

Unit - 5.

Paper - I

Adolescence :- Adolescence period ranges from 13-19 yrs. Adolescence begins at the end of childhood and closes at the beginning of Adulthood.

∴ Adolescence refers to the period of growth and development between 13-19 yrs (i.e. at the end of childhood and closes at the beginning of Adulthood).

Characteristics of Adolescence.

What are the developmental changes of Adolescence?

changes in
Physical devt

changes in
Intellectual devt

Emotional
devt

Social
devt

changes in Physical Devt :-

- Growth and development in body & mind
- changes in the functioning of sexual hormones.
- Physical Devt. reaches its peak and human body finds its final posture (family or that suits the adolescent. masculinity)
- Thus it is a sort of second birth.
- They are interest in and emphasis on physical attractiveness + good grooming. (Spends most of the time before mirror).

Intellectual devt :-

- During Adolescence mental & intellectual capacity develops rapidly.
- Logical & Abstract thinking + concentration are developed.
- Divergent thinking and problem solving ability are developed.

- (2)
- Reasoning Ability and ways of finding out solutions to the problem scientifically
 - It is the stage of Action & Creative work.
 - They are interested in adventures, ^{day dreaming} wandering and exploring themselves.
 - Growth of Intelligence reaches its maximum during this period.

Emotional Devt.

- Emotional Devt. reaches its climax.
- Emotions like anxiety, fear, love, anger are exhibited very clearly.
- Lack emotional stability.
- Among all other emotions, the emotion of affection is high tuned.
- Self-confidence, Self respect & personal pride is too much increased.
- Increases Aggressiveness and Shyness.
- More passionate for expressing his own opinions and appreciation.

Social Devt.

- Period of increased social relationship
- Found in peer group and becomes member of the peer group
- Spends most of the time with peer group.
- Peer group influence is more.
- They develop deep friendships
- They develop liking for opposite sexes
- They expect to be respected as an adult.
- They seek self-respect and prestige, social recognition

- Social values & religious values ^{that exist in the society} all questioned by them.
- They find difficult to discuss things with their parents
- Peer group dominance will be more. ^{They respond more readily to friend than the parent}
- Communication gap between the Adolescent and the parents comes into focus.
- Hero worship is more prominent in this period.

Moral Deut.

- More influenced by peer values.
- Analysis the value system which he has acquired till childhood and sees which values fits for him
- Sees parents as authority figures ^{who has a tendency to revolt against authority}
- Abstract reasoning about moral values is allowed.
- Tries to understand the meaning of Justice, what is good for the society.
- Regards himself as more suited than the adults and grown-up to frame rules, laws, codes & morals, which will be just and true

Why is Adolescent stage called Transitional stage & Critical stage?

- Thus Adolescent on one hand, behave like a child in many ways, and on the other hand he likes to be treated as an adult.
- He wants to have the privileges of Adulthood, but does not want to undertake its roles and responsibilities.

Why is Adolescent stage called Transitional stage and Critical stage?

It is called Transitional stage, because it is the period of transition from Childhood to Maturity.
changeover

→ The Adolescent at this time is no longer a child and yet not a woman/man ("a between age").

→ If the Adolescents behave like children, they are told to "act their age".

→ If they try to act like adults, they are often accused of being "too big for their age".

→ Sometimes parents consider them as babies and sometimes as adults.

→ So during this transitional period, the individual's status is vague and there is a confusion about the roles the individual is expected to play.

→ He/she has the transitional difficulties of insecurity, disorientation and anxiety.

Cue: the problem of having lost an established and accustomed status, and at the same time he/she has not yet acquired the new status ^{Adult.} which the factors impelling developmental changes are driving him/her.

(5)

This is a period of rapid physical, intellectual, emotional and social growth - a period of growing up.

