

Adolescent Behaviour and its Impact on their Development and Growth

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DESCRIPTION

Adolescent psychology seeks to understand teenagers and help them make the transition from child to adult. The American academy of pediatrics explains that childhood is a period of speedy transferring development in five key areas.

Moral

An idealistic experience of social justice and fairness. Want to have selections and make private decisions. Making a difference within the global community and with the people inside their lives. Studying different cultures and beliefs as a hobby.

Social

Teenagers undergo major social changes as they increase their independence, spend more time with their peers, and begin to explore romantic relationships and sexuality.

Physical

The physical changes in adolescence are due to the sexual hormones. In boys, testosterone is produced, and in girls, estrogen is produced. These hormones aid in growth, in their bodies.

Cognitive

In adolescence they start improving their thinking and it also can consist of the potential to recall many factors of view and evaluate or debate thoughts or opinions.

Emotional

As the child enters the adolescence period, the child feel happy, sad, and irritation. These feelings occur with in a short amount of time and can also be called mood swings and various changes taking place during puberty.

Adolescent development and their growth

For the development of the child in adolescent they need conversation and engagement of parents, and gave privacy to them. It increases personal integrity as well as helps in pubertal assessment. Several theories or models play a role in development of child from birth to death. Each stage is finished before they enter into another stage. The physical and mental changes interact with social changes. These changes are intersecting with illness or health. Psychological development happens due to rapid physical change like pubertal growth and maturational changes in organs. In both boys and girls identical changes are developed they are secondary sex characteristics. When a child enters into adolescent his/her parents are responsible for all aspects of them. In present days we observed that the continuous connectivity is harmful to youth's psychosocial well-being because extreme use of social media usage. Emotional problems were growing since 1980s among teenagers across the number of countries like China, Greece, Germany, Iceland, New Zealand, Norway, and Sweden. Mostly adolescent girl's suicide rates were tripled from 1999 to 2017. We found little support for claims that online time poses an increase in mental illness/issues in younger children after tracking them daily.

Problems in adolescent development

- Confidence and self-perception
- Stress
- Tormenting
- Sorrow
- Digital habit
- Drinking and smoking
- Adolescent pregnancy
- Underage sex
- Pressure and competition

CONCLUSION

Adolescence is characterized by increased behaviors aimed at peers seeking novelty and improved cognitive functions such as memory, attention. The emergence of characteristic adolescent

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behavior may increase vulnerabilities to drug addiction. Substance use is a common trigger for behavioral problems; substance use disorders require specific treatment. Behavioral problems can also be a symptom of learning disabilities, depression, or other mental disorders. Such disorders usually require counseling, and adolescents with mental illness may

need to have a proper medication. Attention Deficit/Hyperactivity Disorder (ADHD) is the most common psychiatric disorder in childhood and often persists into adolescence and adulthood. However, teens with attention problems may instead have other disabilities such as depression or learning disabilities.