UNIT 13 : DEVELOPMENT IN THE ADOLESCENT

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13.1 LEARNING OBJECTIVES

After going through this unit, you will be able to-

- comprehend the importance of adolescence period
- identify the needs and problems of adolescents
- understand the physical development in adolescents
- explain the cognitive and social development in adolescents
- understand the identity development in the adolescent.

13.2 INTRODUCTION

The earlier units have familiarized you with most of the important phases of life since conception. With the entrance of children in the formal schooling, their world is broadened. They acquire various new and varied experiences. Succeeding the late childhood period or school age period, an individual makes it entry to one of the most crucial period of human life,

i.e. the period of adolescence which is marked by rapid and revolutionary changes in the individual's physical, mental, moral, emotional, spiritual, sexual and social outlook. Human personality develops new dimensions in this stage. We all have come across this period of human development. Being a matured person, we all realize that what we experience during this period of our life. Most important experiences in terms of studies, decision making, and peer selection and so on are taken during this phase. Hence, as parent, as teacher and as a laymen it is very much important for all of us to know each and every aspect of this period as this is considered the most crucial period of one's life. Most importantly, as a learner of education, it is essential for you to know and study the psychology of each adolescents. This unit will help you in this regard.

13.3 ADOLESCENCE AS DEVELOPMENTAL PERIOD

Before going in depth about the different developmental aspect of adolescence period, let's acquaint yourselves with its derivative term. The term-"adolescence" comes from a Latin Word***-"Adolscere"*** which means-"to grow" or "to grow to maturity". Earlier, it was believed that when a child was capable of reproduction, he/she was considered as adult. But, the scope of adolescence is not confined not only in sexual maturity. It includes mental, emotional, social as well as physical maturity. Adolescence 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 as girls reach puberty about a year or two earlier than boys do.

Adolescence is a period of transition from *childhood to adulthood*. It emerges from later childhood stage and merges into 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. Hence, adolescence has been described by Stanley Hall as ***'the***

period of storm and stress of human life' as it is a very crucial period of one's life. G. Stanley Hall is known as the father of adolescence as his work influenced adolescent theme in psychology, popular culture and education. According to him, in most adolescents, the perception of young people as emotional volcanoes ready to explode has taken on a life of its own.

The growth achieved, responsibilities felt and the relationships developed during this period destine the complete future of an individual. Adolescence period is divided into two parts – Early Adolescence, and 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. Late childhood is a thus a very short period of human development. Early adolescence is usually referred to as the "teens", sometimes even the "terrible teens".

General Characteristics of Adolescence:

The following features will enable you to understand the adolescence period in a better way-

- **A period of Rapid Growth and Development:** Adolescence is the period where rapid growth and development take place in an individual in the dimension of physical. Mental, social, sexual, emotional, moral development.
- **A period of importance:** Adolescence period is one of the significant period when both immediate effect and long term effects are important. It is important for its physical as well as psychological effect.
- **A period of Transition:** Adolescence is a transitional period. During this transitional period, the individual's status is vague and there is confusion about the roles, the individual is expected to play. The adolescent at this time is neither a child nor an adult.
- **A period of Change:** The rate of change in attitude and behaviour during adolescence period parallels the rate of physical change. During early adolescence, when physical changes are rapid, changes in attitudes and behaviour are also rapid.
- **A period of Problem:** Adolescence is considered as a period of

problem. Due to rapid psycho-physical changes, sometimes they fail to cope up with the changes. Because of their inability to cope with problems alone as well as they believe they can, many adolescents find that the solution to their problem do not always come up to their expectation.

- **A period of Hero-worshipping:** Hero-worshipping is a tendency among the adolescents. The adolescents start to identify 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 and the hero becomes the source of inspiration for the adolescents to aim for their future.
- **A period of Hetero-sexuality:** During this period, the adolescents develop the hetero-sexuality- an 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 and as such many boys and girls suffer from worries because of the wrong information about sex and lack of proper guidance.
- **A period of Self-Dependence:** During this period, the adolescents don't like any interference from the parents and older. They are very much influenced by the peers and seek independence. The adolescents develop faith in their own capability of doing things and demand self-respect from the elder members of the society.
- **A period of unrealism:** Adolescents have a tendency to look at life through their own rosy eyes. They visualize themselves and the world as they would like them to be rather than as they really are. They are unable or not intended to see the reality of life.

