and some others experience shame, disgust, confusions, anxiety and guilt. They may lead to sexual maladjustment.

- **Emotional Problems:** Heightened emotionality is a major problem of adolescence. Adolescents experience excessive emotion and they do not have sufficient control over violence. Excitability and anger may find expression in its destructive form that may lead to law and order problem. Emotion of love, suspicion, jealousy, frustration and revengefulness are very common among adolescents.
- **Social Problem:** Every society has its own customs and traditions, which it wants to maintain. Every individual has to follow these social values but often the adolescents think all these are out dated and they are not willing to obey. This leads to conflicts.
- **Educational Problem:** The environment of the school is also not conducive to meet the interests of the students. Defective method of teaching, curriculum, examination, repressive measures adopted by school, unattractive condition of the school campus are largely responsible for creating frustration among the students.
- **Problem of leisure:** Lack of proper recreational facilities or having nothing to do in their free time leads the adolescents to involvement in some unsocial and criminal activities. Their thoughts and attitudes may turn to be destructive and create serious problem for the society.

6.3.4 Role of Parents and Teachers towards the Adolescents

For a proper and all round development of the adolescent boys and girls, parents and teachers have a great role to play. Some suggestions have been discussed below -

- **For Proper Physical Development -**
  - Provision should be made for compulsory physical exercise at morning and evening.
  - Monthly health check-up by the school doctor must be done.
  - Scope for some manual work for every adolescent must be provided at home and at school.
  - Provision of various types of indoor as well as outdoor

divided into two parts -

i) Early Adolescence, and

ii) Late Adolescence.

Early Adolescence extends roughly from 12/13 to 16/17 years and late adolescence covers the period from 17 years to 18/19 years, the age of legal maturity. Late Adolescence is thus a very short period. Early adolescence is usually referred to as the “teens”.

As stated above adolescence is the period of rapid changes in the individual’s physical, mental, moral, emotional, social and sexual aspects. Human personality develops new dimensions. It is the period to learn new things. It is also a period of anxieties and worries. It is the period of ambitions as well as of conflicts and complexities. In this connection let us mention how A.T. Jersield defined this period.

A.T. Jersield defines, “Adolescence is that span of years during which boys and girls move from childhood to adulthood, mentally, emotionally, socially and physically.”



LET US KNOW

- Adolescence stage is a crucial and significant period.
- Adolescence extends from 12/13 years to 18/19 years.
- This period can be subdivided into two parts - i) Early adolescence (12/13 - 16/17 years) ii) Late adolescence (17 years to 18/19 years).
- It is the stage when boys and girls move from childhood to adulthood physically, mentally, emotionally and socially.
- It is a stage of gaining sexual maturity.
- A stage of attaining legal maturity.



CHECK YOUR PROGRESS

Q.1. Fill in the blanks with appropriate words:

i) Chronologically age ranges of adolescence are from _____ years to _____ years in India.

ii) Two parts of adolescence periods are _____ and _____.

iii) Early adolescence is usually referred to as the _____.

iv) Late adolescence is _____ than Early adolescence.

v) Early adolescence extends from _____ to _____ years.

6.3.1 Characteristics of Adolescence

Let us discuss the characteristics of adolescence. It is important for school teachers and parents to understand these characteristics, without which they can not be expected to be able to deal effectively with the adolescents. The distinguishing characteristics of this period are:



Glandular: gland is an organ of the body which produces particular chemical substances. 'Glandular' means relating to or affecting a gland or glands.

- **Rapid Physical Development:** Adolescence is first of all a period of physical changes and development. Physiological development primarily converts the boy into a man and the girl into a woman and provides the basic for emotional, social, intellectual and economic maturity. The most important changes occur in the **glandular system** which has great influence not only on the physical development but also in the behavior and personality development of the adolescents. Bio-chemical changes in the body make the endocrine glands more active and there is increase in height, weight, changes in voice muscular growth, appearance of pubic hair, growth of hair on the face arms, legs etc.
- **Mental Development:** Mental development in adolescence accelerates in many intellectual fronts. As compared with children, adolescents develop greater insight, better understanding and can

exploring something which others do not know. Sometimes he is misunderstood and sometimes misdirected. In the absence of proper direction it takes the form of aimless wandering, vagabonding, unsocial acts like strikes and demonstrations. Even the sexual acts mean a thrill and adventure for them. But properly directed adventure can be very much helpful for the adolescent's social, mental, emotional and physical development.

- **Need for self dependence or need for a vocation -**

The young boys and girls want to be independent at this stage. Boys and girls of high school age begin to think seriously about their future. Boys are usually more seriously concerned about an occupation than girls. Boys, typically, want glamorous and exciting jobs, regardless of the ability required or the chances for such jobs being available for them. But the girls, on the other hand normally show a preference for occupations with greater security and less demand on their time.



CHECK YOUR PROGRESS

Q.3: Mention any three importance of adolescence period.

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Q.4. Write a brief note on – "Vocational need of Adolescents"

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6.3.3 Problems of Adolescence Stage

The problems of adolescence may be summarized in the following manner:

- **Sex Problems:** We have read that all the aspects of adolescent devel-opment are basically conditioned by physical changes. The onesel of puberty gives the physical excitement never experienced before. With this changes, some react with pleasure or excitement

strengthening the need for activity. This surging need must be controlled and guided into the proper channels such as, dancing, swimming, playing football or other types of games and sports.

