

Adolescence: Factors influencing & Problems.

Dr.Gokul Shamrao Damre

Incharge Principal
Late Uttamrao Deshmukh Adhyapak Mahavidyalaya,
Shegaon Maharashtra.

Abstract:Adolescence is a transitional stage of physical and mental human development generally occurring between puberty and legal adulthood (age of majority), but largely characterized as beginning and ending with the teenage stage. According to Erik Erikson's stages of human development, for example, a young adult is generally a person between the ages of 20 and 40, whereas an adolescent is a person between the ages of 13 and 19. Historically, puberty has been heavily associated with teenagers and the onset of adolescent development. However, the start of puberty has had somewhat of an increase in preadolescence (particularly females, as seen with early and precocious puberty), and adolescence has had an occasional extension beyond the teenage years (typically males) compared to previous generations. These changes have made it more difficult to rigidly define the time frame in which adolescence occurs. The end of adolescence and the beginning of adulthood varies by country and by function, and furthermore even within a single nation-state or culture there can be different ages at which an individual is considered to be (chronologically and legally) mature enough to be entrusted by society with certain tasks. Such milestones include, but are not limited to, driving a vehicle, having legal sexual relations, serving in the armed forces or on a jury, purchasing and drinking alcohol, voting, entering into contracts, completing certain levels of education, and marrying.

Keywords: *The problem in Adolescence & suggest solutions for guidance and counselling in Adolescence.*

Introduction:

Adolescence is the period of transition between childhoods to adulthood. It is a period when rapid physiological changes and demands for new social roles take place. The adolescents, due to these changes often face a number of crises and dilemmas. Puberty is defined as a period of transformation from a stage of reproductive immaturity to a stage of full reproductive competence. Adolescence is the period in the life span of a person when he or she assumes the ability for reproduction. The sign of puberty in girls is menstruation. There is no such definite change in the boys to mark puberty. However, a variety of bodily changes do appear including growth of long bones of arms and legs, appearances of pubic hair and appearance of facial hair. The boys also experience nocturnal emissions or ejaculation of semen during sleep.

Adolescence is the period of development from pubescence of adulthood. It is the period when the child moves from dependency to autonomy. It is a period demanding significant adjustment to the physical and social changes which distinguish childhood behavior from adult behavior. The stages of puberty bring in a number of physical and physiological changes.

Objectives of Research paper:-

1. To understand the concept of Adolescence.
2. Reviewing the changes in growth in Adolescence.
3. Reviewing the problem in Adolescence.
4. To suggest solutions for guidance and counselling in Adolescence.

Growth and Development during Adolescence:

1. Physical Changes:

It may be noted that the onset of puberty varies from person to person. The genetic factors interact with socio-economic status, health, nutrition and emotional level to shape the pattern of growth and development during adolescence. On an average a girl reaches her puberty at the age of 13 and boys in approximately one year later that is 14 years of age. The period of adolescence not only brings physical change but psychological changes that make the child a qualitatively different person. These changes affect the personality and adjustment in later life. Let us study about some of the features of cognitive development that takes place during adolescence.

2. Cognitive Development:

Very noticeable changes in intellectual development take place during adolescence. The adolescent becomes able to think in more abstract and logical terms. The quality of thinking in terms of great ideals also emerges during the period. The three main characteristics of adolescent thought are as follows:

- (a) Capacity to combine several factors and find solution to a problem.
- (b) Ability to see that what effect one factor will have on another factors.
- (c) Ability to combine and separate factors in a probabilistic manner.

However, the above characteristics of adolescent thought may not apply to each and every child. Important variations have often been seen in individuals of the same culture.

3. Emotional Changes:

As you have read the onset of puberty brings physical changes among the adolescents these changes are often accompanied by emotional tensions. The adolescent is exposed to new social situations, patterns of behavior and societal expectations which bring a sense of insecurity. It has been found that there is increase in the incidence of depression. The adolescents show the tendency of impulsive urge to take immediate action which often leads to risk taking behavior. The peer group support emphasizes the decision of risk taking behavior.