13.3.1 Need of Adolescents

Adolescence is an interesting subject of study so far as psychology of adolescence is concerned. This is a stage in which changes are taking place in all directions – physical, mental,

emotional and social. All such energies naturally gives rise to the needs that make them more sensitive & restless. If these needs could not be understood from their proper perspective & if their environment fails to make effective realization of them, in that case frustration, deprivation repression & mal adjustment may be the result. It may also make the adolescent state more problematic & delinquent. So the root of all trouble at this stage is failure in defective realization of the needs. There lies the importance of the study of the adolescent needs.

Effective realization of their needs & objective assessment of them in essential, if we are to offer necessary help and guidance to them. Many of the problems can be averted if we are in a position to help them in reasonable satisfaction of their needs. Some specific needs of the boys & girls having their far reaching consequence may be identified below –

1. **Sex need:** The most prominent & powerful psychological need at this stage is undoubtedly the need of sex. Owing to this adolescent strongly feel for sex urge & physical attraction towards the opposite sex. Strong curiosity for sex may lead them to illusion, misconception etc. resulting in abnormal behavior. So sex need should be given proper out let for its satisfaction through sublimation.
2. **Intellectual need:** Development of intelligent & other higher mental faculties are marked by the stage of adolescence. The power of thinking, reasoning, understanding & problem solving abilities developed that make them intellectually more conscious, active & inquisitive. The need of knowledge is strongly felt for attainment of their intellectual maturity preparation of the secondary curriculum on this point of view is a responsible task.
3. **Need of freedom:** Adolescent want to be free from all sorts of physical & psychological strain & control from their superior. They develop self confidence in their physical & intellectual

capability. Accordingly they want an atmosphere of freedom for satisfaction of their needs, hopes & wishes. Absence of freedom may create the problem of repression introversion & in some cases rebellion.

4. **Social needs:** Adolescent feel strong urge to society. They develop active interest in understanding their own social, cultural & communal way of life. They also feel that they are the indispensable part of the society towards which they have the duties & responsibilities to be performed. They like to identify themselves with the social, cultural & religious qualities & characteristics to which they belong. They want the adult members to give them social recognition status & freedom in order to play their responsible part in society.
5. **Economic needs:** The adolescent want to be economically self-dependent & self-sufficient person. They do not want to depend upon their parents to serve their day to day economic needs. They are somewhat conscious of their future vocation & profession in life to be adopted. They feel strong urge to activity for certain vocation & acquired vocational skill by undergoing specific course of study.
6. **Need of a philosophy of life:** Adolescent want to follow a distinct ideal or philosophy of life as their guide for future course of action. They want to organize their thought, feeling & activity towards realization of that ideal of life. Owing to this reason they feel for the need of a hero or a leader to be obeyed and followed. They should therefore, be helped in building up of a practical philosophy of life that may really work in the reality. Biographical study of the great man may be of great help to them in this regard.

13.3.2 Problems of Adolescents

The stage of adolescence is usually described as the most problematic of one's life. Quick psychophysical changes are

associated with the vital needs, the satisfaction of which is very urgent. Failure in this regard is the root cause of the adolescence problems. Such problems are not nearly confined to themselves. But may affect the society as a whole. Adolescence problems therefore, can reflect the problems of the society or the country as a whole. Some of the vital problems that need our immediate attention may be described below –