- **Need for sexual satisfaction -**

Sex development is a fundamental fact of adolescence. The sex instinct which had been lying dormant during childhood is reawakened. In the adolescence stage the young adolescent repeats 3 stages of sexual development -

a) Auto – eroticism: the adolescent takes interest in his own body and he/she handles his own sex organs.
b) Homo-sexuality: during the early period of adolescence boys love to mix with boys and girls with girls.
c) Hetero – sexuality: this type of sexuality is found at the later stage of adolescence. The boys and girls are attracted towards the opposite sex.

Psychological needs:

- **Need for freedom -**

The young adolescents also need freedom in their life. They do not like to maintain a strict routine life. They do not like disciplined life which is imposed on them by their parents. They love freedom regarding taking decisions related to their life.

- **Need for social life -**

This is an important need of the adolescent. They want the company of their equals. They love to live with their peers, which has a direct influence in their life. They want to talk, discuss and come to some conclu sions. This goes a long way towards satisfying their social need.

- **The security need -**

The adolescent depends on his parents for the satisfaction of these needs. He wants their affection and attention. He wants some ideals which may help him in the conduct of his life. He wants inspiration from a hero, whom he worships, and who can guide him. This need can be fulfilled if the adolescent is given opportunity of studying the biography of great men like Gandhi, Nehru, Tagore, Vivekananda, Lakshmibai, Sarojini Naidu etc.

- **The adventure need -**

Thirst for adventure is strong at this age. The adolescent wants to do something so that he is remembered by all. The answer is

per-ceive relationship more easily. They develop the ability to generalize and can think of the solution of more difficult problems. This indicates that the thought process becomes more logical, scientific and systematic during adolescence. It is an accepted fact that the ability of intelligence reaches its maximum at the age of 16 and 17 years. Memory power also develops tremendously and adolescents can retain facts for a longer period. The imitative tendency of childhood disappears during adolescence. The adolescents develop certain amount of independence in thinking and can critically examine the things to make the decision of his own.

- **Emotional immaturity:** We have already said that adolescence is a period of "storm and stress." Psychologists have regarded it as a period of heightened emotionality. Continuous physical changes mainly give rise to emotional uncertainty and instability. Emotions of anger, fear, shame, disgust give rise to variation in moods, nervous- ess, sensitiveness, stubbornness, disobedience etc. Sex drive is also a prolific source of emotional disturbance in adolescence. Bes- ide these, adolescent's striving for independence gives rise to emotional conflicts. Their ideas and views often appear contradictory with that of their parents and other members of the society.
- **Social Consciousness:** The period of adolescence is predominantly a period of social development and adjustment. The most important social development during this period is the increased influence of the peer group. The type of peer group shapes the behavior of the adolescent to a great extent. His interests, attitudes and values are influenced by his peers. The adolescent boys and girls become self conscious about their place in society and they gradually enlarge their spheres of social activities and conducts. The adolescent tries to act in an independent manner but the parents often refuse to treat them like grown ups which may lead to difficulties. An adolescent also develops sense of patriotism in his mind and wants to join any type of social services.
- **Moral Consciousness:** The development of morality contributes a great to the general development of personality. Family is the

main place where the adolescent receives the moral training and which exerts influence on his attitudes and behavior. As the child grows older his capacity for independent thinking develops. He can distinguish between right and wrong, true and false, virtue and vice and the desirable and the undesirable. Adolescents in general, cannot tolerate immoral or illegal activities. Interest in their own religion also develops.

- **Hero-worshipping:** Hero-worshipping is a tendency of the adolescent stage. It means that the adolescents start to identity themselves with an ideal hero, whom they obey and follow. They admire and respect him. They organize their thoughts and activities in conformity with the ideal of the hero. The hero becomes the source of inspiration for the adolescents to aim for their future.
- **Hetero-sexuality:** Hetero-sexuality is another important characteristic of the adolescents. It means the attraction for the opposite sex. Both the sexes develop greater interest for the opposite sex. Adolescents become very much eager to know about the opposite sex. But unfortunately the knowledge which they may receive be harmful for their mental and physical health. Many boys and girls suffer from worries because of the wrong information about sex and lack of proper guidance.
- **Creative imagination:** During adolescence the imaginative faculty of an individual undergoes considerable development. Imagination added with intellectual elements become artistic and creative and finds expression in literature, art, poetry, fiction and even musical and artistic creations, indicating the power of their creative imagination. Imagination thus enriches and transforms experience and contributes to artistic appreciation and production during adolescence.
- **Development of Self Dependance:** In this stage, adolescents develop faith in their own capability of doing things and demand self respect from the elder members of the society. They want psychological freedom and do not like adult interference in their own personal business and they want to take decision themselves.

A sense of dignity, honour and freedom prevails in their thought, attitude and behaviour.



CHECK YOUR PROGRESS

Q 14: Write brief notes on:

(a) Hero worshipping tendency.

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(b) Hetero - sexuality.

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ACTIVITY 6.1

What is meant by adolescence? Discuss the physical changes connected with the period of adolescents

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6.3.2 Basic Needs of Adolescents

Now we know the characteristics of adolescence. Let us discuss the basic needs of adolescence. In the adolescence period, the young adolescents have some basic needs which must be given due importance regarding their fulfillment. The basic needs of adolescents are divided into two groups – (a) Physiological needs and (b) Psychological needs.

Physiological needs:

- **Need for activity -**

  Activity of one kind or another is an integral part of the adolescent behaviour. The physical changes of puberty, the greater muscular power and the surplus of energy, all contribute towards