



# Behavioural and Physical changes in Adolescent: A Critical Analysis

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## **Abstract**

*Along with physical changes in the period of childhood, the brain also developed rapidly it happens. The nature of adolescents becomes independent like that of an adult. Kishore more emotional, comfortable and diverse tendencies are seen, more mentally they become sensitive. To separate oneself from the adult world as well as independently want to live Kishore boys and girls instead of parents we age with friends likes to get up and sit The biggest features that are commonly seen, kishore is immersed in Kalpana Lok and whoever is influenced by him, considers it his honour.*

**Key-words;** Adolescent; Social emotional development; Role of parents; Teen problems.

## **Introduction**

Kishorvastha is a Hindi translation of an English word called Adolescence. Which means moving towards introductions, at this time, children are neither in the category of small children, nor do they go through the period of the process of becoming big or small if they are big or in their own words.

A psychologist named Jershild, defining the meaning of adolescence, wrote, "Adolescence is the stage from which man progresses from maturity to maturity." Adolescence is considered to be between 11 and 18 years old. Some psychologists also consider it a state of tension, storm and resistance. In this stage, there are many types of physical and mental changes in adolescent and adolescent.



### *Adolescent physical changes*

1. Tightness and sweetness come in the voice of teenager and tenderness and sweetness in the voice of teenager.
2. The initial signs of mustache and beard are evident in the mouth of the teenager and hair grows in the teenager and teenager's genitals.
3. Muscular secretions in adolescents and dream defects occur in adolescents.
4. The axes and chests of the adolescent girls and the shoulders of the adolescent are widened.
5. Teenagers and teenager's bones start strengthening.
6. There is complete development of senses.
7. Height becomes tall.
8. Adolescents develop more adipose tissue and subcutaneous tissue to provide rounding of the body, whereas in teenagers, muscle develops which helps the boys to do heavy labor.

### **Early or late maturity**

In some adolescents, the above physical changes are quicker than others. During this time, these changes have a psychologically specific effect on adolescents. It is observed that girls who mature early feel hesitant about changes in their body and late maturing girls are more confident because adults do not expect them to behave responsibly as much as early matures. Keep it with girls Conversely, boys who mature early are more confident and complacent. Adults expect more from them while boys who mature late tend to have inferiority complex. These feelings are unstable and temporary. Parents should behave sympathetically with adolescent children.

### **Social emotional development in adolescence**

The life of a teenager is very emotional. At this time there is a lot of fluctuation in their state of mind. They become very emotional and irritable. Sometimes they work like this in emotions which are impossible and extraordinary.

Socially, he likes to live with his age friends. At this time, they have a particular culture value, clothing, way of wearing, language, music and interest. The friend group of teens is very large. Adolescents who do not get socially shaken and are not able to make friends become victims of depression which can have fatal consequences.



## **Maximum development of intelligence**

Till adolescence, the child has the highest development of intelligence. Hair grows in B. As far as the development of the intellect is concerned, it has reached the climax in adolescence.

### *language development*

As a result of the extreme development of the intellect, the understanding of the child's language, the store of words, the use of the short form of words, etc. have a direct effect. The word of a child can range from about 4000 to 5000 words on knowledge. You can express the flow of your thoughts.

### *cognitive development*

In this stage, the thinking of adolescents becomes abstract. They can visualize events and circumstances. Often, the teenager sits in a place and has many types of daydreams. Due to wandering in the imaginary world, their tendency is inward. Interest in literature, art and music increases.

### *Need for sex education in teens*

Modern psychologists are of the opinion that in order to change or refine the adolescent's progress towards good direction, sex education is absolutely necessary. Adolescents need to be educated about sexual development and reconcile these changes. At this time, such a thought stream will be formed on this subject, on which their adult sex life will be based. At this time, the trend of sexual knowledge of the teenagers is natural and they can also choose the wrong medium to calm their curiosity, so parents and schools can play an important role in this subject so that they can get the right information related to sex education. Could get information Parents should maintain a close relationship with the children so that the children can feel free to ask any of their questions and parents can also answer those questions in clear words.