1. **Sex problem:** All the problems of adolescence originate from the sex life & its needs the onset of puberty gives them the unusual physical excitement never experienced before. It gives rise to anxiety, fear, and the sense of shame guilt in mind. The whole affair of sex appears to be secretive sinful & forbidden subject to them. This may lead to the problem of sexual mal adjustment. If the parents & the social situation appear to be more conservative, it may take a serious term.
2. **Emotional Problems:** Adolescents are emotionally up charged & troubled people. They have excessive emotional both pleasant & unpleasant, but without sufficient control over them. Consequently it leads to emotional violence. Emotion of anger may find expression in its more destructive form that may create low & order situation to the authority concerned. Passionate emotion of love may give rise to anxiety, jealousy, hatred frustration & revengefulness in mind. Emotion immaturity is therefore the major problem of the adolescence.
3. **Social problems:** They are always remains a generation gap between the parents & their children. The adolescents are by nature sensitive to the new world of things & their attitude & outlook appear to be progressive variable & modern. But their elders usually remain conservative & skeptical of such changes. They do not allow sensitive changes to their old values & way of life. They insist on conservatism of the old social order & heritage by their followers. As such there is the social problem of adjustment faced by the adolescents.

4. **Educational Problem:** Frustrating educational situation in the secondary school may create problems to the adolescent. Unrealistic educational aim & curriculum defective verbal method of teaching unreliable examination system, repressive measure of discipline maintained in school are largely responsible for such educational frustration. Absence of education for leisure & vocational guidance in secondary school & add more complexity to such problems. The whole educational environment may there by appear to be problematic to them.
5. **Problem of moral values:** Complexity of our social life at present has given rise to the pressure of moral values in the adolescents. The way of life in the past was simple & peaceful & was based on the ethical & moral values in society. In the present society however, the materialistic way of life & culture & the technological needs of society have made our hopes & aspiration rise sky high. In the circumstances, determination of the right sense of values in the adolescent mind has become a problem. In fact, there has been the crises of conscience in them resulting in confusion.
6. **Problem of leisure:** Leisure time appears to be a big problem to the adolescent. Having nothing to do makes their useful energy & vigor completely wasted & abused. Problem of unemployment in society, absence of healthy recreational facility etc. may lead to their involvement in some antisocial & criminal activities. Their idle mind thereby turns be a devil's workshop. Increasing drag addiction in the youths at present is the worst of its kind.
7. **Problem of delinquency:** Problem of leisure at present has led the youths to the path of delinquency. Their thought & attitude turn to be destructive unsocial & criminal. Moral de gradation in society has also led them to be a buildering state, resulting in crime and violence. Easy money & black money

craze for power, criminalization of politics, terrorism & fatalism have created a delinquent environment in society to which the adolescent fall the easy victim.

13.4 PHYSICAL DEVELOPMENT IN THE ADOLESCENT

Adolescence is first of all a period of physical changes and development. During adolescence, the physical growth and development reaches its peak and human body finds its final shape. The maximum limit with regard to increase in size, weight and muscle is achieved. The growth and functions of all the other outer and inner organs also reaches to its maximum and almost all the glands become extremely active at this stage. Both boys and girls develop all the characteristics of their respective sexes. As such, physiologically, the boys and the girls prepares themselves for being called as men and women. The physical developmental changes in adolescents can be highlighted under the following headings-

A. External changes :

- **Height:** The average girl reaches her mature height between the age of 17/18 years and the average boy a year or so later. The average height of girl is 5''5'' and the average height of boy is 5''10'''.
- **Weight:** Weight changes follow a timetable similar to that for height changes. Weight is distributed over areas of the body where previously there was little or no fat.
- **Body Proportion:** The various parts of the body gradually come into proportion. The trunk broadens and lengthen, the limbs no longer seem too ling. Bones and muscles increase to the greatest possible extent leading to great increase in motor activity. The arms and legs also lengthen and eventually become proportional to the rest of their body. Boys 'straight-lined, square bodies become broader at the shoulders and more tapered at the waist, forming the familiar triangle shape of adult males. Again, girls' straight-lined, square bodies become wider and broader at the

hips, buttocks and chest forming the familiar shape of adult female.

