



UNDERSTANDING ADOLESCENCE

BCCC-1(CHILDHOOD AND GROWING UP)

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INTRODUCTION

- According to scholars, age from 13 years to 21 years is the adolescence stage.
- According to Psychologist adolescence stage starts from sexual maturity and ends at legal maturity.
- According to education psychologist attaining the age of 13 years is not only the meaning of adolescence but it also means of total and proper physical and mental change inside the girl child/boy child because all these changes along with emotional, social changes have strict effect on maturity.



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- At this stage of changes the parents, teachers, guardian, family and other pupils who want things of well being of there children and want the development of family, society and nation have to take great care of the adolescents because adolescents are the power of present and hope of future.
- Adolescence word originates from the Latin words '*adolescere*' that means 'to grow, to maturity'.



DEFINATION OF ADOLESCENCE

Adolescence is defined by different intellectuals in their own way, which are as follows:-

- According to Stanley Hall:- “Adolescence is a period of great stress, storm and strike”.
- According to Cark Michael: - “Adolescence has been defined as that time of life when an immature individual in his approaches the culmination of his physical and mental growth”.



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- According to *Eysenck* and others:- “The adolescence period is a period after childhood in which individual self responsibility is established”.
- According to *Bigge & Hunt*:- “One word which best characterised adolescence ones is change. The change is psychological, sociological and physical.



STAGES OF ADOLESCENCE

In this way from the above stated definition, it is clear that adolescence is the stage of strict changes, which is an intermediate stage between childhood and adulthood i.e. it starts from the last of the children and ends at the early stage of young stage. Intellectual divide adolescence into two stages for the sequence wise study, which are as follows:-

- Early Adolescence:- 13 to 16 years of age
- Post Adolescence:- 17 to 21 years of age



PRINCIPLE/ THEORY OF DEVELOPMENT OF ADOLESCENCE

Importance has given to two theory related to Adolescence:-

- **Theory of Salutatory Development:- (Stanley hall)**
According to this theory, changes going during adolescence are sudden; there is no any relation between these ongoing changes and previous change.
- **Theory Of Gradual Development (Thorndike)**
According to this theory during the development of adolescence stage the differences and originality comes slowly-slowly besides coming quickly.



CHARACTERISTICS OF ADOLESCENCE

- Adolescence is an important stage of human life. As Staley Hall stated by making it clearer - “Adolescence is a new birth for the higher and more completely human traits”.
- CHARACTERISTICS OF ADOLESCENCE ARE AS FOLLOWS:-
 - 1) Period of changes.
 - 2) Defined pattern of development.
 - 3) Recapitulation of infancy (Ross).
 - 4) Idealism or age of hero worship.
 - 5) Importance to group (Peer group).
 - 6) Period of developed social relationship.



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- 7) **Change in interest of and stability.**
- 8) **Freedom and revolt feeling.**
- 9) **Period of self dependence.**
- 10) **Period of selecting occupation.**
- 11) **Development of delinquency.**
- 12) **Will of status and importance.**
- 13) **Excitement of sex-feeling.**
- 14) **Period of preparation of adulthood.**
- 15) **Period of transition**