- * Physically the boys & girls become adults; sex organs mature.
- * Intellectual growth reaches its peak; more abstract and mature mode of thinking. Intelligence reaches its maximum.
- * Emotionally, the adolescent grows independent of parents and prepares himself for finding new relationships that are needed in marriage, in work and in community.
- * Socially, the adolescent wants to enjoy with their peers seeing for social recognition and approval by the members of the society.
- * Biological changes and hormonal changes leads to moods, confusion and worries of all types.

Adolescent want to be independent. As they are not financially independent, he has to depend on his parents for his needs/requirement; but at the same time he wants to hold independent views and opinions like adults.

This attitude makes him to have a conflict in mind regarding his status about.

(6)

The physical, Biological, psychological, hormonal changes that takes place in early/onset of Adolescence affects the individuals behaviour level and lead to re-evaluations and shifting adjustment of values like

→ Adjustment difficulties to satisfy their curiosity to know about sex-related topics.

(Can I ask about this topic to my parents & know it (or) resort to socially unacceptable ways to know about it.)

→ Adjustment difficulties about their status.
(Conflict in mind occurs regarding his/her status. Who am I? Am I a child (or) an adult and How should I react?)

→ Adjustment difficulties with parents.
(Conflict occurs either to go along with parents choices and selections as they are not fully independent (or) to demand their choices and selection though they are not financially independent.)

→ Adjustment difficulties with Financial aspects.
(Either to abide to parents instructions as they are financially dependent (or) to be fully independent by stealing parents' money / making money somewhere (immorally) to fulfill all their needs.)

→ Adjustment difficulties related to Aspirations

(Either to choose their aspiration (of becoming an engineer) (or) to choose parental aspiration (of becoming doctor).

→ Adjustment difficulties with Community

(Either to set life goal and work for it, which the society / Community expects

(or) to enjoy life in a non-committed way which may be the wish of the Adolescent)

Thus during this Transitional stage, the (change over ^{early} from child to Adolescent)

both individual experiences conflicts between himself and society and Conflict within himself

That why this period is called critical stage or crucial stage, where they may be misguided by many external factor/forces (like T.V, Social network, Internet, wrong ^{bad companions} peers, playmates who might have bad habit like smoking, taking drugs etc.)

⊕ If the Adolescents are not properly guided during this critical period (by parents and teachers), they may exhibit many

behavioral problems which affects their Mental health,

That is why Adolescent stage is referred to as Transitional stage & critical stage, which needs idem attention by parents and Teachers.

Dissimilarity of Adolescence :-

Dissimilarity of Adolescence at population level, group level, cultural difference occurs in the following areas.

We all know that no two individuals are not alike. Similarly, Adolescents differ from one another in respect of specific or various traits.

(Trait \Rightarrow Few Specific characters that is exhibited by an individual very often is called Trait).

Thus Individual Difference in Adolescents leads to Dissimilarity of Adolescents.

We will see, in what ways individual differ from one another. (at population level, group level, diff. culture)

- ① Differences in Physique.
- ② Differences in Health.
- ③ Differences in Intelligence
4. Differences in Affective factors
5. Differences in Motor Ability.
6. Sex Difference.

7. Difference with reference to learning Ability and speed of Learning.
8. Difference with reference to Race and Nationality.
9. Personality Differences.
10. Difference with respect to Development.
11. Difference with reference to Achievements.
12. Difference with reference to Heredity.
13. Difference with reference to Environmental factors.
(family)
14. Difference with reference to Socio-economic status of the family.
15. Difference with reference to Culture.
16. Difference with reference to Population level.
17. Difference with reference to group level. Community level.
X
Society level.

- 1. Differences in Physique - This means tall or short
thin or fat
fair or black.
- 2. Differences in Health - It means healthy or ill
weak or strong
- 3. Differences in Intelligence :- Here the range is wide
from almost nil to 140 or above.

On the basis of IQ, one can be classified to fall in any of the idiot through genius categories.

IQ = Intelligence Quotient

$$IQ = \frac{MA}{CA} \times 100$$

$$= \frac{\text{Mental Age}}{\text{Chronological Age}} \times 100$$

$$IQ = ?$$

If an individual IQ is above 140 => then we call him as genius

(7) Differences in Affective factors - There are differences in attitudes towards ideas, subjects, things and people etc. Likewise there is difference in Adolescent Interest and values.