## **Role of parents**

During this period, the teenager feels himself so capable that he can take his independent decisions, he does not like the pressure and control of parents. They do not want them to be instructed to do this all the time, do not do this, as a result a distance is created between children and adults, so parents should treat them in a sympathetic way and ensure that they have children. How much freedom should one give or how much control should be kept. At this time, it becomes the duty of parents and teachers to behave sympathetically towards the child, trust them and provide them with sufficient amount of freedom. Welcome and respect the good decisions



taken by them so that they can automatically overcome the difficulties of life in future and remain confident. It has been observed that-

1. Parents who give sufficient freedom to children, show interest and responsibility towards their decisions, they are able to make children more self-reliant and responsible.
2. In contrast, parents of dictatorial nature do not allow children to take decisions on their own and their confidence is hurt. Such teenagers are infested with inferiority complex and filled with negative thoughts and severely restrain their ability to be self-sufficient.
3. Neutral parents who leave teenage problems on them do not have any association with children, such teenagers become in neutral moods. Therefore, the relationship of parents and children should be based on mutual love and respect. Children should also understand the attitude of their parents because the parents are experienced and do not want to harm their children.

### **Role of ages**

In adolescence, boys give more importance to Umro than their parents because joint families are breaking up. There is no one to talk about the problems of teens in single families. Parents are busy with livelihood, and there is no other person at home, so the teenager grows more in harmony with us. In adolescence, the congregation of ages becomes important for the following reasons:

1. Everyone's problem becomes the same.
2. Kishore feels more freedom in Mitramdali and learns interactions with opposite gender members.
3. In adolescence, more friends than parents are less confident.
4. In this stage teenagers adopt 'friend culture' as we age, like talking, wearing clothes, walking, behaving. Adolescents feel different from their parents by adopting a friend culture.

At the same time, it impacts on the social development of the teenager, but it is very important that the parents keep an eye on the activities of the children because at times the ANC activities can also be antisocial.

### **Role of school and teachers**

Schools and teachers have a great influence on the development of adolescents. In school, if the discipline of the school is not very strict and the student's feelings are respected, then the



student enjoys studying. The teacher is properly trained, cheerful and excited, so that children can awaken the hidden talent. Teens can make positive thinking about themselves. Uneducated, unqualified teachers and large number of students, high workload, strict curriculum and rules negatively impact children. Are reluctant to go to school Interest in studies decreases and do not yield good results.

In addition to the role of imparting educational and social skills, schools may also be responsible for reducing the 'generation gap' between parents and adolescents. Therefore, parents' meetings should also be held from time to time in the school so that teachers can help in bringing the ideas of parents to their children in a friendly manner.

### **Teen problems**

Adolescents undergo rapid physical changes. The expectations of parents and other adults in society change. This confuses teenagers. With the help of our parents, age friends, schools and teachers, teenagers mature in this period, but some teenagers do not get proper environment and their behaviour becomes disorder and they become problematic children. These problems can be:

1. Food related problems: - If the teenager considers himself to be alone and neglected, then to attract others' attention, he starts to eat excessively and gets fat. Some teenagers are more emotional and after being scolded they get into a state of tension and start vomiting.
2. Personal problems: - In adolescent teenagers, there are many types of negative feelings about their color, appearance, obesity, height, nose, clothes etc., which make them worried.
3. Suicidal tendencies: - Many teenagers are unable to develop social development properly, they are unable to be friends with their age. In such a situation, they think of themselves as neglected and lonely and think that no one loves them and in the state of depression and negative thinking, they commit suicide.
4. Social problems: - Teens do not like to participate in family and social festivals. They are reluctant to live with opposite sex people so that no one makes fun of them.
5. Physical problems: - During adolescence there is a rapid physical change. Adolescents are unable to reconcile with their bodies, they hesitate to tell their problems. Many times they feel ashamed of physical changes and try to hide them more and more. Religious rituals and superstitions propose misbehaving for girls at puberty, especially during menstruation, which has a bad psychological effect on girls, so children should be provided with appropriate knowledge and given natural changes in them and they should be relieved.



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## **Conclusion**

Determination of adolescence only on the basis of climate, standard of living, cultural traditions and environment. Due to openness in European countries, becoming a mother of girls at the age of 12 to 15 years many types of problems have to be faced but premarital relationship in Indian culture falls in the category of crime. Physical, mental and intellectual in many of the psychologists emphasis has been laid on development and growth. Through this unit, gender identity and different cultures changes in identity of role, and presently female feticide, gender discrimination and social inequality studied the change today, it is necessary to provide employment oriented vocational education so that Kishorvaya boys and girls could face complex problems by adopting mature vision.



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