Impact of Internet usage and Family climate on Life skills among Senior Secondary School Students

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ABSTRACT

Life skills are defined as "the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life"(WHO). „Adaptive‟ means that a person is flexible in approach and is able to adjust in different circumstances. „Positive behaviour‟ implies that a person is forward looking, even in difficult situations , can find a ray of hope and opportunities to find solutions.Yarham (1919) defined Life Skills as "the personal competence that enables a person to deal effectively with the demands and challenges confronted in everyday life". The adolescents are characterized by frequent changes in their mood, reflected in the expressions of anger, happiness, sadness, shame, love, affection, fear etc. Internet technologies have touched almost each and every sphere of human life. By providing access to information at one click while sitting at home, whether in rural or in urban areas, Internet has become the greatest equalizer. Usage of internet has increased intensely due to the advancement and development of technology. Internet is a worldwide channel of communication and universal network. The word „Family Climate‟ is a more comprehensive one. It embraces the social, physical and emotional activities of the family. If we follow the models which try to explain the stages a person goes through in the decision making process regarding the choice of a career, we can see that the first step is becoming aware of the need to develop life skills, followed by the establishment of a range of alternatives built on the basis of knowing one‟s own skills, interests and personal values. Going for these alternatives is both the consequence of the level of selfknowledge that the child has reached, as well as of exploring the Life skills.

KEYWORDS:-*life skill, Internet usages , family climate , peer pursure, senior secondary school students.*

INTRODUCTION

Education is the most important medium for the acquisition of skills and knowledge. It brings positive changes in human life as it helps to enhance skills, Knowledge and intelligence of a person. Thus, it becomes a powerful tool which Assists him to lead a successful life. It aims at the human capital formation. It is a Process of enlighten and empowerment for the attainment of better and higher Quality of life. Sound and effective system of education results in actualization of Learners" potentialities, strengthening of their competencies and enrichment of their Talents, interests, values and abilities. A person can increase knowledge and expand His vision through education. It equips the students with relevant expertise, Information, awareness and values to enable them to participate in national and global development. Education at all levels constitutes the basic foundation which develops Intrinsic and extrinsic qualities among students. The significant contribution of Education is that it plays a dynamic role to channelize the future scholastic route and Enable an individual to choose career options of his life. The primary goal of Education is to provide young people with a variety of tools with which they can realistically plan their future. The future of the students is determined at the secondary School stage which is considered to be the most important phase of education when the students are at the verge of making career choices. Adolescence is a time of great change and it is a transitional period between childhood and adulthood during which a lot of physical, psychological and social changes occurs. Thus, adolescence becomes a problem age in which young people Suffer from mental, emotional and behaviour problems, which are painful and costly to both the youngsters and to their family members. These problems severely disrupt a child"s ability to function socially, academically and emotionally, and in the process also affect the person as well as his or her family, school, community and the larger society. One of the major problems which arises out of these changes in the adolescence is the academic procrastination. An adolescent is expected to opt a right type of vocation when he/she is at senior secondary stage, as this is the stage which decideone"s future profession. Adolescence is vital among all the stages of life in an individual from childhood to adulthood, prone to many physiological as well as psychological changes, leading to the path of independent behaviour and maturation, as adolescents progress through this stage. It is well said that adolescence is a turning point in one"s life. The adolescents are characterized by frequent changes in their mood, reflected in the expressions of anger, happiness, sadness, shame, love, affection, fear etc. Along with being educated, healthy and skilful, they also need the right to adequate nutrition and to lead a life in a safe and supportive environment. This is so because they extend their relationships in the society beyond their parents and family. Basically their emotions are extreme and need to be channelized and balanced. Talking about their academic and professional interests, the adolescents seem to be confused, more so, about their career, i.e., the field of study to choose from, lack of information and awareness of their skills and capabilities, peer pressure which sometimes drives them towards irresponsible behaviour and many a time towards risk behaviour, lack of ability to think objectively and taking decisions wisely. Exposure to fast track media and smart world around puts them on to the padlock of fantasy and spurious world-view, far distant from ground reality. And that is really what makes them shaky, if chosen to be on the wrong foot, on the one hand, and, self-confident, on the other , being on the threshold of a right self-determined path to progress. The word „Family Climate" is a more comprehensive one. It embraces the

