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## **Role of Social work in Helping Students to Build their life Skills and Goals**

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### **Abstract:**

Social work is a professional path that prepares students who are communally troubled and able to integrate common requests and human growth. The post-graduation course seeks to promote the knowledge of social responsibility and dedication towards the underprivileged, vulnerable and marginalized sections of the society. The classroom engages students in visual, spoken, non-verbal and observational learning, which has been shown to result in improved intelligence. Theoretical knowledge and practical work together help students develop the skills necessary for professional social work study. Field practicum is an essential component of the Master of Social Work course. Field work includes social welfare agencies, non-governmental agencies, government agencies where social worker, performance in communities to enhance their social implementation. This article will discuss the role of social work in imparting value education.

**Keywords:** Social Work, Education, Learning

### **Introduction:**

Social work is a professional and academic discipline that seeks to improve the quality and well-being of individuals, groups, and communities through research, policy, community organizing, direct practice, crisis intervention, and education for the benefit of those affected by social disadvantage. Poverty, mental and physical illness or disability, and, social injustice with their violation of civil liberties and human rights, the social work profession began to lean heavily on models and institutions developed in the West, and especially in the United States.

A gap in the direction and training of the social work profession was created in 1936 with the founding of the first social work school, the Sir Dorabji Tata Graduate School of Social Work in Bombay. As a result, several social work institutes gained recognition around the nation. In support of self-determination, the government moves in the direction of the interests and places many social work specializations outside of its jurisdiction. Popular concepts such as social development, family planning programs and institutional reform, the eradication of mass poverty, and the narrowing of financial disparities within society all point to a shift in society's orientation toward pursuing and achieving these objectives.

In India, professional social work education ran for eleven years, from 1936 to 1947. Up until independence, TISS was India's only social work training institution. In Delhi, a second school for social work training was founded in 1947-48. After the institution's eventual merger with the university in 1979, it became a department of

the faculty of social sciences, specifically under the administrative division. In 1950, a new institution was established as a social work faculty under the University of Baroda, following in part the general American model that had previously been adopted in Bombay and Delhi. In the ensuing ten years (1951–60), fourteen more institutions were established (1971–80). Thirty institutions were offering graduate-level social work study and training by the end of 1980. It has recently been stated that this number increased to fifty or more in the mid-1990s. Additionally, social work educators pushed for increased relevance in social work education between 1970 and 1980.

### **Professional Skill:**

Social workers support social justice and transform society on behalf of their clients and with them. They present to individuals, families, groups, the community, and organizations in an inclusive manner. Social workers fight to eradicate poverty, discrimination, and other types of social injustice, and they are vulnerable to racial and educational disparities. These actions could take the kind of directive performance, community organizing, advisory, oversight, management, promotion of policies, outreach, and growth. Employees in the community also appear to be in favor of how relationships, communities, and other social institutions respond to the needs of people and the damages that society faces.

### **Life Skill and Social Work Practice:**

Working with individuals, families, groups, organizations, and communities to help them function better in their social contexts is the main focus of social work as a helpful profession. Central to social work practice are the ideas and abilities of decision making, problem solving, creative and critical thinking, effective communication, interpersonal connection skills, self-awareness, empathy, coping with emotions, and coping with stress. These ideas and abilities can be tracked back to the early days of the social work profession, as reflected in Mary Richmond's works, and up to the literature published in the field today. All of these ideas and talents are together referred to as "life skills" and are applied in a variety of situations.

- **Decision making Skill:**

Making decisions is a crucial life skill at every stage of development. This talent is the cognitive capacity that is embodied in an individual's activity to process all available data in order to make a decision and pass judgment. It is a method by which a person considers the advantages and disadvantages of several options before making a decision. The processes of developing decision-making skills include recognizing the issue, gathering facts and information, analyzing the options, visualizing the advantages and disadvantages of potential outcomes, making judgments, and providing justification for those choices. The ability to make decisions is essential to social work practice. Social workers make professional decisions and judgements in a range of situations, such as those involving their clients, families, and the larger

community, as well as their professional tasks and roles and the organizations where they operate. Social workers must support people in making well-informed decisions, as well as help them get ready for and take part in decision-making forums. Making decisions is essential to practicing a career well. Making decisions regarding future courses of action is a major part of what social workers do, which makes decision-making a fundamental aspect of social work as a profession. The choices made by social workers at each stage—assessment, investigation, diagnosis, intervention, evaluation, termination, and follow-ups—are crucial because they dictate how the clients will be helped.

