

Adolescence

Early Adolescence: 11 to 14

Middle Adolescence : 14 to 18

Late Adolescence : 18 to 21

Adolescence

- Is derived the Latin verb “Adolescere” which means to grow into maturity
- It is a biosocial transition from childhood to adulthood
- It is based on childhood experiences and accomplishments.
- Adolescence refers to the behavioral characteristics of this period that are influenced by physical and cultural changes
- Period of rapid physical and biological changes with may leads to competence, tension, frustration and feeling of insecurity

Adolescence



- Early Adolescence: 11-14 years
- Middle Adolescence: 14-18 years
- Late Adolescence: 18-21 years

Adolescence

Many psychologists once believed that childhood sets our traits. Today psychologists believe that development is a lifelong process.

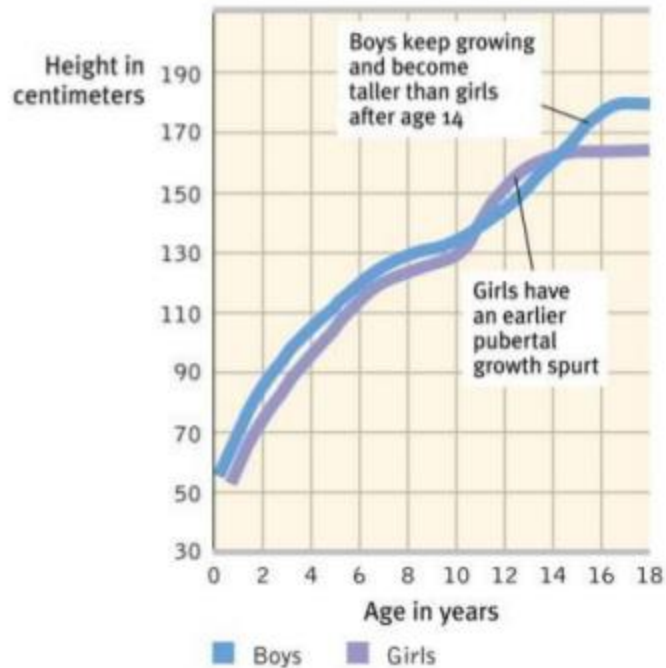
Adolescence is defined as life between childhood and adulthood.



AP Photo/ Jeff Chiu

Physical Development

Adolescence begins with **puberty** (sexual maturation). Puberty occurs earlier in females (11 years) than males (13 years). Thus height in females increases before males.



a) Another personality crisis:

- Around 12 - 13 years the child enjoys a happy state of equilibrium. He is well adapted to a milieu he knows better and is conscious to be a member of a group whose ideals and rules he shares, accepts, and respects. With the mastery of his impulses, he is conscious of his self-will and uses it when in need.

- But very soon this balance is threatened by a very rapid physical and physiological growth.
- * his body grows and changes.
- * he witnesses the apparition of secondary sexual features.
- * he becomes conscious of his sexuality.
- It is quite a revolution and the adolescent starts a quest for a more appropriate place for him in society. The future is seen as attractive, full of promises and at the same time hazardous and frightening.

Physical and Physiological Development

- Physical development refers to the growth of the physical body, such as growth of hair, bones, muscles, organs or any other physical aspect of a species. Physiological development, on the other hand, refers to the body's capacity to increase certain functions of the body. For example, a long-distance runner over time builds strong muscles, a physical development, but he will also increase his ability to transfer oxygen faster, a physiological development.

The adolescent (whether a girl or a boy) reacts along three stages:

- * he is in conflict with his family and environment (puberty stage)
- * he looks for a new balance among peers (starts going out with a band, believes in friendship, and develops a set of symbols to identify the group or band he belongs to like particular way of clothing , speaking, meeting rituals, codes etc.). It is the adolescence stage.
- * then a quiet and peaceful period with a relative autonomy . It is the maturation phase.