

Unit II Understanding Adolescence

➤ Introduction

- Adolescence is a very important period of human life.
- The term adolescence comes from the word adolescere, meaning "to grow" or "to grow to maturity".
- It is the middle period between childhood and adulthood.
- As it is used, the term adolescence has a broader meaning which includes mental, emotional, and social maturity as well as physical maturity.
- The occurrence of this stage is affected by functioning of endocrine glands, which is mainly affected by sex, environmental factors, race, nutrition etc.
- The age of adolescence is varied according to the geography.

Understanding Adolescence....

- According to WHO the age is 10-19. But, generally the age is 13-19. Early adolescence (13-16) known as terrible teens, late adolescence (16/17- 18/19) known as Youths
- As Charles Darwin Started the study of development psychology in the 19th century, then the famous American psychologist G. Stanley Hull differentiated adolescence from the puberty stage which was combined studied earlier.
- Adolescence is the solid foundation age of education for higher education.
- It is also vulnerable age so, they can be easily influenced by the peers.
- According to the psychologist Adolescence starts from physical or biological development and ends in cultural development.
- Adolescence is highly important by the social aspects because they develop social values during this period.

Understanding Adole

➤ Characteristics of adolescence.

- It is an important period.
- It is transitional period.
- It is a period of change.
 - a. Heightened emotionality.
 - b. Ambition.
 - c. Social approved activities
 - d. Ability of bearing responsibility.
- It is a problem age.
- It is the time of search for identify.
- It is a dreaded age .
- It is the time of unrealism
- It is the threshold of adulthood.

Understanding adolescence.....

- Development tasks:
- Adolescence wants to make mature relation with elders and others.
- They want to achieve socially responsible behavior.
- They want to be physically fit , try to use the body effectively.
- They attempt to be emotionally independence.
- They achieve masculine or feminine roles.
- They prepare for marriage and family life.
- They prepare for occupations.

Adolescence con....

- Cognitive development :
 - According to Jean Piaget cognitive development occurs at formal operation stage. According to W.N. Dandekar the changes during this stage are not dramatic like puberty stage nor future affect of emotional changes. Alfred Binet accepted that during this period mental development is in the high level. Adolescence can have high level logical power, thinking power, speculating power like adults. They can develop formal logic and hypothetical deduction.
 - The formal characteristics of cognitive development during period are follows:
 - Thinking about possibilities.
 - Thinking Abstractly.
 - Thinking through hypothesis.
 - Development of meta-cognition.
 - Understanding others' perspectives

Adolescence conti.....

- Realistic and pragmatist thinking.
- Reflective and relativist thinking.
- Self regulatory learning.
- Executive functioning.
- Dogmatism-skepticism
- Post skeptical rationalism.

During this period there is direct affect of society and culture. According to Vigotsky, cognitive development of this period is known as cultural tools. They do not accept any information unless they are sure. There is variation in attentional process. They can perform homework and watch TV at the same time. They enjoy more imaginary feelings rather than realism.

- Educational implications:

- School should create the educational environment such the establishment of library, Programs of extra-curricular activities, open talent show programs memory tests and provide enough opportunities for mental and intellectual development.
- Teachers should identify the students and help to move into assertive thinking and help to develop innate power.
- Motivational environment should be created.
- Improvement of class room environment and help to solve the problem in creative way.
- Family environment should be supportive.
- There should be harmonious relationship between teachers and students
- Curriculum and test books should be developed and applied according to the level of learners.

Emotional development in Adolescence

- Emotion the English term which is derived from Latin word “Emovere” which meaning is ‘to move out’. It is the emotional period which is very important later life. It is known as ‘ stress and unhappiness period.’
- Emotion is strong feeling and responsive behavior of an organism on certain person and object which is shown on vicarious state. It is the appropriate period of to obtained emotional maturity. The arousal of emotion in this period is the suppression of societal factors
- They try to express their emotions openly but society control them.
- They feel occasionally instability of emotions and every year their emotions are correcting if their emotions are uncontrolled they draw bad effects.
- Emotional development focuses on the following five areas:
- Self-awareness, self-management, inter-person relationships skills, decision making skills and problem solving skills.

Emotional develop...

- Emotional patterns:
- Positive emotions:
 - a. Love and affection.
 - b. Happiness and joy.
 - c. Curiosity
- Negative emotions:
 - a. Anger.
 - b. Hostility.
 - c. Inferiority feeling.
 - d. Jealousy.
 - e. Guilt.
 - f. Fear.
 - g. Grief.
 - h. Worry and anxiety

Emotional develop.....