- **Sex Organs:** Both male and female sex organs reach their mature size in late adolescence. Young teens develop both primary and secondary sexual characteristics that are brought about by hormonal changes. Primary sexual characteristics refer to reproductive organs like-ovary, testes and secondary sexual features referring to development of body hair**. For female**, the most significant primary sexual characteristics is the ***first menstrual period*** average at 12 years and **for male** it is the ***first sperm Arche*** at average 13 years. These reproductive changes also brings changes in the body hair (on underarms, groins, facial hair etc.) and changes in voice, in female voice become sweet and smooth and in boys, it becomes deeper, heavier and harsh.

B. Internal changes:

- **Digestive System:** The stomach becomes longer and less tubular, the intestine grow in length and circumference. The muscles in the stomach and intestinal walls become thicker and stronger. The liver increases in weight and the oesophagus becomes longer.
- **Circulatory System:** Regarding circularity system, the heart grows rapidly during adolescence. By the age of 17/18, it is twelve times as heavy as it was at birth. The length and thickness of the wall of the blood vessels increase and reach a mature level when the heart does.
- **Respiratory System:** The lung capacity of girls is almost at a mature level at age of 17, and boys reach this level several years later.
- **Endocrine System:** The sex glands develop rapidly and become functional though they do not reach their mature size until late adolescence.
- **Body Tissue:** The skeleton stops growing at an average age of

18. Tissues other than bones have reached their mature size.

As is true at all ages, there are individual differences in physical changes. Individual differences is influenced by maturing. Sex difference are especially apparent. Even though boys start their growth spurt later than girls, their growth continues longer and with the result of that at maturity they are usually taller than girls. Moreover, hereditary and environmental factors are contributing towards the sound physical development in the adolescents. It is important to mention here that some adolescents experience satisfaction with their change bodies, however, they do experience more dissatisfaction with some part of their body than with other part, which lead to lack of self-esteem. Hence parents, teachers must co-operate them in coping with their changes.



CHECK YOUR PROGRESS

Q 1: What is the derivative meaning of adolescence?

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Q 2: Fill in the blank Adolescence emerges from ..... and merges into .....

Q 3: What is the age range of adolescence in India?

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Q 4: Who is the father of adolescence?

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Q 5: What is the age range of Early Adolescence?

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Q 6: What is Hero-worshipping?

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Q 7: State some needs of adolescents.

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Q 8: What is the most significant primary sexual characteristics in girl and boy adolescent?

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13.5 COGNITIVE DEVELOPMENT IN THE ADOLESCENT

Stage of adolescence is marked by significant mental and intellectual done taking place that may have the far reaching effect on future development. At this stage mental faculties are developed rapidly toward mental maturity. Some of the significant changes in such development may be identified below –

a) Intellectual efficiency : The instinctive tendency of infancy and childhood are substantially modified & improved at this stage – power of memory develops as a result of which boys & girls can make effective use of their memory image. The span of memory develops considerably & the influence of habit memory is replaced by exercise of logical memory. The adolescence are capable of using their voluntary attention with more concentration of mind. Acquired interest & sentiment make them more selective & attentive of their sub of study. Development aptitude towards different fields make them more ambitious of their future course of action. Ability to learn, retain & reproduce their learning experience develop considerably. Power of thinking & reasoning develop remarkably for which they can exercise better understanding & appreciation of their knowledge acquired. Ability of problem solving develops awing to the scientific & technological subs of study. Their mind becomes more curious to know & unveil the secret of nature & the natural phenomena of the external world. Adolescence also develop the ability of abstract thinking for which

subjective though & judgement can be exercise by them. Ability to learn at substantially improves for which they can make use of the power of perception, insight & totality of understanding. They no longer remain blind followers & mechanical imitators, but can exercise their own power of judgement & understanding of things they learn Growth of intelligence at this stage reaches its maximum at the age of 16 or 17 years.

b) Creative imagination : The adolescence boys & girls donate remain more receptive but become creative of their imagination. They not only take active interest in reading literature & listening to music but also can create the work of art & music by themselves. They show increasing interest in poetry, drama, recitation, dramatization, reading of the novels, singing, dancing, painting, drawing & sculpture. Appropriate training given in this direction may help in development of their nature creative talent in different line.

