

CHANGES ON REACHING ADOLESCENCE

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The word Adolescence is derived from a Latin word *Adolescere* meaning to grow into maturity. WHO defined adolescents as children between the age group of 13-19 years. This stage is also known as teenage and also called as age of ambiguity. A famous psychiatrist Stanley Hall stated that adolescence is the period of great stress, strain, storm and strife. Adolescent is the transition period between childhood and adulthood. Adolescence is also called overlapping stage. It is that period of a life of an individual when society no longer views him as a child nor gives them the status of an adult. This stage is very important stage in human life because physical, mental, social and emotional changes are very high. We cannot tell when this stage begins and when it ends. The important changes taking place during adolescence are:

INCREASE IN HEIGHT:

By the age of 11 a boy reaches about 80% of his height and a girl reaches about 88% of her height. Initially girls grow faster than boys. By about 18 years of age both boys and girls reach their maximum height. Generally the height is similar to the parents because it depends on the genes inherited from the parents.

CHANGE IN BODY SHAPE:

During puberty boys have broader shoulders and wider chests due to faster growth of muscles. In girls the breast begins to develop and the region below the waist becomes wider. Pubic hair also develops.

CHANGE IN VOICE:

During puberty in boys the voice box (larynx) becomes larger and is seen as a swelling in the throat called Adam's apple and their voice becomes deep and hoarse. In girls the voice box is smaller and their voice is high pitched. Later their voice becomes normal.

INCREASED ACTIVITY OF SWEAT AND SEBACEOUS GLANDS:

During adolescence the secretions of the sweat and sebaceous glands (oil glands) increases and many teens get acne and pimples on their face.

DEVELOPMENT OF SECONDARY SEXUAL CHARACTERISTICS:

Secondary sexual characters are the changes which takes place during puberty. In boys hairs begin to grow on the face and they develop beards and moustaches. Hair also grows in the chest, armpits and pubic region. The male hormone which controls secondary sexual characters is called testosterone. In girls, their breast develops and hair grows in the armpits and pubic region. The ovary starts to produce eggs. The female hormone which controls secondary sexual characters is called oestrogen.

REACHING MENTAL, INTELLECTUAL AND EMOTIONAL MATURITY:

During adolescent boys and girls mental, intellectual and emotional development takes place. They become more independent, self-conscious and their way of thinking changes.

COGNITIVE CHARACTERISTICS: Cognition begins to develop rapidly. Their speed of thinking, solving improves at its peak.

SOCIAL CHARACTERISTICS: During adolescence, most of the children want to be independent by searching for their identity. They spend much time with peer. They don't prefer to socialise with their parents

EMOTIONAL CHARACTERISTICS: Happiness, love, anger, frustration, sadness and sexual feelings often seen during adolescence. Their mood seems to be unpredictable, adolescents brain is still learning how to control and express emotions in a grown up way. They are self-conscious about their physical appearance. They get attracted to opposite gender. Often mood swings are seen during this stage.

PROBLEMS FACED BY ADOLESCENCE:

1. CONFLICTS WITH PARENTS:

All parents wanted their children to raise high in their career. Because of this they constantly force their adolescent child to study. This hinders parent-child relationship and creates conflicts between them. Over estimation of parents also at times creates disturbed relation among children.

2. IMPACT OF PEER GROUP:

Schools and colleges are important places for friendship to take place. During adolescence peer group becomes most important. Children are quick learner they learn

everything they are exposed to. If they are exposed to bad world of friends they quickly and easily accumulate the bad qualities. Peer group influences the child's behaviour, attitudes, variation in tastes, and lifestyle to the extent of getting addicted to drugs

3. **MOOD SWING AND CHANGE IN BEHAVIOUR:**

Hormonal changes and hormonal shift during adolescence creates mood swings in adolescence. We cannot completely blame the child but it's because of these hormonal influences the child mood keeps shifting and at times has sadness, aggressive or irritable behaviour. At times the child seeks loneliness and stays all day in his room not socializing with others of the same group. We often mistake this hormonal shift and blame the child for his reckless and egoistic behaviour.

