is in this sense that adolescence represents a period of intensive growth and change in nearly all aspects of a child's physical, mental, social and emotional life. Adolescence has been described by Stanley Hall as 'the period of storm and stress of human life'. It is a very crucial period of one's life which covers roughly from 12-18/19+ years. The most important fact about adolescence is that it is a period of transition from childhood to adulthood. Transition from one period to another always is associated with some problems. Adolescence is not an exception and it is also associated with some problems.

The purpose of this unit is to familiarise you with the Adolescence stage, its important characteristics, the basic needs of adolescents, significance of this stage in human life, and the role of parents and teachers towards the young adolescents.

6.3 ADOLESCENCE STAGE

The period of adolescence is considered as crucial and significant period of an individual's life. Psychologically, adolescence is the age when the individual becomes integrated into the society of the adults. It is the stage when the child no longer feels that he is below the level of his elders but rather an equal with them, at least in rights. This integration into the adult society has many aspects, more or less linked with puberty. It also includes profound intellectual changes. These intellectual transformations, typical of an adolescent's thinking, enable him to achieve his integration into the social relationships of the adults. This is the most general characteristic of this period of development.

It is the period which begins with puberty and ends with the general cessation of the physical growth. It emerges from later childhood stage and merges into adulthood. It is difficult to assign definite years to it because they differ from country to country and culture to culture. Chronologically, age ranges are from 12/13 years to 18/19 years in India. In case of girls it begins about 1 year earlier than the boys.

Studies of changes in behaviour, attitudes and values throughout adolescence have revealed that these changes are more rapid in the early part than in the later part of adolescence. As such, adolescence period is

They can adopt the following steps–

- **Healthy atmosphere :** Both parents and teachers must take good care about the home as well school atmosphere. They must be able to provide a healthy and secured atmosphere to child where his all round development is possible. The home for the child should be sweet and secured. The child should feel secured at school also.
- **Proper Physical Development :**
  - Ample opportunities must be provided by home and mainly by school for proper physical development of the child. For proper physical development of the child, the school can take the following steps -
  - Morning physical exercise should be made compulsory in the school.
  - Facilities for both indoor and outdoor games must be provided by the school.
  - Evening games must be well organised. Children should be encouraged to take part in those games in which they are interested.
  - Special care must be taken by the teachers in the selection of the games and such games are to be selected as the children in the development of their small and large muscles.
- **Organising Extra - Neural Activities :** These activities satisfy various social and intellectual needs of the children at this stage. The children improve most of their skills in this stage and they also have the required energy. As such, these extra-neural activities are helpful in both these aspects for the child.
- **Organising Group Competitions :** Children at this stage are interested in activities with their peers and want to belong to the gangs. The group feeling is strong at this stage due to the growth of social instinct. Schools must organise group competitions for the children. Participation by children in these group competitions help in their development of the social and personal qualities

such as - discipline, self - confidence, self - control, cooperation, sympathy, friendliness, helplessness, adjustability etc. These group competitions are also helpful for child's vocabulary development.

- **Proper Emotional Development :** Older children learn to control the overt expressions of their emotions, but they do not develop the full control of it. The child at this stage has emotional problems. Their problems have to be solved by the elders and the teachers. They should handle properly the emotions of anger, fear, jealousy etc. of the child. They should try to remove the hurdles which annoy the child and lead to his anger. Parents and teachers may also try to care the children of their basic fears and enlighten them that such fears are not well founded. Children should be encouraged to get rid of unfounded fears and to develop a balanced mental make-up.
- **Developing the Creative Talent :** The creative instinct of the child also manifests itself at this stage. The natural desire of the child is to create something new, something great. Children should be encouraged to express talent by organizing events like school exhibitions, wall magazines, Bal Melas, School Fete, Science exhibitions etc. where they may take part.
- **Moral Training :** In late childhood, most children develop moral codes influenced by the moral standards of the groups with which they are identified. As such, the child formulates his own moral ideal. As it is a formative period of human life, it is necessary that parents as well as teachers and the neighbourhood impart lesson to the child that would teach him about spiritual as well as religious and moral values. For this, children should be acquainted with the lives of the great man of the world.

UNIT 6 : ADOLESCENCE STAGE

UNIT STRUCTURE

6.1 Learning Objectives
6.2 Introduction
6.3 Concept of Adolescence Stage
6.3.1 Characteristics of Adolescence
6.3.2 Basic Needs of the Adolescents
6.3.3 Problems of Adolescence Stage
6.3.4 Role of Parents and Teachers towards the Adolescents
6.4 Let Us Sum Up
6.5 Further Reading
6.6 Answers to Check Your Progress
6.7 Model Questions

6.1 LEARNING OBJECTIVES

After going through this unit you will be able to:

- explain the adolescence stage
- identify the characteristics of the adolescence stage
- define the basic needs of the adolescents
- explain the role of aarents and teachers towards the adolescents.

