

SOCIAL SKILLS IN THE SHCOOL ENVIRONMENT (POSITIVE DISCIPLINE)

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Abstract

The current article demonstrates that quality relationships with peers, teachers and parents make a big difference for young people, especially in those trying to build strong social skills. Students who perceive a sense of belonging and connectedness are less likely to engage in socially risky behaviors, and are more prone to academic success. This article was written in accordance with the doctorate theme of the researcher, as a part of the literature review. The main purpose was to demonstrate the perceptions of social skills in the school environment, through different approaches, and the use of the Positive Discipline approach, in encouraging and building strong social competence in the classroom. The applied scientific method is literature review. The approach of Positive Discipline developed by Nelsen, teaches parents and teachers how to create an inviting environment, in which students can build new healthy relationships, and develop the skills needed for functioning in life. This is an educational approach which recognizes all aspects of children's learning and development and perceives them as interrelated. Different studies show that, by implementing this approach, positive results as reduced risk for aggressive behavior, decreased violence, positive school climate, youth behavior, problem solving, and friendship building abilities, are the outcomes. After closely reviewing and comparing different studies the main result was that one of the biggest strengths that the Positive Discipline approach has, is that is not a highly structured discipline, and teachers who use it can adapt it to their needs and realities, so they can also implement their personal style of teaching. As McVittie stated, "Positive Discipline is an effective way for parents, teachers and students to learn life skills and build a sense of community and connectedness based on mutually respectful relationships".

Keywords: *social skills, positive discipline approach, school environment, positive behavior*