



Adolescence - Problems in adjustment (with family, friends and society)

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Abstract: *Adolescence means that stage between childhood and youth. In this stage there is physical and psychological changes in their bodies. Since changes occurs from birth to death in human beings. "Adolescence" word has been taken from Greek word "Adolescare" means 'to grow towards maturity'. "Adolescence is a phase of maturation. It is a transitional period of physical and psychological human development between childhood and adulthood. "According to L. Carmicheal, "Adolescence has been defined as that time of life when an immature individual in his teens approaches the culmination of his physical and mental growth. "Physiologically an individual becomes an adolescent with the advent of puberty and the ability to reproduce his kind.*

Chronologically puberty generally occurs in girls between the twelfth and the fifteenth years with a range about 2 years on either side of the figure. For boys puberty tends to occur from 1 to 2 years later than it does for girls. Physical development during Adolescence: (=) The period between 11 to 18 years is known as 'Adolescence' or 'adolescent stage'. This age group starts with puberty i.e. in this age group, the genital organs start their functioning. Therefore, in this period, numerous changes take place. If the adolescents are not aware of these changes, its adverse effects will definitely disturb their psychological condition. Therefore this is considered as the most important stage of development. It is a revolutionary duration of growth and development. During this stage, all the aspects development, mental development, social development and emotional development. The knowledge of characteristics of all these aspects of development is must for a teacher for the guidance and proper education of the adolescent, so that these characteristics may be kept in mind when their teaching methods, co-curricular activities, cultural activities and other behaviours are to be selected. Child's physical growth includes his body parts internal & external growth. Hence in adolescents i.e. in 11 to 18 years of age, various physical development occur. During Adolescence, physical development occurs very rapidly. The physical development in Adolescence are:-----
1. Growth in height & weight
2. Development of bones
3. Development of permanent teeth
4. Ratio of body parts
5. growth of hair
6. Change in voice
7. Development of breast
8. Development of glands
9. Physical stamina
10. Development of nervous system
11. Development of disease.
Social development in Adolescence :---
"Man is a social being. At the time of birth child is just a piece of flesh but after birth his or her size increases and the circle of mental abilities increases. Besides this development they also develop emotional stability emotional control and social efficiency. In other words we can say that after taking birth in the form of a piece of flesh, but after birth his or her size increase and the circle of mental abilities increases. Besides this development, they also develop emotional stability emotional control and social efficiency. In other words, we can say that after taking birth in the form of a pieces of flesh, the child converts into a good skillful man i.e the child converts into a good skilled man i.e. the child starts connecting with the external society. In technical terms, he starts passing through the process of socialization. He reaches at the verge of attaining maturity. Various factors get enacted in this process. "By social development means attaining maturity in social relationships. The ability to behave properly, the capacity to adjust to the social circumstances and the ability to attain maturity in ones interests, aptitudes and habits is called social development. According to Hurlock, "Social development means the attaining of maturity in social relationships "According to Elkind and Weiner, "Socialisation is the process through which children acquire the social judgement and self control necessary for them to become responsible adult members of their society. "The various social development during Adolescence are:-----
1. Sex consciousness
2. Period of intense emotions
3. Think about future
4. Development of leadership
5. Loyalty towards group
6. Increase in friendly relationships
7. Development of social interest
8. Conflict with parents
9. Feeling of independence
10. Inclination towards religious affairs.
Educational implications of social development during Adolescence are:-----
1. The behavior transformation among the adolescents is brought about through education.
2. It is through education that an ideal character is built in them are taught about group life.
3. A leadership quality is formed in them and they are enabled to cultivate good habits. Social ability is developed



ASVS Society Reg. No. 561/2013-14

in them through education.****4. The adolescents should have access to free, democratic and natural environment. The qualities of love, cooperation, organization, leadership should be developed among the adolescents through these activities.****5. The adolescents are worry of old tradition . The spirit of social welfare can easily be instilled in them.****6. They can be educated to cultivate the spirit of nationalism and internationalism.****7. The adolescents youth are idealists and hero worshipers. Therefore they should be persuaded to read the biographies of eminent persons. This will help them inculcate high ideals and their characters will be chastened.****8. The adolescents youth should be given sexual religious and moral education.****

****Emotional development in Adolescence:-****Emotions occupy an important place in life of adolescents. With the advent of adolescence, their emotions become keener and unstable. As a result of this the lack of control over their emotions behavior becomes obvious. Their emotional responses are surprising and they show different responses on the different occasions to the same situations .****Emotions are related to the needs of life. The adolescents get their inspiration from their emotions. Most of their activities are governed by their emotions. If the emotional development of the adolescent is not balanced , they grow up to be abnormal and inhibited persons. The emotional imbalance causes mental abnormalities and they develop an inferiority complex. They get absolved in day dreaming and are surrounded by worries and anxieties. The English word Emotion has been derived from Latin word E- MOVERE which means exciting or causing turmoil or agitation.****According to R.S.Wood worth, emotions excite the body and the mind. Emotion is a cumulative experience that arises from a variety of circumstances.****

