

Brief Description on Adolescent Psychology

Vandrea Eva *

Department of Psychology, State Islamic University of Raden Intan, Lampung, Indonesia

DESCRIPTION

Adolescent psychology is a field of psychology that focuses on issues specific to adolescence. Adolescence is an era of fluctuating and rapidly changing interests and desires, high energy, sexual maturity, physical growth, and limited emotional insights. This creates a fertile ground for many emotional problems and challenges that may benefit from professional intervention. Studies in this area include adolescent development (both physical and cognitive changes), adolescence, gender and sexual development, and adolescent emotions.

Physical signs of adolescence are usually common. They also grow and girls generally reach full height by age 16 and boys generally reach full height by age 18. Secondary sexual characteristics begin to develop. For some people, this can mean developing facial hair and deepening the voices. All of these physical changes affect the way teenagers think and behave. As long as they are healthy, their bodies will probably be stronger and more collaborative than ever, allowing them to excel in sports. Teens can have many opportunities and challenges related to physical development. Understanding adolescent psychology can help us understand the physical changes they are experiencing and allow them to deal positively with them.

Adolescence brings new ideas of thinking in addition to physical development. As teens develop cognitively, they acquire the ability to think abstractly. Imagination and complex thinking develop exponentially at this stage. This allows teens to understand the abstract concepts found in advanced mathematics and to think more deeply about ideas such as spirituality. In mid-adolescence, their thinking becomes more

complicated. They can imagine what their future will be, but they find it difficult to apply those ideas to the decision-making process. They also ask more questions. In late adolescence, teenagers begin to think out of the box in new ways. They may be thinking more about what is happening in the world and the major challenges facing society. They may also be worried about their career choices and what to do after leaving home.

The psychosocial changes associated with the hormonal and neurological changes that are occurring are psychosocial and emotional changes, which are increased cognitive and intellectual abilities. Over the course of 20 years, adolescents will develop stronger reasoning, logical and moral thinking skills, enabling more abstract thinking and rational judgment. Also, they are more able to take other people's perspectives into consideration and often want to do something about the social issues that they encounter in their lives.

At the same time, adolescents are developing and consolidating their sense of self. With this increasing self-identity, growing concern about other people's opinions, particularly those of their peers. Also, adolescents want greater independence and responsibility. They increasingly want to assert more autonomy over their decisions, emotions and actions and to disengage from parental control. Their social and cultural environment has a great influence on how young people express this desire for autonomy. Emotional development that desires and needs privacy is normal for young people during this period. They are worried about their appearance and may cause body image problems. As they reach the end of puberty, they will become more confident in themselves and their beliefs.

Correspondence to: Dr. Vandrea Eva, Department of Psychology, State Islamic University of Raden Intan, Lampung, Indonesia, E-mail: Vandrea765@gmail.com

Received: 02-Mar-2022; Manuscript No. IJSCP-22-17361; **Editor assigned:** 04-Mar-2022; PreQC No. IJSCP-22-17361 (PQ); **Reviewed:** 18-Mar-2022; QC No. IJSCP-22-17361; **Revised:** 25-Mar-2022; Manuscript No. IJSCP-22-17361 (R); **Published:** 04-Apr-2022, DOI: 10.35248/2469-9837.22.9.247.

Citation: Eva V (2022) Brief Description on Adolescent Psychology. Int J Sch Cogn Psycho. 9:247.

Copyright: © 2022 Eva V. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution and reproduction in any medium, provided the original author and source are credited.