c) Moral consciousness : Adolescence are the morally conscious people. They develop moral sentiment out of which they judge everything in terms of the sense of right & wrong, truth & false, virtue & vice, desirable & undesirable. They cannot tolerate any immoral activity committed by the elder members in society. They come forward to fight for the truth and establish justice. A strong moral sense may make the adolescence got God fearing person. They are not afraid of anything but God himself. As such they do everything in the name of God. Their moral consciousness also makes them interested in their religion to which they belong. They try to understand religious principles underline their own religion. If their moral sentiment is frustrated, it cause more harm to them psychologically. They may be demoralized & developed negative attitude towards anything. Such a state may give rise to the sense of hatred and involve in criminal &destructive activity. So, their moral sentiment at this stage is more delicate & sensitive that need careful handling by the elder members in society.

13.6 SOCIAL DEVELOPMENT IN THE ADOLESCENT

Adolescence are socially very conscious people. They strongly feel that they are responsible members of society & they have definite role to play for the welfare and well-being of the society. They are quite aware of their rights & duties & responsibilities to be performed towards society. Accordingly they come forward to take active point in social functions, ceremonies & their observances. Social consciousness make them quite sensitive to social, political & communal problems facing the society. It is due to this reason that adolescence are always in the fore front of any social revolution in the country. Social characteristics of the adolescents are also remarkable so far as their development of social personality is concerned. Some of the distinguishing features of such characteristics may be described below –

a) **Sense of patriotism:** Social consciousness may also make them develop the sense of patriotism or love of the motherland. They are even ready to sacrifice their life for the sake of their motherland. So, they join military & para-military forces for defense of the country.

b) **Active politics:** The boys & girls again develop active interest in politics owing to their social & political ambitiousness. They realized that they should follow certain political ideology in order to solve the country & socio-economic problems. They are, therefore, desirous & capable of giving leadership to society in solving the social eco & communal problems.

c) **Sense of empathy:** A strong feeling for others, derivative of the social senses may influence the mind & behavior of the adolescents. Accordingly they are more concerned about the feeling of joy and sorrow with other members in society. Their social senses are quite selfless for which they are ready to sacrifice their own life & happiness for others. Such a characteristics typically to be found at this stage may be said as empathy.

13.7 IDENTITY DEVELOPMENT IN THE ADOLESCENT

Identity development is one of the significant characteristics of adolescence period. In fact, it is referred as a period of search for identity. For most, the search for identity begins in the adolescence years. In the early years of adolescence, conformity to the group is still important to boys and girls. Gradually they begin to crave identity and are no longer satisfied to be like their peers in every respect, as they were earlier. However, the ambiguous statuses of adolescents today present a dilemma that greatly contributes to the adolescents "identity Crisis" or the problem of ego-identity.

During this stage, adolescents are more open to trying on different behaviour and appearances to discover who they are. In other words, in an attempt to find their identity and discover who they are adolescents are liking to cycle through a number of identities to find one that suits them best. But developing and maintaining identity is a difficult task due to multiple factors such as family life. Environment and social status. Empirical studies suggest that this process might be more accurately described as identity development, rather than formation, but confirms a normative process of change in both content and structure of one's thought about the self.

Approaches to identity development in the adolescent:-

There are two main aspects of identity development. These are – self-clarity and self-esteem. Again, researchers have used three general approaches to understand identity development in adolescents. These are- self-concept, sense of identity and self-esteem.

Self-Concept: The self-concept is known as the ability of a person to have opinion and beliefs that are defined confidently, consistent and stable. Early in adolescence, cognitive development result in greater self-awareness, greater awareness of others and their thoughts and judgement, the ability to think about abstract, future responsibility and the ability to consider multiple possibilities at once. As a result, adolescents are able define themselves based on their values, thoughts and opinions.