- **Problem Solving Skill:**

Being able to solve problems is a crucial life skill that helps us approach issues in a positive way. Unresolved major issues can lead to psychological distress and related physical strain for the person. WHO (1993). Any circumstance in which we have the power to improve things or make a difference is considered a challenge, and problem-solving abilities aid in transforming the real world into the ideal one. The process of analyzing a situation and coming up with answers to problems that can aid in taking the necessary actions to eliminate or lessen the specific problem is known as problem solving. Many people consider social work to be the profession of problem solutions. All social work involves solving problems, and problem-solving techniques began with the idea that people seek help from social work agencies or are referred to them because they want to improve their circumstances or have issues that need to be resolved. Through its therapeutic method, it tackles the various issues that the people seeking assistance have. A worker's ability to solve problems is necessary for the profession to be practiced effectively. In order to help the client overcome difficulties that may arise in the future, the worker must also focus on helping the client build their problem-solving skills.

- **Thinking Skill:**

By allowing us to consider all of the potential outcomes of our choices and the possible alternatives, creative thinking helps us solve problems and make decisions. Beyond our immediate experience, creative thinking enables us to see beyond the obvious and, in the absence of a problem or decision, allows us to respond to everyday situations in an adaptable and flexible manner. WHO (1993). Both logical and intuitive reasoning are necessary for creative thinking. To think creatively, one must be persistent and patient. Individuals with creative thinking are able to experiment with many concepts. The capacity to adapt to the demands of the market for novel ideas and products, as well as to cope with the pressures of daily life, is what makes us creative. The goal of social workers' creativity is to better the lives of those in society who require assistance. This drives their innovation. A significant portion of social workers' creativity is focused on comprehending, addressing, or managing the intricate social issues that emerge in distinct and frequently difficult situations. It aids in the workers'

recognition of novel approaches to assisting individuals in escaping trying circumstances. It gives social professionals the freedom to tackle difficult circumstances with fresh ideas, viewpoints, and methods. A deliberate and logical cognitive ability, critical thinking is focused on making decisions and finding solutions to issues. It requires a sophisticated fusion of abilities. Critical thinking abilities are useful in both our personal and professional lives. The thought processes, tactics, and models that people employ to solve issues, come to conclusions, and pick up new ideas are collectively referred to as critical thinking. It is the capacity to evaluate information and experiences objectively. It can improve health by assisting us in identifying and evaluating the variables, such as peer pressure and the media, that shape attitudes and behaviours. The process of actively and skilfully conceiving, applying, analysing, synthesizing, and/or evaluating knowledge obtained from, or generated by, observation, experience, reflection, reasoning, or communication as a guide to belief and action is known as critical thinking. It is an intellectually disciplined activity. A person can benefit from critical thinking by learning to identify and evaluate the elements such as values, peer pressure, and the media—that shape their views and behaviors.

- **Effective Communication Skill:**

A crucial component of human contact is communication. Being able to express ourselves verbally and nonverbally in ways that are suitable for our cultures and circumstances is a necessary component of effective communication. This could entail having the ability to express our preferences for a specific type of action that we could be requested to perform. Success in one's life, career, and relationships all depend on having effective communication abilities. Ineffective communication can lead to miscommunication, misunderstandings, and even the dissolution of relationships. When we are able to express our ideas, intentions, and goals in a clear and correct manner, communication becomes an effective process. Good communication, both oral and written, is central to best practice in social work. Communication skills are required to establish effective and respectful relationships with clients and are also required to assess, make decisions and work collaboratively with colleagues and other professionals. Communication in social work is not spontaneous but purposeful. Communication is an essential skill for effective social work practice. Every social situation involves communication and hence is called communication skills. The role of social workers is very diverse and the communication skills of social workers need to be recognized and accommodate those diverse demands. Effective communication skills help social workers develop working relationships with clients. The knowledge and skills acquired by social workers are most clearly manifested when we try to express our thoughts and feelings through the process of communication. Communication skills are central to effective social work practice and can take many forms.

