

Name of the Supervisor : Dr. Jessy Abraham
Name of the Researcher : Ms. Sandhya
Name of the Department: IASE, Faculty of Education
Name of the Study : A Study of Core Life Skills Of Adolescents in Relation to their Self Concept, Adjustment and Scholastic Achievement in the context of YUVA School Adolescence Education Programme.

India is a young country. Adolescents-the population in the age group of 10-19, constitute more than one fifth of the population of our country (acc. to Directorate of Education, Govt. of NCT of Delhi and DSACS, 2006). The various issues and needs related to adolescence are not only important for the individual or family but also impact the public health indicators adversely.

UNICEF, UNESCO and WHO list the ten core life skill strategies and techniques that are divided into Core Affective Life skills which consists of Coping with stress, Empathy, Interpersonal relationship and Coping with emotions; and Core Cognitive Life skills which consists of Self-awareness, Critical thinking, Decision making, Effective communication, Creative thinking and Problem Solving. It was decided to bring Adolescent Education Programme (AEP) under the aegis of 'YUVA', the holistic program for all round development of adolescent girls and boys. The objective of this study is to understand the impact of YUVA School Adolescent Education Programme on the self-concept, scholastic achievement and adjustment of adolescents. In this study entitled , various statistical techniques like Mean, Standard Deviation, Product Moment Correlation and Parametric Hypothesis test (F-Test) were used in SPSS 17.0 software to analyze the data to describe the relationships between core life skills (core-affective and core-cognitive) with self concept, overall adjustments and scholastic achievement of adolescents in order to determine the impact of YUVA school life skills education programme .

The investigations resulted in the findings that Coping with emotion skills or making emotional adjustments by adolescents has improved their Core Affective life skills developed through YUVA SLP. Adolescents having good family support and healthy family relationships, with good ethical and moral values have improved their Core Affective life skills developed through YUVA SLP. Adolescents having good relationships with their peers and society have improved

their Core Cognitive life skills developed through YUVA SLP. Adolescents having good overall adjustment have improved their core affective life skills developed through YUVA SLP. Adolescents having good Self-Concepts have improved both their core affective life skills and core cognitive life skills significantly through YUVA SLP and the adolescents having good Scholastic achievements have improved their Core Cognitive life skills developed through YUVA SLP.