- Emotional competency:
- Competency is known as skillful display of emotions according to time, location and situations by adolescence.
- They feel childish themselves to display heightened emotionality and try to escape from the situations by role playing not afraid of.
- They understand the heightened emotions will have negative affects and try to control them and display positive emotions.
- Emotional catharsis is the major technique to display emotion.
- They know their activities will affect others emotion so, they control such kinds of activities.
- This period is known as emotional competence if not negative emotions will develop which destroy the personality.
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Emotional Develop.....

Emotional characteristics during adolescence:

- There is no uniformity in emotion.
- Emotions are determined by situations.
- There are diversity in emotions
- There are positive and negative emotions.
- There is heightened emotionality in earlier stages later it will be catharsis.
- Emotions arouse both the causes of internal and external.
- Emotions are universal.
- The causes of emotions make the adolescence problem in adjustment.
- Emotions disturb the personality.

Emotional develop...

- Educational Implications of Emotional Development
- Help to explicit the depressed emotions by parents, teachers and others concerned authorities.
- Provide guidance and counseling in appropriate manner and sympathy and empathy if needed.
- Use defense mechanism techniques such as projection, rationalization, repression, catharsis, displacement, denial, generalization, discrimination etc to remove the emotions of fear, inferiority, complex, depression, guilt etc.
- Teachers should need some kinds of psychological trainings to control the emotions of the students.
- Different kinds of counseling is needed for the problematic students.
- To develop the resistance power to cope the emotions.

Educational Implications....

- They should be provided positive and constructive activities to express their emotions.
- Schools and campuses should provide different kinds of extra and co-curricular activities like sports, short travelling, picnic to express explicitly their emotions.
- Opportunities should be develop in interpersonal relationships.
- Providing of sex education in the different level of curriculum.
- 4'A' principle is very useful to control and mitigate the emotions of adolescence which are:
 - a. Alter
 - b. Avoid
 - c. Accept
 - d. Adapt

2.4 Personality Development

Definitions:

Latin word “Persona” which means the mask used in music and dance. In the ancient Greek and Rome, characters of the play wore mask according to their role in the play. The word “persona” eventually became personality.

J.B. Watson – “Personality is the sum of the activities that can be discovered by actual observation over a long period of time”

Gordon Allport – “Personality is the dynamic organization within the individual of those psycho-physical systems that determine his/her unique adjustment to his/her environment

That is why, personality refers to the sum total of all the patterns of thinking, feeling, acting and behaving that are unique distinguishes from one person to another.

Personality conti....

- Self is the major factor in the personality development of adolescence.

1. Self-motivation.
2. Self mobilization
3. Self confidence
4. Self hurt
5. Self analysis
6. Self judgment
7. Self satisfaction
8. Self concept
9. Self consciousness
10. Self awareness
11. Self esteem

Recent elements/traits of personality

Formula of OCEAN

1. Openness to experience
2. Conscientiousness
3. Extraversion
4. Agreeableness
5. Neuroticism Stability

Personality Conti.....

1. Factors affecting personality:

2. Age of maturing

3. Appearance

4. Sex-appropriateness

5. Name and nicknames

6. Family relationship

7. Peers

8. Creativity

9. Level of aspiration

10. Environmental factors

11. Economic factors

12. Cultural factors

13. Situational factors

Personality Conti.....

Temperment:

1. It is the person's distinct nature, character and feeling of expression of the individual.
2. It is the mental, physical and emotional combined nature of qualities of the individual.
3. It denotes the foundation stone to develop the personality.
4. Adolescence develop their temperament with different social environmental interaction activities from childhood and settle this stage.
5. According to the study co-relation of five traits of personality and temperament, the psychologists categorized the temperament into three parts which are:
6. 1. Easy Child 2. Difficult Child 3. Mentally retarded child(Slow to warm up child)

Moral Development during Adolescence

- a. Moral development is the assimilation of character and value according to the age of the children which would be accepted and which would be rejected in performing the job.
- b. The individual's moral outlook becomes progressively more abstract less concrete.
- c. Moral behavior is conformity with the moral codes of social group.
- d. Moral judgment becomes less egocentric.
- e. There is flexibility in morality during this period because they work with the codes and ethics of society.
- f. Moral development is a process through which children develop proper attitudes and behaviors towards other people in the society.
- g. According to Kohlberg they gain post -conventional level of morality

Moral development Conti....

Lawrence Kohlberg studied over twenty years period in the development of moral development of adolescents and developed a theory of moral development of adolescents which is famous theory.