### **Interpersonal Relationship Skill:**

A group of abilities known as interpersonal skills are employed by individuals during interactions and communication with one another. Positive relationships with those we engage with are facilitated by having interpersonal skills. This will make it possible for us to establish and maintain cordial relationships, which is beneficial to our social and mental health. It facilitates constructive interpersonal interactions and productive teamwork. As the cornerstone of forming relationships with others, interpersonal skills are crucial to develop and practice. Effective interpersonal skills require both self-awareness and interpersonal knowledge. Possessing these abilities enables one to form beneficial partnerships. The cornerstone of successful social work practice is a positive interpersonal relationship between the social worker and the client. Individuals approach social workers for assistance with practical or interpersonal issues, and the way in which social workers interact with one another greatly influences how satisfied they are with the services they receive. Because the profession of social work recognizes the need of interpersonal relationships in efficient practice, developing interpersonal skills is receiving the attention it deserves. The foundation of successful social work practice is interpersonal skills, which allow social workers to interact with clients in meaningful ways.

### **Skill of Emotion:**

Strong feelings that are aimed at someone or something are called emotions. If left unchecked, unpleasant emotions such as wrath, fear, anxiety, worry, grief, etc., can run amok and put us in a lot of trouble and suffering. Therefore, in order to prevent bad emotions from becoming our slaves and us from becoming theirs, they must be controlled and kept within reasonable bounds. The capacity to control or maintain a calm emotional response to a difficult situation is known as "coping with emotion." It involves an individual's awareness of how their emotions affect their behaviour and making an effort to act in a way that is acceptable for the situation. Emotions and thought processes are strongly intertwined; they frequently coexist and operate in reciprocal cause-and-effect cycles. Emotional coping does not entail complete emotional repression. Since emotions have a significant impact on behaviour, social workers should pay close attention to this topic. People who seek assistance frequently have issues that are largely influenced by strong emotions or states of feeling. The client may struggle greatly with emotional self-control, be prone to panic attacks, severe depression, unbearable anxiety, uncontrollable rage or impulsivity, and in certain cases, be addicted to drugs or engage in antisocial behaviour. In this situation, the social worker must react with restrained emotional engagement and assist the client in effectively managing their negative emotional stress. Effective social work practice with a diverse population requires social workers to have a controlled emotional involvement and to comprehend the emotional states of their clients. The capacity to modify or exert internal control over one's emotional state is referred to as

coping with emotions. The task of teaching clients how to regulate their emotions is frequently assigned to social workers.

### **Stress Skill:**

Stress is a typical bodily reaction to perceived or actual threats. It is the body's natural "fight-or-flight" response to danger or harm, a defence system that has been ingrained in humans since the beginning of time. Stress is a condition that affects a person's functioning when they feel intimidated by the happenings and perplexed. Understanding the origins of stress in our lives, how it affects us, and taking actions to assist manage our stress levels are all part of coping with stress. Stress needs to be taken into account from two or more angles. First, a stressor is a frequent term for the source of stress. According to the definition, a stressor is any stimuli to which an organism must adjust. A stress reaction is the term for the second impact of stress. Stress becomes extremely detrimental when individuals experiencing it are unable to manage their problems in life in an appropriate manner. Stress can alter behaviour as well as one's physiology, emotions, and cognitive processes. The phrase "coping with stress" is more general and encompasses a range of strategies with the shared goal of helping individuals manage the stress and tensions brought on by life's challenges. Social workers utilize these strategies to help clients develop coping mechanisms that stop them from overreacting to stressful situations and events. Social workers need to be able to manage their stress. Social workers work largely with people. An excessive amount of stress can be detrimental to an employee's physical and emotional well-being. Working in social work is an extremely difficult job. Social workers engage in complex social problems and work closely with clients. As a result, they may encounter numerous conflicts that are typical of human care workers. The interaction with clients is at the centre of social work. Stress could arise from a disagreement between the principles, values, and goals of social work and those of the individual worker. The ability to cope with stress is a life skill that will help social workers manage their stress in a healthy way, practice their profession well, and lead happy lives.

### **Conclusion:**

Although the field of social work is growing and its setting is changing quickly, there are some areas, like life skills, where we need to focus a bit more. Each life skill is heavily utilized by social workers and the social work profession in their work with a variety of populations. However, the "life skills" that social workers employ, such as empathy, self-awareness, decision-making, interpersonal interactions, etc., are fundamental ideas in their work. The idea that social workers don't really deal with life skills originated from the lack of the prefix "life skill." Social workers are quite successful in their various treatments with a wide range of populations and have a lot to do with life skills. The value that social workers place on individual life skills is not reflected in the term "life skills" as a whole. With its wide range of practice areas, social

work is a profession that has the ability to effectively use life skills as an intervention strategy.

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