6.2 INTRODUCTION

Our discussion on the stages of human development will continue in this unit also. Here, we will discuss adolescence, which is the most crucial period of human development. In this stage, the children become sexually mature and reach the age of legal maturity. It is the period of rapid and revolutionary changes in the individual's physical, mental, moral, emotional, spiritual, sexual and social outlook. Human personality develops new dimensions.

The word 'adolescence' comes from the Latin word 'adolescere' which means 'to grow'. So the essence of the word adolescence is growth and it

iii) Organising group competitions

iv) Moral training.



5.8 MODEL QUESTIONS

A) Short Questions (Answer each question in about 150 words)

Q.1. Write a brief note on late childhood.

Q.2. Write briefly on the physical development of the child during late childhood.

Q.3. What are the reasons of obesity of some children during late childhood stage?

Q.4. What are the four common speech hazards in the late childhood?

Q.5: What is meant by physical hazards of late childhood?

Q.6: What is meant by psychological hazards of late childhood?

B) Long Questions (Answer each question in about 300-500 words)

Q.1. Which period of the life of a child is called the late childhood stage? How is it different from the early childhood. Discuss.

Q.2. Discuss the major characteristics of late childhood stage.

Q.3. Discuss the common hazards of late childhood stage.

Q.4. "It is a formative period of life" - Why is late childhood called a formative period of life? What is the role of the teacher towards the child in late childhood stage? Discuss.



CHECK YOUR PROGRESS

Q.5. What steps can the teachers take for the child's all round development in late childhood stage? (Mention any four steps)

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5.5 LET US SUM UP

- The late childhood stage, which extends from 6 to 12 years of age, is labelled by parents as the "troublesome" or "quarrelsome" age, by educators as the "elementary school" age and by psychologists as the "gang age" or "creative age" or play age".
- In the late childhood a stage, there is a slow and relatively even physical growth of the child. It is influenced by many factors.
- It is a period of excellence and pseudo – maturity. It has profound effect on the child's personal and social adjustment.
- The major characteristics of late childhood are -
  - A period of Physical Development.
  - A period of Development of Intellectual ability.
  - A period of Capacity to learn.
  - A period of Social Development.
  - Development of Extrovert nature.
  - It is a play age.
  - It is a Gang age.
  - A period of Emotional development.

- A period of development of concepts.
- Development of Homo-Dexuality.
- Development of constructive Instincts.
- A period of Development of Interests.
- A period of Development of Creativity.
- A period of Development in Sex - Role Typing.

- This stage also has some hazards, they are -

a) Physical hazards–
- Illness
- Obesity
- Sex-Inappropriate Body Build
- Accidents
- Physical Disabilities
- Awkwardness

b) Psychological Hazards–
- Speech Hazards
- Emotional Hazards
- Social Hazards
- Play Hazards
- Conceptual Hazards
- Moral Hazards
- Hazards Associated with Interests
- Hazards in Sex - Role Typing
- Family - Relationship Hazards
- Hazards in Personality Development.

- As this stage is a very important period of human life, so parents and teachers have a great role to play regarding the all round development of the child. They can take following steps for the child's all-round development -
  - Healthy Atmosphere
  - Proper Physical Development
  - Organising Extra - Neural Activities
  - Organising Group Competitions

- Proper Emotional Development
- Developing the Creative Talent
- Moral Training.



5.6 FURTHER READING

1) Aggarwal, J. C.; : *Essentials of Educational Psychology*, Vikas Publishing House Pvt. Ltd., New Delhi,
2) Bhatia, K. K.; : *Foundation of Child Development*, Kalyani Publishers, New Delhi,
3) Goswamee, Dr. G., : *Child Development and Child Care*, Arun Prakashan, Guwahati.



5.7 ANSWERS TO CHECK YOUR PROGRESS

Ans. to Q. No. 1 : i) True, ii) False, iii) False, iv) True, v) False

Ans. to Q. No. 2 : i) A period of Physical Development.
ii) A period of Development of Intellectual ability.
iii) A period of capacity to learn.
iv) A period of social development.
v) It is a gang age.

Ans. to Q. No. 3 : i) Illness ii) Obesity
iii) Sex-Inappropriate Body Build
iv) Accidents v) Physical Disabilities
vi) Awkwardness

Ans. to Q. No. 4 : i) Speech hazards
ii) Emotional hazards
iii) Social hazards
iv) Play hazards
v) Conceptual hazards

Ans. to Q. No. 5 : i) Healthy atmosphere at home and school.
ii) Organizing Extra - Neural Activities