Sense of identity: Another important aspect or approach to identity development in the adolescents is sense of identity. Egocentrism in

adolescents forms a self-conscious desire to feel important in their peer group and enjoy social acceptance. Sense of identity represents a coherent sense of self-stable across circumstances and including past experiences and future goal. Adolescents begin to by defining themselves based on their crowd membership.

Self-Esteem: Self-esteem is defined as one's thought and feelings about one's self-concept and identity. Most theories on self-esteem state that there is a grand desire, across all genders and ages, especially among adolescents to maintain, protect and enhance their self-esteem. Details about this concept will be discussed in the succeeding unit.

The years of adolescence create a more conscientious group of young adults. Adolescents pay close attention and give more time and effort to their appearance as their body goes through changes. Moreover, the environment in which the adolescents grows up too play a significant role in identity formation.

13.8 EDUCATIONAL PROVISIONS FOR ADOLESCENTS

Education for the stage of adolescent is undoubtedly a difficult & challenging task for the teacher. The multiplicity of the psychophysical needs of the boys & girls should be reasonably satisfied by the educational system designed at the secondary stage. On the one hand it should serve the varying needs & aptitudes of the adolescent individually & on the other hand it should serve the social, cultural & educational needs of the society. Socio-eco development of a country basically depends upon the effective educational system provided to them keeping in view of these points attention may be given to the following aspects of their development.

a) **Diversification of the courses:** In view of development of diverse interest & aptitude in mind, curriculum should be diversified at the secondary stage should provide the various channels of arts, science, commerce technical, fine-arts in order that their native interest & aptitude may be explored & identified science subs should be designed in order to satisfy their quest for new knowledge & experience & to develop the spirit of innovation & experimentation. They should be

able to understand the mystery of science & the secret of the natural world. They should also be provided with the intellectual & academic atmosphere in school that may help in the development of their creative talent & inventive power through specialization of their higher studies.

b) **Vocationalisation of education:** Education meant for them should be based on the principle of utility productivity & practicability of knowledge. It should serve the eco & productive need of individual & the society. Education should be capable of making them economically self-sufficient & give them self-employment. A vocational views of secondary education can make it more meaningful & useful for their life. It may train manpower resources of the adolescent as ideal citizen. Vocationalisation of secondary education can therefore, help to develop individual potentiality for social progress.

c) **Development of democratic values:** Keeping in view of their social consciousness it is necessary to train them in development the democratic values & ideals of life. Their thought, feeling & attitude should be tempered by the ideals of truth, justice, equality & fraternity. These ideals of democracy need to be practiced in their personal & social life & activities. Potentialities of leadership in them should also trained through making provision for leadership training. They should be acquainted with the social heritage & in appreciating its desirable qualities. They should also be trained in national discipline & develop wider outlook of internationalism.

d) **Education for leisure:** Secondary education should make ample provision for effective training in utilization of leisure in the boys & girls. Curriculum for this purpose should include the items of knowledge & experience that may develop the specific interest in finer senses of art & esthetics. It may include literary & artful activities along with the indoor & outdoor games according to their choice & interest. The major objective of such training should be to develop good taste, healthy mind & outlook & to provide outlet for effective training in their creative talent.

e) **Provision for sex education:** Education meant for adolescent can't

afford to neglect the vital need problem of sex at this stage. The modern educators are more inclined to give sex education in secondary school. A healthy outlook & attitude on sex life may be given through scientific knowledge of sex to them. It may help to remove many of their illusion & misconception arising out of sex curiosity. Sex education should also form a part of their health & hygiene.

f) **Provision for moral education:** At the adolescent stage the moral senses are very high. The boys & girls strongly feel the sense of right & wrong, truth & false, virtue & vice. The moral lessons need to be presented to the through formal education & make it a part of their day to day life and activity. A development of moral sentiment needs to be helped through formation of positive outlook & attitude towards anything. It may help in sublimating their instinct of sex in the constructive & creative way.

g) **Building up of a philosophy of life:** Adolescent may be helped in selecting right ideal of life for their future. The teacher and the parents should see that they don't happen to select an ideal aim in their life that is not possible to be realized in the reality. They should developed more realistic ideal of life that may be workable. A workable philosophy of life should be presented to them in order that it may be translated in to action.



