

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

Glossary

- **Transition:** Process or period of changing from one state or condition to another
- **Strive:** Make great efforts to achieve or obtain something
- **Instinct:** An innate, typically fixed pattern of behavior in response to certain stimuli
- **Progressive:** Happening or developing gradually or in stages
- **Manifest:** Clear or obvious to eye or mind
- **Upheaval:** A violent or sudden or disruption to something
- **Rationalize:** Attempt to explain or justify with logical reasons
- **Multifaceted:** Having many sides
- **Tremendous:** Great in amount, scale or intensity
- **Crucial:** Of great importance
- **Inculcate:** Instill by persistent instruction