social, physical and emotional activities of the family. Variables such as family structure, roles assumed by each member, relationships between the members, the system of values and attitudes which lie at the basis of behaviour, influence career choice and development. If we follow the models which try to explain the stages a person goes through in the decision making process regarding the choice of a career, we can see that the first step is becoming aware of the need to develop life skills, followed by the establishment of a range of alternatives built on the basis of knowing one‟s own skills, interests and personal values. Going for these alternatives is both the consequence of the level of self-knowledge that the child has reached, as well as of exploring the Life skills. Career development is a process which starts already in childhood and one in which the family plays a particularly important role. The word „Family Climate‟ is a more comprehensive one. It embraces the social, physical and emotional activities of the family. Variables such as family structure, roles assumed by each member, relationships between the members, the system of values and attitudes which lie at the basis of behaviours, influence career choice and development. If we follow the models which try to explain the stages a person goes through in the decision making process regarding the choice of a career, we can see that the first step is becoming aware of the need to take a career-related decision, followed by the establishment of a range of alternatives built on the basis of knowing one‟s own skills, interests and personal values. UNICEF defines life skills as "a behaviour change or behavioural development approach designed to address a balance of 3 areas: knowledge, attitudes and skills".

OBJECTIVE OF THE STUDY

- To study and compare life skills among Senior Secondary Students on different level of internet usage.
- To study and compare life skills among Senior Secondary Students on different level of family climate.

HYPOTHESIS OF THE STUDY

- There exists no significant difference in life skills among senior secondary students on different level of internet usage.
- There exists no significant difference in life skills among senior secondary students on different level of family climate.

DESIGN AND METHODOLOGY

Research methodology of the study in hand was based on the descriptive survey method of research. Descriptive research study in designed to obtain pertinent and precise information concerning the current status of phenomena and whenever possible, to draw valid and general conclusion from the facts discovered. So descriptive research is describing, attempt to discover the relationship between the manipulated variables. The present study was undertaken to study the effect of internet usage and family climate on life skills of senior secondary school students of Haryana, so keeping in view the nature of study, descriptive method was used.

POPULATION AND SAMPLE

The term population in research is used to describe any specific group of human beings or nonhuman being entities with the research has to be concerned. According to Good, "A sample is a miniature population." To be true, sample must be representative of a population and must be adequate in number". The senior secondary school students of Rohtak division constituted as population for the study

A sample is a small proportion of a population selected for observation and analysis. It is a collection consisting of a part or subset of the objects or individuals of population which is selected for the express purpose of representing the population. Measuring the entire population is impracticable though not entirely impossible. Therefore, a sample from the concerned population may be drawn for the purpose of data collection. In the present study, the list of districts was taken from all the zones. The multi-stage and stratified random sampling technique was used to select the sample from the population. Haryana has total six divisions on the basis of their administrative region. "For the purpose, one division Rohtak was chosen from the six division of Haryana through convenient sampling method. From this division, three districts namely Bhiwani, CharkhiDadri and Bhiwani were chosen by convenient sampling technique. As each senior secondary schools having 25-100 students, therefore, keeping the strength of students in a school, 30 students from 20 senior secondary school were taken as a sample. The following graph showing the number of students selected for the study .
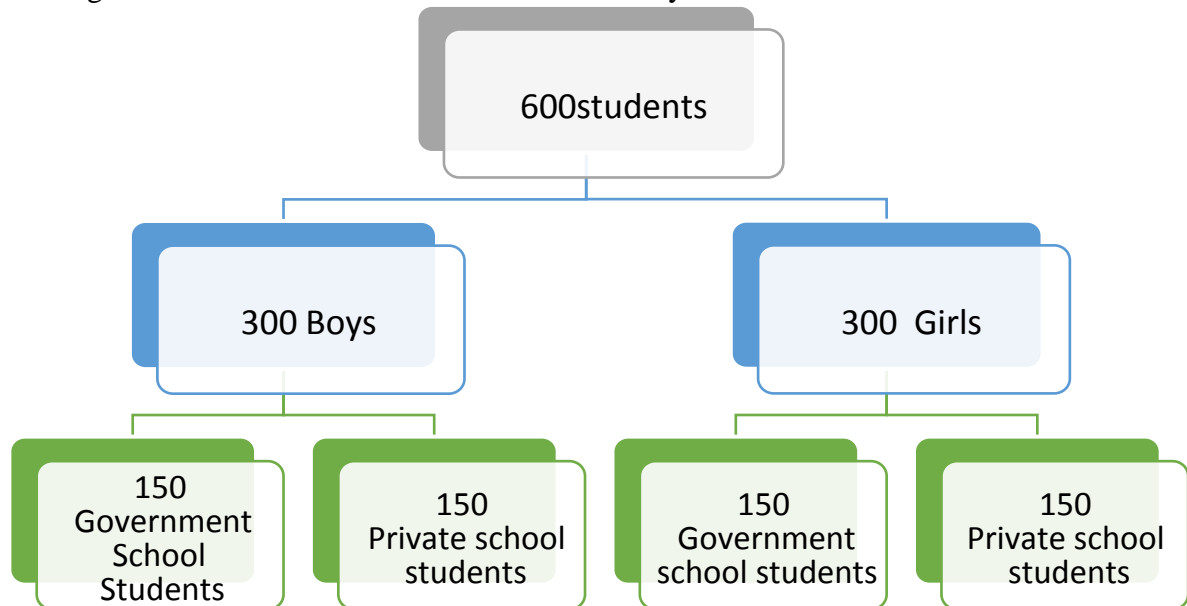
Layout of the Sample

