

## Life long learning : Why is Education is important for all age groups

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### Abstract

Lifelong learning encompasses an individual's entire life cycle, from birth to death, making it a popular learning technique. This literature review explores the history, applications, educational programs, competences, and impact of lifelong learning on individuals. To answer these general questions, scientific studies were obtained from various databases and analyzed in detail. Our world is changing so rapidly that if we do not continue to grow and develop, we will be left behind. In the twenty-first century, we all need to be lifelong learners. We must constantly sharpen and update our abilities in order to maintain a competitive advantage in everything we undertake. Of course, we all have a natural urge to learn new things in order to improve and enrich our lives. This review essay attempts to outline the key advantages of lifelong learning. Lifelong learning is the continual acquisition of knowledge and skills throughout one's life, embracing both formal and informal learning experiences, supporting personal and professional development, and allowing individuals to adapt to a quickly changing world.

**Key Points-** Lifelong learning, Education, Young learners, Adults learners, Challenge, Knowledge.

### Introduction

To achieve a learning society that encompasses all aspects of life, including social, economic, and educational resources, we must go beyond simply overhauling educational systems. Education is a lifelong learning process. It is beneficial to human life. Education is the process of passing down a group's goals and behaviors to future generations. Formative events can shape a person's thoughts, feelings, and behaviors. In a technical sense, education refers to the deliberate transmission of society's knowledge and skills. Lifelong learning is essential for health workers to maintain their expertise. Several studies have looked at attitudes toward lifelong learning at different stages of the education and career continuum; however, none have looked at changes over time. The current study sought to establish whether there were differences between groups characterized by their positions on the education and career continuum.

### **Review of Literature-**

- The European Commission (2001) defines lifelong learning as any purposeful learning activities carried out across a person's lifetime to develop their knowledge, skills, and competencies on an individual, municipal, social, and/or career level. Lifelong learning refers to all processes that transform a person's body, mind, and social experiences intellectually, emotionally, and practically before they are integrated into their life story, resulting in a more experienced individual.<sup>1</sup>
- UNESCO has started a debate in their article "why you need to know on lifelong learning" with Member States about how the right to education, as established in international normative instruments, might be further evolved to meet the demands of today.<sup>2</sup>
- Ryan McGrath describe in his article "The power of lifelong learning : How curiosity Forges Mastery" Learning is essential for the growth of human life. So, let us embrace the pursuit of lifelong learning not only for its practical benefits, but also for the enrichment and growth it brings into our lives. I started the piece with a quote, therefore it only makes sense to close with one as well. Seneca, a

philosopher, is credited with writing a phrase that neatly summarizes this: "As long as you live, keep learning how to live."<sup>3</sup>

- Alison Cutland Senior Business Development Manager Cranfield Online says with her article "What is lifelong learning" that If you want to learn for the rest of your life, check out our online stackable programmes.<sup>4</sup>

### **Lifelong learning-**

Lifelong learning is a type of self-directed education that focuses on personal growth. While there is no official definition of lifelong learning, it is commonly understood to relate to learning that occurs outside of a traditional educational institution, such as a school, university, or corporate training. However, informal learning is not the only option for lifelong learning. It is best described as voluntary, with the goal of gaining personal fulfillment. The means to accomplish this could include informal or formal instruction. The truth is that the majority of us have ambitions or hobbies outside of our official education and careers. This is part of what it is to be human: we have a natural curiosity and a natural learning ability. We evolve and grow because of our ability to learn. Lifelong education is described as "all learning activity undertaken throughout life, with the aim of improving knowledge, skills and competences within a personal, civic, social and/or employment-related perspective" .[13] It is commonly seen as learning that occurs after the official education years of childhood and into adulthood. It is sought out spontaneously through life events as the learner seeks knowledge for professional or personal purposes. These natural experiences might occur intentionally or unintentionally.<sup>5</sup>

### **The Benefits of lifelong learning-**

As a recent graduate, you may believe that your education is complete. But learning should not end when you leave school. For many people, learning is a lifetime process that is necessary for both professional and personal development. Lifelong learning is one of the most effective ways to enhance and advance your skills. In addition to being crucial for a successful and rewarding profession, the skills and knowledge you gain can also be useful in your personal life. Lifelong learning entails being proactive in acquiring new knowledge and abilities, regardless of your age or experience level. It is the belief that people may continue to grow and improve themselves throughout their life, despite their formal education in high school and university. Being a lifelong learner requires an open mind and curious attitude. It helps to have a growth mindset, so that you recognise opportunities for self-development and understanding more about the world around you. The overarching benefit of lifelong learning is that it allows you to comprehend and keep up with the world around you. Here are some more significant benefits that lifelong learning can provide.

