

Course Name - Bachelor of Physical Education

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Paper Name - Psychology with Special Reference to Physical Education

Topic Name - Adolescence

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Lecture Title

Adolescence

Welcome to the bachelors course of Physical Education. Today, we will discuss Adolescence period.

Well,

The term Adolescence is derived from Latin word ‘ADOLESCERE’ which means ‘to grow to maturity’. 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. This is a period of childhood to maturity. At this stage, childhood ends and a revolutionary process of change starts. In earlier years Adolescence had a narrow meaning. At that time, it was just limited to sexual maturity. It means to mature intellectually, emotionally and socially. ROSS highlighted another aspect of adolescence. He considered this stage as Primitive period of life i.e. infancy and a ‘second turn’ of the spiral of development.

According to encyclopedia of educational research, the process of development and adjustment during the so called transitional period between childhood and maturity- roughly the teen years. Typically, Adolescence is presumed to be a period involving certain discontinuities in development with resulting increase in Psychological disturbance and a particular pattern of adjustment problems. Also it is presumed to be a rather critical period in Psychological development forcing basic reorganization in personality.

1. **Etymologically**, the term Adolescence comes from the word ‘Adolescere’ which means ‘to grow or to grow to maturity’.
2. From **the biological** point of view, “Adolescence is the stage when puberty dawns. Chronologically, this is a span of life ranging from 12 to 19 years and having individual and cultural differences.”
3. **Sociologically**, Adolescence is a transitional period from dependence on parents to self-sufficient adulthood.
4. **Culturally**, Adolescence period varies from community to community. In some communities marriage among boys and girls takes place quite early (as early as 13 or 16 years of age).

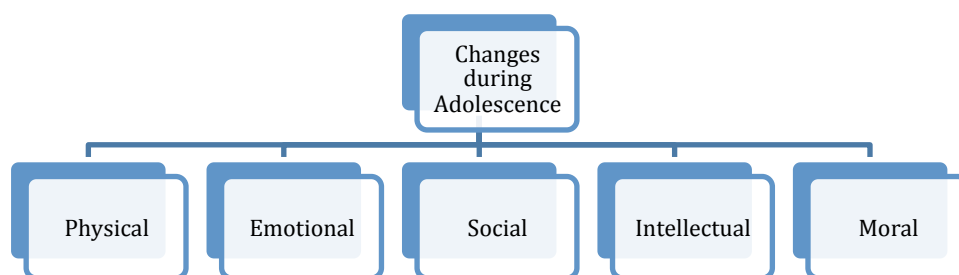
5. **Psychologically**, “Adolescence is a marginal situation which involves psychological disturbances and problems of adjustment. It differentiates the childhood behavior from the adulthood behavior.”
6. **Jersild** States that, “Adolescence is that span of years during which boys and girls move from childhood to adulthood, mentally, emotionally, socially and physically.”
7. **Kuhle** define Adolescence as “a period which is characterized by sexual, social. Occupational and ideological adjust and striving independence from parents.”
8. **Stanley Hall** has regarded Adolescence as “a period of great stress and strain, storm and strife.”
9. **Bigge and Hunt** have remarked “The one word which best characterize Adolescence is change”. The change is physiological, sociological and physical.

The incident of this period greatly affects the whole personality of the Individual. That is why it has been called the most crucial period of individual's life.

All the definitions of Adolescence reveal.