CHECK YOUR PROGRESS

Q 9: What is self-concept?

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Q 10: Why is sex education important for adolescents?

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13.9 LET US SUM UP

After going through this unit, it can be summarized as-

- The period of adolescence which is marked by rapid and revolutionary changes in the individual's physical, mental, moral, emotional, spiritual, sexual and social outlook.
- The term-"adolescence" comes from a Latin Word***-"Adolscere"*** which means-"to grow" or "to grow to maturity".
- Adolescence 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.
- Adolescence period is divided into two parts – Early Adolescence, and Late Adolescence.
- General Characteristics of Adolescence are- a period of Rapid Growth and Development, period of importance, period of Transition etc.
- Some needs of adolescents are- Sex need, Intellectual need, Need of freedom etc.
- Some of the problems of adolescents are- Sex problem, Emotional Problems, Social problems, Educational Problem etc.
- During adolescence, the physical growth and development reaches its peak and human body finds its final shape.
- Stage of adolescence is marked by significant mental and intellectual done taking place that may have the far reaching effect on future development in terms of intellectual efficiency, creative imagination etc.
- Adolescence are socially very conscious people. They strongly feel that they are responsible members of society & they have definite role to play for the welfare and well-being of the society.
- Identity development is one of the significant characteristics of adolescence period. In fact, it is referred as a period of search for identity



13.10 FURTHER READING

1) Dash B.N (2011): A textbook of Educational Psychology, Dominant publishers and distributors' pvt. Ltd.

2) Chetry Krishna Kumari (2016): Developmental Psychology, Ashok Book Stall, Panbazar, Ghy.

3) Goswamee Gayatree (2008): Child Development and Child Care, Arun Prakashan, Guwahati, Assam.

4) Hurlock Elizabeth B (1980): Developmental Psychology: A life-span Approach, Mc Graw Hill Companies, Inc., New York.



13.11 ANSWERS TO CHECK YOUR PROGRESS

Ans to Q No 1: The derivative meaning of adolescence is ***-"Adolscere"*** a Latin Word, which means-"to grow" or "to grow to maturity".

Ans to Q No 2: Adolescence emerges from later childhood stage and merges into adulthood.

Ans to Q No 3: The age range of adolescence is from 12/13 years to 18/19 years in India.

Ans to Q No 4: G. Stanley Hall is known as the father of adolescence as his work influenced adolescent theme in psychology.

Ans to Q No 5: Early Adolescence extends roughly from 12/13 to 16/17 years.

Ans to Q No 6: Hero-worshipping is a tendency among the adolescents. The adolescents start to identify themselves with an ideal hero, whom they obey and follow. They admire and respect him

Ans to Q No 7: Some needs of adolescents are- Sex need, Intellectual need, Need of freedom etc.

Ans to Q No 8: For female, the most significant primary sexual characteristics is the first menstrual period average at 12 years and for male it is the first sperm Arche at average 13 years.

Ans to Q No 9: The self-concept is known as the ability of a person to have opinion and beliefs that are defined confidently, consistent and stable

Ans to Q No 10: Education meant for adolescent can't afford to neglect the vital need problem of sex at this stage. The modern educators are more inclined to give sex education in secondary school. A healthy outlook & attitude on sex life may be given through scientific knowledge of sex to them.



13.12 POSSIBLE QUESTIONS

A. Short Questions (Answer each questions in about 150 words)

Q 1: Who are adolescents?

Q 2: State some of the characteristics of adolescents.

Q 3: What is identity development in adolescents?

Q 4: What is self-esteem in adolescents?

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

Q 1: Discuss the physical changes that occur during adolescence period.

Q 2: Discuss the cognitive development in adolescents.

Q 3: What are the approaches to identity development in adolescents?

Q 4: Why is adolescence period considered as period of storm ns stress?

Q 5: What educational provisions are there for the adolescents over all development?

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