**1.Enhanced professional competence-**Lifelong learning enables you to develop new skills and adopt new technologies that are relevant to your career and industry. This not only keeps you competent and knowledgeable in your profession, but it can also lead to other employment options. People who are knowledgeable about their employment and feel competent at work report higher levels of job satisfaction.

**2.Personal growth and self-improvement-**The benefits of lifelong learning extend into your personal life. With an open attitude on self-improvement, you can enhance your communication skills, boost your self-esteem, and even discover new passions and interests. When you engage in self-improvement activities, you gain confidence, which has a beneficial impact on your relationships with others. Continuous learning promotes self-awareness and personal development. It pushes people to move outside of their comfort zones, question their preconceptions, and widen their viewpoints. This process of growth boosts self-esteem, emotional intelligence, and general life pleasure. Lifelong learners frequently experience a stronger sense of

purpose and fulfillment as they continue to improve and discover new elements of themselves and the world around them.

**3. Career advancement**-In today's ever-changing job environment, the ability to learn and adapt is critical for professional success. Acquiring new skills and staying current with industry developments increases employability and opens up new prospects. Lifelong learners are frequently viewed as important assets to their organizations, exhibiting adaptability, initiative, and the ability to create. This ongoing upskilling might result in promotions, career changes, or even successful entrepreneurial endeavors.

**4. Adaptability**-We live in a world that is undergoing extraordinary change, with tremendous technical breakthroughs and sociological transformations. Lifelong learners are better suited to deal with these changes, adapting to new technologies, work environments, and social norms more easily. This adaptability extends beyond the workplace and into all aspects of life, allowing individuals to remain relevant and involved in a rapidly changing world.

**5. Cognitive health**-Engaging in learning activities throughout life can have a substantial impact on cognitive health. According to research, constant learning can assist sustain cognitive function, potentially lowering the risk of age-related cognitive decline and Alzheimer's disease. Learning new abilities, especially those that push the brain in unique ways, can boost neuroplasticity, or the brain's ability to build new neural connections. This not only keeps the mind alert, but it can also help with memory retention, processing speed, and problem-solving ability.

**6. -Improved social relationships**-Interacting with others is a common aspect of lifelong learning, whether in the classroom, online forums, or joint projects. These contacts encourage the growth of social skills, empathy, and cultural knowledge. Learners can form different networks of like-minded people, allowing for meaningful interactions, mentorship, and collaborative invention. These social relationships can foster a sense of community and belonging, which improves general well-being.

**7. Better quality of life**-Lifelong learning has a cumulative effect of improving people's quality of life. It leads to increased autonomy and self-efficacy, as people believe they are more equipped to face life's obstacles. Continuous learning can also help to improve health outcomes since learners are more knowledgeable about health and wellness activities. Furthermore, learning provides a sense of success and development, which can increase general pleasure and life satisfaction.<sup>6</sup>

### **We are all lifelong learners.**

But what exactly does "personal fulfillment" mean? The truth is that the majority of us have ambitions or hobbies outside of our official education and careers. This is part of what it is to be human: we have a natural curiosity and a natural learning ability. We evolve and grow because of our ability to learn. Lifelong learning acknowledges that not all of our learning occurs in a classroom. For example, in childhood, we learn to talk and ride bikes. As adults, we learn how to make new dishes and become more confident. These are instances of the everyday lifetime learning we do on a daily basis, whether through socialization, trial and error, or self-directed study. Personal fulfillment and development refer to the natural interests, curiosity, and impulses that drive us to gain new skills. We learn for ourselves, not for others.<sup>7</sup>

**Lifelong learning for young learners**-To promote lifelong learning in young students, stimulate curiosity, inspire inquiry, and create chances for problem-solving and teamwork, highlighting the need of continual learning and growth. Encourage questions. Ask "why" and "what if" questions to encourage critical thinking and exploration. Instead than viewing blunders as failures, consider them learning opportunities. Make learning enjoyable and engaging by tying it to real-life experiences and interests. Introduce children to a variety of topics, activities, and views. Allow children to investigate things that interest them, whether through

reading, research, or hands-on activities. Encourage creativity through painting, music, writing, and other activities.