4. Changes in the Body Image:

Due to rapid physiological changes taking place in an adolescent, a consciousness and increased interest about one's own body develops. The body image can bring a sense of fun, pride, shyness or even unhappiness.

5. Change in Attitudes, Interest and Interpersonal Relationships:

The adolescence brings a change in the habitual pattern of behavior, attitude and personality. There are marked changes in the adolescent's social interest. Adolescents use new set of values in selection of friends and social grouping. The choice of friends depends more on similar interests and values. The peer group influences the attitudes, values and behavior more than the child's own family. Interest in world affairs, politics and government often develops during this period. Some of the recreational interests during adolescence are sports and games, scholastic and extracurricular activities. There is genuine desire to help others and engaging in benevolent activities like collecting funds for a cause, arranging charity show etc. This also helps the adolescent to learn to adjust in variety of situations. It must be noted that along with these changes adolescence also brings in negative syndrome like being self-centered, showing off, emotional immaturity, stubbornness, irritability, unsatisfactory relationship with the family and other unattractive personality traits.

Factors influencing development during adolescence:

1. Personal Factors:

- *Temperament*
- *Intelligence*
- *Communication skills*
- *Social skill*

2. Family Factors:

- *Bond with competent caregiver*
- *Parent or members of extended family*

3. Community Factors:

- *Media*
- *Effective role models*
- *Caring neighbors, youth workers,*

Problems of Adolescence:

The physical and psychological characteristics of adolescents and the nature of developmental tasks which they are expected to perform often pose certain challenges and problems for adjustment. Basically adolescents face problems related to their home, school and society.

They are presented in Table 1.

Self Related	Home Related	School Related	Society Related
Body image	Authoritative parenting	Strict teachers	Gender bias,
Pimples	Poor rapport with	Partial treatment	Caste related problems
Complexion	parents	Closed school	Generation gap
Eating disorders	Lack of communication	atmosphere	Orthodox practices
Body changes	Low socio-economic	Not acceptable	Repressive
Moodiness	background	classmates	atmosphere
Touchiness	Non conducive	Poor marks	Over expectations
Anger	atmosphere	Too much homework	Lack of friends
Hypersensitivity	Space constraint	No co-curricular	
Feeling of rebel	Comparison with others	participation.	
Crushes		Long school hours	
Infatuation			
Day dreams			
Personality			

Table 1: Common Problems during Adolescence

Guidance and counseling for Adolescents:

Up till now have studied about how adolescence works as a major transition period for a person. Whenever we go to a new place we want to know about the details of that place. In that case a guide can help us to move smoothly around that place and help us

in solving our problems. Adolescence is a phase which makes a person enters into the adult world. Growing into an adult a child makes us experience the problems in various domains such as

- Personal
- Social
- Educational
- Vocational and career related

Through guidance and counseling services adolescents can be helped to solve these problems. With the help of career counseling and vocational guidance they can be helped with insights into the various career opportunities and education choices that are available. Personal and social counseling can help them in resolving their problems.

Research Method:

For the present study, the researcher was follow the survey research method.

Sample Selection:

For this research 100 Students from schools in Amravati District was be selected through Random sampling method.

Conclusion & Recommendations:

1. Most of the adolescents come out of the identity crisis by the time of their adulthood. Some are disturbed and confused to have a lot of problems in their early adult life.
2. The extent of adolescent crisis varies from society to society. In the traditional joint families in India, a young adult can continue to be dependent on the family for a much longer period than is noticed in the western societies.
3. As a result, the western adolescents may actually have a shorter period of preparation to assume an independent adult role compared to the Indian youth. In any case, adolescence is a period of great upheaval and challenge for the young mind.
4. Of course, the adolescent reaches a stage of cognitive maturity by his/her ability to think hypothetically and in abstract ways.
5. By the end of the adolescence period, thinking becomes quite scientific and logical. Adolescents can be very creative and innovative in their thinking and most of them engage in some creative activity at least temporarily.
6. Their thinking appears to be immature because they seem to be unsure of themselves and their identity and also because they are more likely than adults to engage in high-risk or rash behavior.
7. But in terms of their cognitive development, adolescents quickly reach a level of thinking which differs little from the adults.

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