****Characteristics of Emotional development of Adolescents:-****1. Various cause of emotions.****2. Unstable emotions.****3. Strength of emotion.****4. Incontrol emotions.****5. Development of sexual feelings.****6. Sharing of emotions.****7. Development of various emotions.****8. Day dreaming .****9. Hero worship.****10. Patriotism.****11. Interested in group activities.****12. Not interested in criticism.****13. Complexity of emotions.****14. Variations in emotional moods.****15. Ability to Express emotions.****16. Development of abstract emotions.****17. Ability to bear tension.****18. Realism in emotional experiences.****19. Development of compassion.****20. Expansion of loyalties.****

****Intellectual development in adolescences:-****Mental development is also known as intellectual or cognitive development. Mental or intellectual development means- the growth and development of those mental abilities and capacities, as a result of which the person adjust himself properly in the changing environment and finds all his mental power capable of solving all the problems. At the time of birth, the child is just a body which has meaningless feelings but, gradually with the time, changes take place in him and these changes are termed as mental development .****Locke has considered the child's brain as TABULA RASA. Only experiences give rise to the ideas and meanings in the brain. Initial experience is without any meaning but repetition of any experiences becomes important for the brain. These experiences become important when a relationship of the ideas, memories and emotional attitudes get established. But Koffka says, "no experience- not even a first experience is derived of meaning . Some kind of meaning is present in every experience." The intellectual development during the Adolescence period is at its zenith. At the time of birth, the infant is absolutely ignorant of the environment and of the environment and of its Kith and Kin . Its intellect is not completely developed . As the child grows in age and experiences, he begins to understand his environment. During Adolescence mental changes take place in the Adolescents. Their intellectual capabilities develop fully. Their intellectual powers like thinking, reasoning, memory, imagination etc develop during adolescence. They make use of these powers for making adjustments.****

****Problems of Adolescence- ---****

****As the Adolescent enters this stage, he has to face many problems because it is the most difficult stage of human life. Adolescent boys and girls pass through a storm . The change which occur during this period are very intense. Adolescents get upset while experiencing these changes. These changes affect many aspects.of the adolescents.****Consequently they experience many problems and inferiority complexes are produced . The intellectual development during the Adolescence period is zenith. At the time of birth, the infant is absolutely ignorant of the environment and of the environment and of its Kith and Kin . Its intellect is not completely developed . As the child grows in age and experiences, he begins to understand his environment. During Adolescence mental changes take place in the Adolescents. Their intellectual capabilities develop fully. Their intellectual powers like thinking, reasoning, memory, imagination etc develop during adolescence. They make use of these powers for making adjustments.****

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Adolescent enters this stage, he has to face many problems because it is the most difficult stage of human life. Adolescent boys and girls pass through a storm. The change which occur during this period are very intense. Adolescents get upset while experiencing these changes. These changes affect many aspects of the adolescents. Consequently they experience many problems and many inferiority complexes, are produced. "Due to these problems and inferiority complexes, the various aspects of the child's development get imbalanced. The main problems of the Adolescents are as follows -----"1. Individual differences."2. Intensification of sex consciousness."3 Problem of adjustment with opposite sex ."4 Problem of adjustment in family."5 Problem regarding emotional adjustment."6. Intensification of self awareness."7. Problem of adjustment in society."8 "A Difficult Period-----"According to most of the psychologist teachers and parents the Adolescence period is the period of stresses and strains. Anna Freud has called this period as the 'stage of serious conflict'. Kilpatrick has also endorsed that Adolescence is the most difficult period. The most significant fact is that sex urges during this period is very intense. But a study by Offer doesn't agree with this fact according to him, the adolescents of this period get involved in maturation and the adolescents do not face any specific problem. But the situation in India can be somewhat different. If Indian Adolescents feel some stress, that can be Indian culture, not psychology. In India, brahmacharya is insisted. To suppress the sex-----urge is considered as a great moral task. But suppressing it intentionally or strongly creates tension or strain. On the other side in India, it is propagated that there can be serious results of maturation, such as impotency and venereal diseases etc. It also creates fear and tension among Adolescents. In fact, if the semen of a person is wasted in small quantity, there is no specific effect on health of the person. It would be harmful only if it is wasted in large quantities."1. Adolescents have many sex -- related anxieties at age of 13 to 14 years ."2. At the age of 12-14 years adolescents become rebellious against parents. But this rebel is not of serious nature."3. Delinquency reaches at its peak during this period and the adolescents start consuming intoxicants."4. Emotional disturbances arise in the adolescents. This happens due to rapidly occurring physical changes i.e. i.e. change in endocrine glands, changes in nervous system."5. In Adolescence, the development of emotional becomes distinct. They develop the emotions of anger, jealousy, alienation, irritation etc."6. Adolescents are neither the members of childhood nor of adulthood. Adolescence is a stage of confusion."7. Adolescents are the supporters of freedom but the family and society do not provide any desirable freedom and consequently they become rebellious."8. During this stage, the emotions, interests gain instability. This makes their behavior unreliable."9. Adolescents remain in day dreaming but they become angry when these dreams get shattered."10. Adolescents receive many bad things, such as habits of mismanagement and untidiness, habit of self exhibition."11. Adolescents struggle on the basis of their values and ideals and they come under the impact of state of confusion. "On the basis of above mentioned facts, we can say that the Adolescence i.e. age of 11 to 18 years is a period full of difficulties and during this period they face many problems.

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