cheerful african male elementary school student holding text books

Expose children to a variety of topics, activities, and opinions. Allow children to investigate themes that interest them, whether through reading, research, or hands-on activities. Encourage creativity through art, music, writing, and other activities. Give youngsters opportunities to solve challenges and develop solutions in academic and everyday settings. Encourage teamwork and communication, allowing youngsters to learn from one another. Help youngsters learn how to organize their time and prioritize responsibilities, which is an important life skill. Engaging in your own learning activities demonstrates to children that learning is a constant process. Make learning relevant. Connect learning to real-world scenarios and future goals. Recognize and applaud both achievements and efforts, emphasizing the importance of perseverance and growth.<sup>8</sup>

**Adults learning for lifelong-** According to the UNESCO Institute of Statistics, there are currently 771 million illiterate adults worldwide. Many more lack the necessary skills and knowledge to meet the growing digital demands of the twenty-first century. How is this really feasible in this day and age? While participation in adult education is increasing in some locations, access to learning opportunities remains deeply unequal, with millions still excluded. From the pandemic to the climate crisis, to the digital revolution and global population movements, we know that it is more important than ever to guarantee that everyone has access to quality education and learning opportunities throughout their lives.



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We can see some points for adults education-

### **-Why is adult education important?**

The rapid pace of today's development necessitates opportunities to learn throughout one's life in order to achieve individual fulfillment, social cohesiveness, and economic prosperity. Education is no longer limited to a specific stage of one's life. Everyone, beginning with the most marginalized and underprivileged in our societies, must have access to learning opportunities throughout their lives, both for work and personal empowerment. To address our interrelated global challenges, we must safeguard the right to lifelong learning by giving all learners - of all ages and contexts - with the information and skills they require to reach their full potential and live in dignity.

### **- What is the state of adult learning and education now?**

The primary difficulty for adult learning and education around the world is reaching people who need it the most. This is the central message of UNESCO's newest Fifth Global Report on Adult Learning and Education (GRALE). The report shows that, while there has been progress, particularly in women's participation, those who require adult education the most - disadvantaged and vulnerable groups such as Indigenous learners, rural populations, migrants, older citizens, people with disabilities, and prisoners - are denied access to learning opportunities.

### **-How do we ensure the right to lifelong learning?**

The GRALE study lays out the critical steps required to ensure the right to lifelong learning. Vulnerable groups, including migrants, indigenous learners, the elderly, and those with disabilities, are frequently excluded from adult education and learning. Current investment in adult learning and education is insufficient. Countries must meet their pledge to invest at least 6% of GNP in education, with an emphasis on adult learning and education. There is a wide range of public funding for adult learning and education, with just 22 out of 146 nations allocating 4% or more of their education budget to adult learning and education, while 28 spend less than 0.4%.

### **-Improved quality:**

Effective teacher training and professional standards for adult educators are critical to earning potential. The majority of countries indicated progress in terms of curriculum quality, assessment, and professionalization of adult educators. Over two-thirds of respondents acknowledged progress in pre-service and in-service educator training, as well as work conditions, however this varies greatly by location and socioeconomic level.

### **-What influence has COVID-19 had on adult learning?**

During the COVID-19 epidemic, most countries reported rapid shifts to online, digital, and distance learning, or changes to in-person learning arrangements. The rapid adoption of digital technology, such as televisions, radios, and cellphones, has allowed millions of people to continue their education during lockdowns. There are numerous examples of countries responding innovatively to the crisis to secure the continuance of adult learning by enacting new policies and regulations to assist this process, or by modifying current quality standards and curriculum. However, the COVID-19 pandemic has caused some regions and population groups, particularly those in areas with limited resources and infrastructure, to fall further behind.<sup>9</sup>

### **Challenges of lifelong learning-**

Lifelong learning is the process of obtaining new skills, information, and abilities over one's lifetime, often for personal or professional development. It can improve one's employability, creativity, and well-being while

also assisting with the quick changes and challenges of today's world. However, lifelong learning has some drawbacks that can impede motivation, access, and success. Here are some of the most significant hurdles to lifelong learning, as well as potential solutions. Here we can see below, some challenging points for lifelong learning.<sup>10</sup>

**1. Time Management**-One of the most prevalent problems in lifelong learning is making time to pursue one's learning objectives while juggling other duties and commitments. Many people struggle to fit learning into their hectic schedules, especially if they have to balance work, family, and social responsibilities. To overcome this obstacle, one must prioritize learning activities, establish realistic and explicit goals, and develop a flexible and consistent routine. Learning materials can also be accessed at any time and from any location via web platforms, mobile apps, or podcasts.

