and respect. They must also handle any problems or concerns that may come up by using interpersonal

skills including empathy, patience, and dispute resolution. They can build cooperation, trust, and teamwork by constructively and frequently communicating with parents.

4. *Working together with coworkers*

Teaching is a team sport that involves sharing resources, ideas, and best practices with staff, specialists, and other instructors. It is not a solo endeavour. The educator must employ interpersonal competencies including cooperation, adaptability, and ingenuity to collaborate with colleagues in various contexts, including curriculum creation, professional growth, and peer assessment. They must also apply social skills like initiative, leadership, and recognition to enhance their school and the standard of instruction.

5. *Bargaining with administrators*

Negotiating with administrators—principals, supervisors, and district officials, for example—who have the power and duty to make choices that impact their work is another aspect of teaching. In addition to using interpersonal skills like diplomacy, respect, and accountability to uphold a constructive and positive working relationship with their administrators, teachers must also use skills like assertiveness, persuasion, and compromise to advocate for their needs, interests, and rights as educators.

6. *Attending to pupils*

Interpersonal skills encompass not just spoken and no spoken communication, but also active listening, which is necessary to finish the conversation. A teacher needs to have the patience to hear what the parents or pupils have to say. If the teacher does not allow anyone to speak, there is a danger that miscommunication

will occur, which can result in further problems. Therefore, excellent interpersonal and communication skills are essential for teachers to have in order to facilitate effective instruction

7. *Advancement in the profession*

A career in teaching is exciting and fulfilling, with lots of room for professional development. In addition to using interpersonal skills like networking, mentoring, and coaching to access and offer support, direction, and feedback to other teachers, educators must use self-awareness, reflection, and learning to identify their own strengths, weaknesses, and goals as educators. Teaching professionals can improve their abilities, expertise, and self-assurance by leveraging interpersonal skills to further their careers

8. *To maintain a lively classroom*

For teachers to keep their classes interesting rather than dull, interpersonal skills are essential. When an educator yells without receiving any answer, that is not an example of interpersonal or two-way communication. A teacher needs to be able to keep students engaged in the classroom, and this can only be achieved when the instructor has strong interpersonal skills.

Conclusion

Human interaction is fundamentally shaped by interpersonal relationships, which influence both our personal and professional life. Empathy, clear communication, and respect for one another are necessary for fostering these relationships. Richer, more satisfying lives both emotionally and professionally result from investing in interpersonal connections and developing interpersonal abilities. Teachers must possess interpersonal skills since they are the cornerstone of good classroom management, student engagement, and conducive learning environments.

Strong relationships with students, coworkers, and parents help teachers establish a nurturing environment that supports both academic and personal development. Teachers may encourage, inspire, and empower their students to realise their full potential by consistently improving their interpersonal skills. This will ultimately make the educational process more successful and fulfilling for all parties.

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