



# Creative Curriculum Medical Educational Model through M.B.B.S. Students' Perception

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## Abstract

Medicine is a highly competitive professional education program. Newly admitted medical students are facing many social, emotional, physical, psychological issues because of revolutionary changes in medical education. 'Education' is important, but education to support and live life better is more important. Life skills are a behavior change or behavior development approach designed to address balance of three areas of knowledge, attitude and skills. Several life skills such as time management, leadership, teamwork, learning improvement and mental performances can be developed by involving into sports and artistic activities. The objectives of this study were 1. to explore life skills development and learning contexts among medical students and 2. to investigate relationships between students' past level of involvements in sports/ physical activity, arts and their motivations for learning (achievement goals) and well-being in medical college. 200 medical students from 1st and 2nd year M.B.B.S. were given a questionnaire and their responses were analyzed. This study provides evidence to medical programs in curriculum planning and learn medicine effectively to achieve the required attributes which supports the one month foundation course introduced by National Medical Council, India. The study highlighted how a rational and responsible commitment to sports and extra-curricular activities could contribute to developing life skills that might be transferable to a future medical career. Our analysis revealed that the medical students involved in sports and extra-curricular activities were likely to perceive life skills.

**Keywords:** Competitive Professional Education Program

## Abbreviations

CBME: Competency Based Medical Education; AI: Artificial Intelligence.

to notice that there are some difficulties and challenges in implementing the new Competency Based Medical Education (C.B.M.E.) curriculum introduced by National Medical Commission, India.

## Introduction

### Research Problem

In depth interviews of students, meticulous observations and disappointing academic performance of students brought

It is becoming increasingly important to be a lifelong learner in Artificial Intelligence (AI) Era. Medical students are facing many psychological, emotional and social issues because of stress of studies, certifications and examinations. So this study was conducted to introduce innovative strategies in medical education by considering students' perceptions.

## Objectives

The objectives of this study were

1. To explore life skills development and learning strategies among medical students
2. To investigate relationships between students' involvements in sports/ physical activity, music, arts and their motivations for learning (academic and achievement goals) and well-being in medical college.

## Materials and Methods

After taking approval from institutional ethical committee, 200 medical students from 1st and 2nd year M.B.B.S., LBRKM Government Medical College, Jagdalpur, Chhattisgarh were given a questionnaire and their responses were analyzed.

## Questionnaire

1. Any psychological, social, physical, emotional issues you are facing in medical school?
2. If yes, please mention
3. Which remedies you adopt to cope with the stress?
4. Do you play any sport, game?
5. If yes, please mention
6. Any artistic activity you practice?
7. If yes, please mention
8. 'Education' is important, but education to support and live life better is more important. Agree/disagree
9. Life skills can be developed by involving into sports and artistic activities

Agree /Disagree

Time management

Leadership

Teamwork

Communication skills

Building healthy relationships

Boosts confidence

Learning improvement

Mental performances

Motivation in learning

Academic performance

Physical performance and stamina

Increase competency

Wastage of time

Exhaustive and tiring

Mention drawbacks in current teaching if any

Quality and attitude of teachers should be changed? Agree/disagree

Sports, games, artistic activities should be included in the curriculum? Agree/disagree

Any suggestions on teaching life skills in a medical college?

## Review of Literature

The topic has been a significant area of interest to the researchers, theorists, educationists and practitioners.

A lot of studies on Neuroplasticity are reviewed and understood that one can learn skills and retain information through effort, practice, and perseverance.

Neuroplasticity is the ability of the brain to change in response to environmental influences.

A popular perception that the brain becomes fully developed in early childhood is just a myth now. The adolescents and adults can also be encouraged and motivated to learn skills by repeated practice of motor activities like sports, writing, drawing, painting etc [1].

A child's healthy relationships with adults are important for their brain development. Responsive and compassionate interactions with parents, teachers, and other caregivers help children and adults build the brain.

The different methods that can be used to enhance life skills in students are class discussions, brain storming, demonstration and guided practice, role plays, audio – visual activities such as arts, music, dance, theatre etc., educational games and simulations, case studies, debates and storytelling [2]. According to Albertyn et al. life skills training is helpful in the job and future planning as it enhances critical thinking abilities, which has great positive impact on life [3].

Ramesh and Farshad C. in their study proved the effectiveness of life skills training in increasing mental and physical health and overcoming behavioral, social problems & self-destructive behaviors [4].

Smith & et al., noted significant improvement in interpersonal relationship and reduction in aggression and behavioral problems [5].

Tuttle et al., during their investigation, included the life skills to students' curriculum. The results of this study showed the extraordinary capability of teens after teaching life skills [6].

Vranda and Rao proved that life skills training enhanced their psychosocial Competencies [7].

The present study focuses on how enhancing social, emotional and thinking life skills through simple modifications in medical education' can help medical students to achieve their goals as it strengthens the abilities to meet the needs and demands of the present society and be successful in life.

## Results and Disussion

90 % of the students are suffering from psychological issues and overburdened by studies.

92 % students are unhappy with current teaching and have shown many drawbacks in teaching methods.

95 % students suggested to change the quality and attitudes of teachers .

95% students agreed that several life skills such as time management, leadership, teamwork, learning improvement and mental performances can be developed by involving into sports and artistic activities and they help in excelling in academics .

95% students are interested in sports, games and various artistic activities and utilize them to relieve from stress.

## Recommendations /Suggestions

Thoughtful re- designing and reframing of yearly time table of first year M.B.B.S. is deliberately needed to implement CBME curriculum successfully. Motivational Counseling sessions should be arranged by medical colleges regularly to help medical students. The academic model should be built focusing upon sports training with adequate classrooms equipped with new-age techniques on experiential (skill based) learning rather than the traditional. Neuroscience-informed educational design (teaching the way the brain learns) can promote learning motivation, high-level information processing, and knowledge retention. Detailed brain studies can inform students about their developing brains to promote scientific education and self-exploration. Still further advanced research is needed from future researchers, academicians and professionals to develop life skills in medical students.

## Conclusions

This study provides evidence to medical educational programs in curriculum planning and learn medicine

effectively to achieve the required attributes and skills which supports the one month foundation course introduced by National Medical Council.

A relevant and proper implementation of life skill education is extremely important in todays fastly developing world.

Imparting life skills education to the students is very helpful as it particularly addresses the needs of students, helps in motivating, providing practical, cognitive, emotional, social and self-management skills for life adjustments.

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