**2. Learning methods**-Another problem in lifelong learning is determining the most effective and appropriate learning methodologies for one's own needs, preferences, and goals. varied people have varied learning styles, skills, and weaknesses, thus they may need different methods, tools, and resources to learn well. Furthermore, different topics and talents may require varying levels of depth, complexity, and practice. To overcome this issue, one must evaluate one's learning style, identify learning gaps and objectives, and choose the most relevant learning tools and activities. Mentors, peers, and specialists can all provide feedback, direction, and support.

**3. Motivation and engagement**-The third issue in lifelong learning is staying motivated and engaged throughout the learning process. Learning can be enjoyable and rewarding, but it can also be tedious, irritating, or overwhelming at times. Many people lose interest, confidence, or excitement in their learning pursuits, particularly when they face problems, setbacks, or distractions. To overcome this obstacle, one must establish a growth mentality, accept challenges and failures, and celebrate accomplishments and progress. Gamification, personalization, and contextualization are all methods for making learning more pleasurable, relevant, and meaningful.

**4. Accreditation and recognition**-A fourth challenge in lifelong learning is gaining certification and recognition for one's learning outcomes and accomplishments. Many people pursue lifelong learning for personal fulfillment or curiosity, but others may want to better their careers or credentials. However, not all learning opportunities or platforms provide official or commonly accepted certificates, diplomas, or degrees for demonstrating one's competencies or qualifications. To solve this problem, one must examine the reliability and validity of learning providers and programs, and then select those that are relevant to one's career goals and expectations. One might also develop a portfolio or résumé to highlight one's learning efforts and outcomes.

**5. Access and equity**-A fifth challenge in lifelong learning is ensuring access and equity for all learners, regardless of their backgrounds, circumstances, or locations. Many people face barriers or disadvantages that limit their opportunities or resources for lifelong learning, such as poverty, inequality, discrimination, or isolation. These factors can affect one's ability, affordability, or availability to access quality and relevant learning materials, services, or networks. To overcome this challenge, one needs to advocate for and support policies and initiatives that promote inclusive and equitable lifelong learning for all. One can also leverage digital technologies, open education, or community partnerships to increase one's access and participation in lifelong learning.

**6. Innovation and adaptation**- A sixth challenge in lifelong learning is keeping up with the innovation and adaptation that occur in various fields and domains. The world is constantly changing and evolving, and so are the knowledge, skills, and competencies that are required or valued in different contexts and situations. Many people find it hard to stay updated, relevant, or competitive in their learning journeys, especially if they have to cope with new trends, technologies, or demands. To overcome this challenge, one needs to embrace a

lifelong learning mindset, seek new opportunities and experiences, and cultivate curiosity and creativity. One can also join online communities, networks, or platforms that foster learning and innovation.

**Conclusion and Suggestion-** To summarize, lifelong learning is a critical component of personal and professional development in today's knowledge-based society. Employees who embrace continuous learning and seek chances for growth and development throughout their lives are better able to adapt to changing circumstances, advance in their jobs, and live fulfilled lives. Incorporating lifelong learning into one's daily routine necessitates a proactive and open-minded approach, but the benefits in terms of personal development, career success, and general well-being are invaluable. Lifelong learning is critical for personal and professional development in today's fast-paced society. By committing to constant learning and progress, we may remain relevant, broaden our perspectives, adapt to change, and reach our greatest potential. So, let us embrace the power of lifelong learning and realize our boundless potential.

Here's some suggestions for lifelong learning below...

**1. Develop a Growth Mindset:** See setbacks as opportunities for growth and learning, not as obstacles. Learn from your mistakes and consider them as wonderful learning opportunities. Be open to new ideas, topics, and experiences.

**2. Set Goals and Plans:** Decide what you want to study and why. Establish specific, attainable goals to steer your learning path. Set aside dedicated time for learning, treating it as an important appointment. Regularly evaluate your progress and make improvements as needed.

**3. Take part in a variety of learning activities:** such as reading books, articles, and using online resources. Seek mentors, participate in workshops, and join learning communities. Experiment, with various interests, activities, and talents. Discover podcasts, audiobooks, films, online courses and other educational resources.

**4. Reflect and Apply Knowledge:** Review what you've learned on a regular basis and consider how it pertains to your life. Actively apply what you've learnt in real-world scenarios. Seek input from others to find areas for improvement. Share your learnings and thoughts with others.

**5. Maintain Motivation and Consistency:** Recognize and celebrate your successes to keep motivated. Make studying a daily habit, even if only for brief periods of time. Accept the thrill of discovery and the reward of learning. Be willing to shift and adapt your learning route as your interests and goals evolve.

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