Kohlberg describes the following stages of moral development:

Stage-1 Pre-conventional level.

It is the first step of moral development. They can't internalization of social values because the lack of proper cognitive development.

There are two sub-steps which are given below:

a. Heteronomous morality (punishment obedience orientation).

It is known as a stage of obedience for avoiding punishment.

Morality depends on punishment and reward provided by seniors.

Moral development Conti....

b. Individualism and exchange:

In this stage individual presents own interests and hopes the same behaviors from others. Morality develops from exchange point of view i.e. if they get positive behavior from others they response the same.

Stage -2 conventional reasoning:

It is the intermediate stage in which children learn good values and apply in the behavior. They feel their wishes, interests and rewards are different from social values and develop morality according to the norms. It is divided into two sub-stages:

a. Mutual Interpersonal expectations (Relationship and interpersonal conformity)

They belief the truth according to the moral decision. They obey and loyal to others if they are responded and help to others if they are helped in this way they develop their moral character.

Moral development conti....

b. Social system Morality/ Law and order orientation:

They obey the rules, laws, justices and responsibilities and develop morality.

Stage- 3 Post-conventional (morality based on principle)

It is the last stage in which adolescence develop their morality by learning and obeying the rules and laws of the nation. In this stage adolescents internalization values through cognitive perspectives.

It has two sub-stages:

a. Social contract and individual right:

Social contract emphasizes to learn laws and they feel they are beyond their behavior even though they are bounded by nation laws and develop their morality according to the laws.

b. Universal ethical principles orientation

They develop their morality according to the universal values if there is problem they use their conscience.

Moral Development.....

Domain and Context of moral development.

Moral Personality:

Moral personality is in which morality and character should be explicit in the behavior.

There are three domains in human personality: ideas, behaviors and feelings. But, in the present context three aspects like moral identity, moral character and moral exemplars' are included in the in moral principle.

Moral Development....

Moral Identity

According to psychologist Blasi human personality is moral identity in which moral attitudes, ideas and commitments are included. Moral identity is affected by willpower, integrity and moral desire. Metacognition skill is very responsible for moral identity.

Moral development....

Moral Character

Moral character helps to eliminate the weak aspects of behavior in which honesty, truthfulness, reliability thought worthy qualities are included.

Moral Examplears

Moral Examplears denote the high moral personality people in which different qualities like morality, courageous, extroversion and justice are included

Context of Moral development

1. Parenting

According to Piaget and Kohlberg parenting role is very important.

a. Parental Discipline:

According to Sigmund Freud deprival of parental love, fear of punishment and rearing systems of children will affect the moral development. The development of morality depends on parenting discipline which are Love withdrawal, power assertion and induction.

Moral Development....

Parenting for moral children and adolescence

Parental discipline's role is vital for the moral development of the children. Cordiality and cooperation are important to assimilate moral character rather than punishment. The following aspects are responsible for moral development:

2. School

- a) hidden curriculum b) character education
- c) value clarification d) cognitive moral education and e) service learning.

Understanding Adolescence

Carrier Development

A. Developmental carrier choice theory:

According to Eli Ginzberg Carrier development in adolescence follows in three alternatives which are: a) fantasy b) tentative c) realistic.

B. Carrier self- concept theory:

According to Donald Super carrier development includes in five steps: a) crastalization b) specification c) implemetation d) stabalization e) consolidation.

Understanding Adolescence

C. Personality type theory:

According to John Halland six types of personality are involved in psychological characteristics: a) realistic b) investigative c) social d) conventional e) enterprising f) artistic

Understanding Adolescence....

Cognitive factors and social development:

- A) cognitive factors.
- B) social context.
 - a) social-economic status.
 - b) parents and peers.
 - c) school influence.
 - d) sex.
 - e) ethnic minority groups.

Understanding Adolescence....

Problem and Disorder I Adolescence

Drug Use:

There are three kinds of definitions which help the using of drug: a) use b) misuse c) abuse.

Understanding Adolescence...

Psychoactive Drugs which are commonly used in drug abuse.

- a) narcotics
- b) psychedelics and hallucinations
- c) sedatives
- d) stimulants
- e) minor tranquilizers

Theories of Drug Abuse

- a) physiological theory
- b) psycho-social theory

Psychological theories, social theories, personality factors.

Understanding Adolescence....

Remedial Measures:

- a) medical measures
- b) aversion therapy
- c) psychological measures
- d) rehabilitation
- e) other measures

Juvenile Delinquency

- a) index offences
- b) status offences