

ADOLESCENCE PSYCHOLOGY

The adolescent period is from the age of thirteen to nineteen and is named as teenage period. Maximum physical development of the internal and external organism of the body is attained. Major physiological changes meant for teenage period are fast and completed at the end of this period.

The adolescence is nervous and unsteady in sudden and major physical changes. We can see an appreciable intelligence, thinking power, logical reasoning and understanding the environment. The adolescent is rich in memory, perceiving things, concept formation, association, generalization, imagination and decision making. Questioning on most of the things is prevalent but becomes satisfied in approval and recognition of his views. It is a period of joy and happiness and does not want to miss what he aspires. Sometimes he is in moods and bursts in tears instantly. Emotional development is at peak. Thus, there is no emotional stability in general.

Socially, the group feeling is at its maximum and wants to shine in the group. There is a natural ability to understand the feelings of others. There is the eagerness for opposite sex. Ego centered behaviour but with some adjustable nature in character can be seen. The adolescent follows the social norms and practices. There is a moral fear for God and heaven.

5 Problems of adolescents:

i) Emotional tension:

Emotional development is at maximum and unstable. Self respect and personal pride make the individual emotionally bad. He expects the things to be done as he aspires.

ii) Personal appearance:

This is a significant problem. The adolescent is much worried about the appearance with modern and latest life style at any cost.

iii) Emancipation:

It is the ambition for freedom from parental sovereign. The individual hates control of the parents. He seeks identity to himself.

iv) Economic independence:

This is another problem of economic independence. Money from parents for personal expense is a major problem.

v) Social adjustment:

One has to face a lot of adjustment problems. The most difficult problem is related to social adjustment outside the family and to peer group.

It is another point of noteworthy that adolescents are seen to be reluctant to have with them any rule of study habits. It would be wise that the readers are well aware of the Rules of study habits and another one is Problem of problem solving which play a main role in adolescent stage of human life.

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