4. **CHANGING VALUES:**

Cognitive, emotional, social development continues to develop during adolescence. Their understanding level increases and behaviour changes according to peer. The influence of peer is greater during this period. The child's moral values ethical principles changes or has the influence of peer group. Negative or bad peer group influences the child negatively. Influence of drugs, alcohol, and identity crisis all impact the values of the child. They do not value or acknowledge parents, the peers become god to them. These loosing values falls a great impact on the individual. At times children coming from these values end committing heinous crimes. Irrespective of their background peer play a major role in changing their morals.

IMPACT OF TELEVISION/ MEDIA ON ADOLESCENT:

In this competitive world we are always fantasied by providing the best cell phones, internet etc. to children assuming they get the best of it but there are chances where children can misuse them. Negative television programs can have a bad impact on children. Children who have internet at homes can get addicted to pornographic movies or certain addiction games. These indirectly influence the behaviour and attitudes of the child.

ROLE OF PARENTS IN IDENTIFYING THE CHANGING BEHAVIOUR:

Woking parents or busy parents often overlook their child's changing behaviour and assume everything is going right as they have planned until facing anything heavy. Parents of adolescent children have to be constantly watching their child's attitude, interests and friends. As any small deviations in these can have a major impact on life of the child. Continuous monitoring of their child is necessary. This can only be possible when they spend quality time

with their children knowing them, understanding them. Appreciate your child, listen to their feelings comfort them. Make them feel secure by listening to their problems and provide a solution by encouraging them. Arrange games or yoga classes for the child by deviating their thoughts. Children must not be left alone and must be constantly monitored and their brains must be kept busy and leaving no thought for negativity.

ROLE OF TEACHER:

Teachers play a crucial role after parents. The child spends most of the time in school with diverse friends. The utmost important duty of any teacher is to identify the diverse and non-acceptable behaviour of children and counsel them at the beginning itself to prevent major impact on other children. Children come from different socio economic and cultural background. Some even come from broken families. Their attitudes towards society and life are different. This non-acceptable behaviour is highly liked by fellow students and fall prey. These must be identified by schools by teachers and confirmed by professional and given counsel at beginning. If left so they can negatively impact the entire society.

ROLE OF SCHOOL IN NURTURING ADOLESCENT:

1. Sex education classes and bodily changes during adolescence must be taught to students without segregating them.
2. Physical activities like games, NCC, NSS must be included in the curriculum to stable their emotions.
3. Should encourage students to participate in different clubs like cultural clubs, quiz club, social service club etc.
4. Should conduct science trip, entertainment trip, field trip and encourage students to participate in order to enable them to work in challenging environments.
5. Periodic occupational and educational counselling must be provided to the students.
6. Moral science classes or moral education must be included in time table.
7. Students must be treated with love and affection rather than criticising or giving punishments.
8. Regular educational programmes must be conducted to develop aptitude, creativity, and interest.
9. Should arrange the speeches of great educationalist to develop excellence in studies and overcome the problems in education.

10. Should bring out the competitive spirit among the students through educational classes.

CONCLUSION:

Adolescence is considered as a golden phase of anyone's life. Taking right decisions during adolescence will leave a child's life happy else the child has to see trauma for rest of his life. Parents constant monitoring on child is necessary along with maintaining a good friendly relationship with the child. Children have different psychologies, it's the major role of the parents to identify them at the earliest and counsel them. Adolescence is the stage of transition and because of these they often get confused. Their body develops and changes. Because of these changes the child at times gets inferior. Thus it's the primary duty of the parent in not letting their child face trauma because of this transition. Parents must be well advanced in preparing their children for adolescence and explaining them the changes physically and mentally to avoid confusion in the child. This is the most important phase of any child's life and thus however busy parents are they must spend quality time to avoid future consequences of child getting into wrong friendship.

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