

Course Name - Bachelor of Physical Education

Year – IInd (Part-1)

Paper Name - Psychology with Special Reference to Physical Education

Topic Name - Adolescence

Topic No. - Sec - B (6)

Paper No. - IInd

Lecture No. - 9

Lecture Title

Adolescence

FAQs

Q1: What do you understand by Adolescence?

Answer: The term Adolescence is derived from Latin word ‘ADOLESCERE’ which means ‘to grow to maturity’. It is the period of transition from childhood to adulthood. This period ensures fullest development of individual. During this period, changes take place in all the aspects i.e. Physical, Sexual, emotional, social, mental and moral. In other words, all round harmonious development at its fullest takes place.

Q2: How did Stanley Hall describe Adolescence?

Answer: Stanley Hall has regarded Adolescence as “a period of great stress and strain, storm and strife.”

Q3: What type of changes occurs during adolescence?

Answer: Adolescence is delicate period of growth and development. During this period, an individual undergoes tremendous changes in all the aspects i.e. Physical, Sexual, emotional, social, mental and moral. In other words, all round harmonious development at its fullest takes place.

Q4: What changes in body proportions occur during adolescence period?

Answer: Different Parts of the body grow at different rates during Adolescence period. Arms and legs grow longer, Hand and feet grow bigger. Trunk grows to its full length. Facial features also change like nose becomes larger and assume the final shape, forehead becomes wider and chin becomes longer. The changes in body proportions, gives adolescent an awkward and clumsy look which makes him conscious about himself.

Q5: What changes in voice of girls and boys occur during adolescence?

Answer: There is a distinct change in voice among boys as well as girls. Voice deepens & becomes Harsh in case of boys whereas Voice becomes Shrill & Sweet in case of girls.