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⑤ Difference in Motor Ability - This means control over muscles. The performance of some in some mechanical task is superior and the performer of others is inferior.

(Thus the performance to do some mechanical task also differs from one individual to another individual. Eg:- Some Adolescent may be able to lift heavy objects easily while the other would find it difficult to lift the same heavy object).

⑥ Sex Difference :- Sex difference operates in different ways. Sex-role stereotypes exhibit individual difference among Adolescent Boys and girls.

(Sex-role stereotypes
Gender-role typing
Gender typing) } ⇒ refers to the process by which children acquire the culturally expected attitudes and behaviour of their gender.

Through daily interaction and exposure to customs, traditions and activities within a culture, children have males and

(8) Differences with reference to learning ability and speed of learning :-

This is evident from daily example. Take a classroom. Some boys learn things quickly - others take days to learn it and some do not learn at all.

(9) Differences with reference to Race and Nationality -

Many studies reveals that children belonging to different races and nationalities differ in respect of nature, physical and mental traits, Intelligence, interest and personality etc.

(9) Personality Difference :- Many classifications of Personality differences are made. According to Jung, they are 3 types of personalities, in which people fall. They are

(i) Introvert → who are Social, humorous, interact freely social towards external world.

∴ Introverts are more inhibited Timid shy & withdrawn.

Friendly.
Free from worries
Fluent in speech.
Flexible
Not easily embarrassed
Interest in sport
Healthy & no chance of sickness.

(ii) Extrovert → are shy, avoid people & enjoys to be alone tend to withdraw into himself especially when faced by emotional conflicts,

∴ Extroverts are more active friendly outgoing &

Non Friendly
 Non free from Wories
 Fluent in writing
 Non-flexible
 Easily embarrassed
 Interest in Book
 Frequent sickness.

(iii) Ambivert - ~~are neither Extrovert nor~~
 They are neither Introvert nor
 extrovert. They are a combination
 of both Introvert and Extrovert

(10) Difference with respect to Development - It includes
 social and emotional development
 The emotional maturity, emotional stability
 and social maturity differs from one
 adolescent to another adolescent.

(11) Difference with respect to Achievement - Adolescents
 differ in achievements in school subjects
 and differ in their efficiency in vocations

(12) Difference with respect to Heredity - The genetic
 factor present in one adolescent is not
 the same in another adolescent which is
 the result of individual differences.

(13) Difference with respect to Family - Several studies
 indicate the child adolescent who are
 exposed to pre-school education,

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⑦

of Adults and other forms of stimulating envt. and opportunities during childhood have better cognitive development than children who are deprived of such opportunities

Thus family is considered as the determinant of developmental task of Adolescents which causes individual differences among adolescent.

⑭) Difference with respect to Socio-economic Status of the family Social Difference —

Adolescent who come from poor home facilities

Low quality & quantity of food

shortage of Sleep.

Illiterate parents

Order of birth

Minority homes

Economically lower class

will differ from the Adolescent who is born in Economical high class.

1) Difference with respect to Culture —

The culture in which a child is reared exerts dissimilarity in Adolescence. Each individual wants to succeed in his cultural group in the 3 important components: Occupation, marriage and interpersonal relationships.

Cultural difference in living habits like

mode of dressing, eating, attitudes to marriage, method of bringing up child, family life, value system - beliefs, Preference on sex of the child etc are determinants of Developmental Task and dissimilarity among Adolescents.

(16) Difference with respect to Population - It is also seen through various studies that geographical difference also contributes to cultural differences.

Hence Geographical environment also determines the developmental task and dissimilarity of Adolescents.

(17) Difference with respect to group - Various studies reveals that children who are brought up in different religious groups exhibits different value systems, beliefs etc that contributes to dissimilarity among adolescents.