TOOLS USED

A researcher requires many data – gathering tools or techniques. Tests are the tools of measurement and it guides the researcher in data collection and also in evaluation. According to Best & Kahn (2006), "Like the tools in carpenter's box, each research tool is

appropriate in a given situation to accomplish a given purpose." For the present study, the following tools were accordingly chosen, adapted and standardized in Indian conditions as per the need of the investigation:

Standardized Tools

- Life Skills :Life Skill Assessment Scale (LSAS) developed by Radhakrishnan Nair, Subasree and SunitaRanjan (2010).
- Internet usage scale by Saini and Kaur (2017).
- Family Climate Scale by Shah (2011).

STATISTICAL TECHNIQUES USED

To learn the dynamics of the information, mean , Standard Deviation and t- test statistical methods were used in the research.

DATA ANALYSIS AND INTERPRETATION

Gender	Number	Mean	S.D.	`t'	Level of Significance
Students with low Internet usage	186	360.38	30.78		
Students with high Internet usage	151	343.93	26.78	9.627	Significant at 0.01 level

Mean, Standard Deviation and „t‟ values of   life skills among senior secondary school students on different level of internet usage

Note: Students with average internet usage were not included
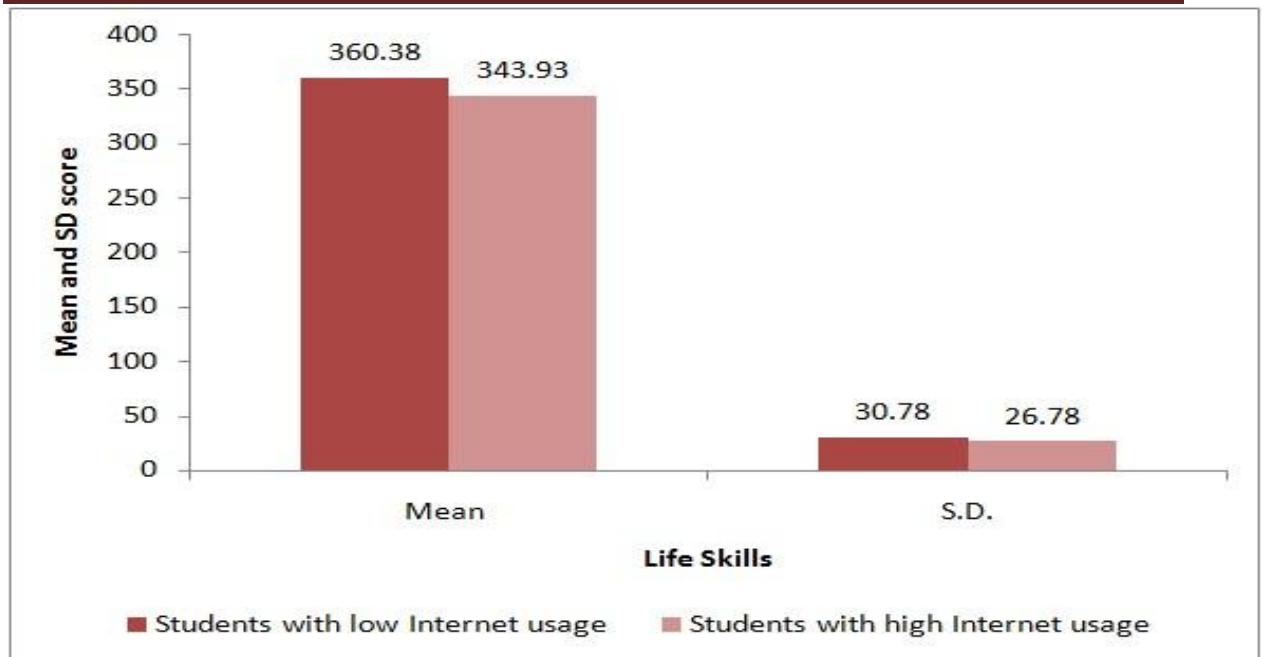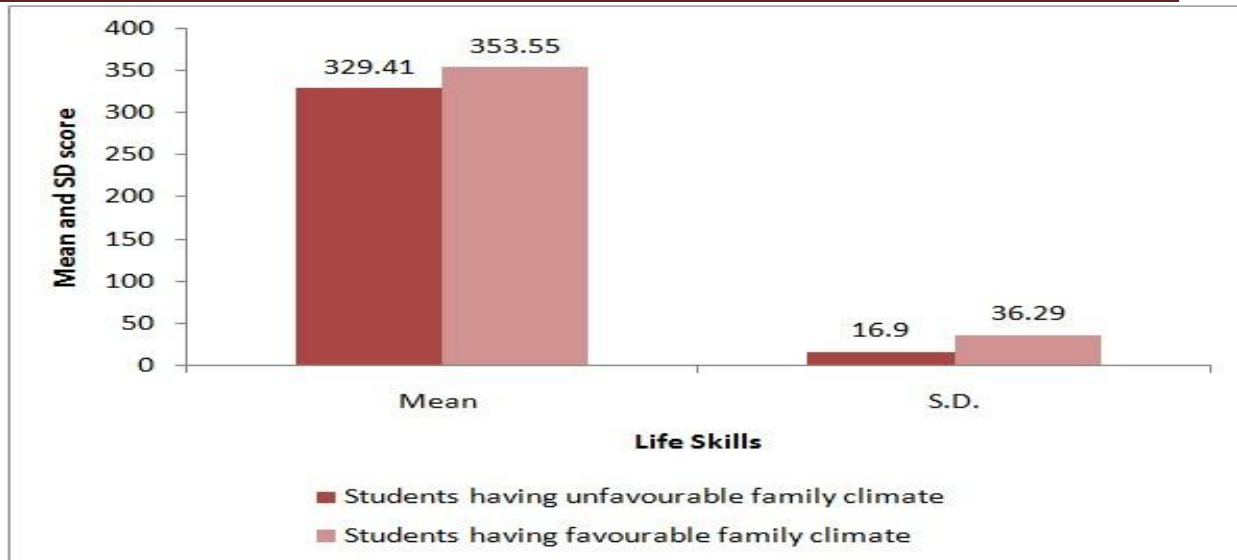
Fig. : Mean values of life skills among senior secondary school students on different level of internet usage

The table illustrates that the mean score of life skills among senior secondary school students with different level of internet usage are 360.38 & 343.93 respectively. The calculated „t" value is 9.627 which is significant at 0.01 level. It means that there is a significant difference among senior secondary school students among senior secondary school students with different level of internet usage. Hence the null hypothesis, "There exists no significant difference in life skills among senior secondary students on different level of internet usage" is not retained. It was concluded that the students whose internet use was lower had more life skills than those students whose internet use was more.

Mean, Standard Deviation and 't' values of life skills among senior secondary school students on different level of family climate

Gender	Number	Mean	S.D.	't'	Level of Significance
Students having unfavourable family climate	105	329.41	16.90	12.942	Significant at 0.01 level
Students having favourable family climate	321	353.55	36.29		

Note: Students with average family climate were not included

Fig. :Mean values of life skills among senior secondary school students on different level of family climate

The table reveals that the mean score of life skills among senior secondary school students having unfavourable and favourable family climate are 329.41 & 353.55 respectively. The calculated „t" value is 12.942 which is significant at 0.01 level. It means that there is a significant difference among senior secondary school students among senior secondary school students with different level of family climate. Hence the null hypothesis, "There exists no significant difference in life skills among senior secondary students on different level of family climate" is not retained. It was concluded that the students whose family climate was favourable had more life skills than those students having unfavourable family climate.

CONCLUSION

The study further stated that there is a significant difference among senior secondary school students among senior secondary school students with different level of internet usage. It was concluded that the students whose internet use was lower had more life skills than those students whose internet use was more. The study further stated there is a significant difference among senior secondary school students among senior secondary school students with different level of family climate. Students whose family climate was favourable had more life skills than those students having unfavourable family climate.

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