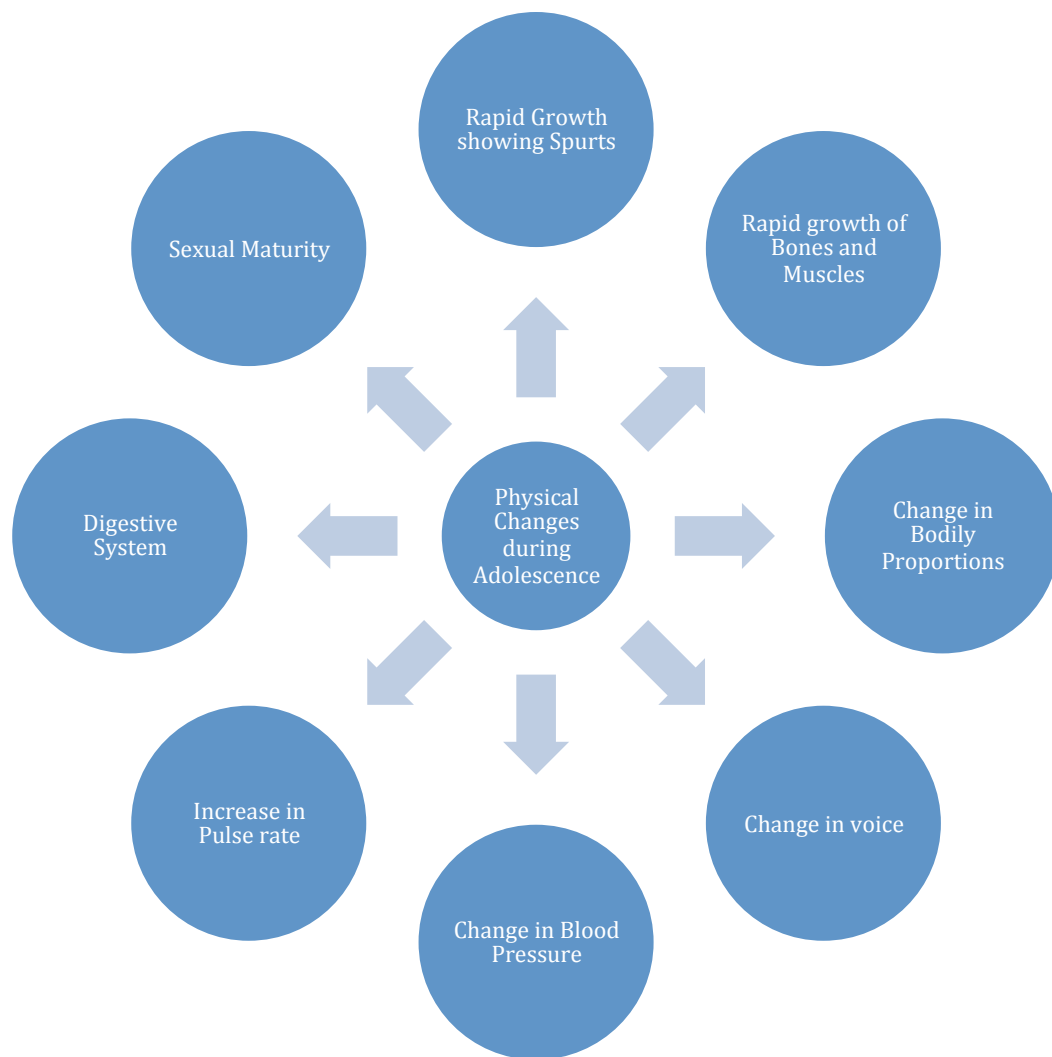
Adolescence is delicate period of growth and development. During this period individual may undergo stress. It is a period of ups and down, Stresses and strains. Education system should be so developed that help ease problems of this period and make this period as comfortable as other periods of life. In order to develop strategies to make this period comfortable, educationists, parents, teachers must understand the characteristics of this period.

Now we will discuss important characteristics of Adolescence period in all the aspects i.e.



- Physical
- Emotional
- Social
- Intellectual
- Moral aspects

First of all we will take up physical changes



1. **Rapid Growth showing Spurts**

Adolescent's height increases rapidly due to growth in bones and muscles. His weight increases and it reaches at its maximum but the rate of increase in weight is not synchronized with height that is why an individual looks thinner at this stage. Generally boys are heavier and taller than girls yet during this period particularly between 12 and 14 years, girls look taller and heavier than boys.

2 **Rapid Development of Bones and Muscles**

During adolescence period, there is rapid growth of bones and Muscles. By the end of Adolescenceperiod, Boys and girls attain final shape, and may differ in this aspect of growth & development. Muscles in case of girls remain softer while those of boys become hard and firm.

2. **Change in Bodily Proportions**

Different Parts of the body grow at different rates in Adolescence period,

- Arms and legs grow longer
- Hand and feet grow bigger
- Trunk grows to its full length.
- Abdomen increases in width
- Facial features also change like nose becomes larger and assumes the final shape
- forehead becomes wider
- chin becomes longer

These changes in proportions of the body, gives Adolescent an awkward and clumsy look.

another important change of physical nature is

4. Change in Voice

There is a distinct change in voice among boys as well as girls

- Voice deepens & becomes Harsh in case of boys.
- Voice becomes Shrill & Sweet in case of girls.

5. Change in Blood Pressure

Adolescence period is marked with changes in blood-pressure. In the early childhood girls have higher blood-pressure than boys but with the beginning of Adolescence period in case of Boys, blood-pressure starts increasing and this difference increases with age.

6. Increase in Pulse Rate

During Adolescence Period, pulse rate increases in boys as well as in girls.

7. Digestive System: Digestive system of Adolescent undergoes a progressive change. As a result of this, individual has a desire to eat more.

8. Sexual Maturity: The important changes that are observed in Adolescence period pertain to sexual maturity of the individual marked by

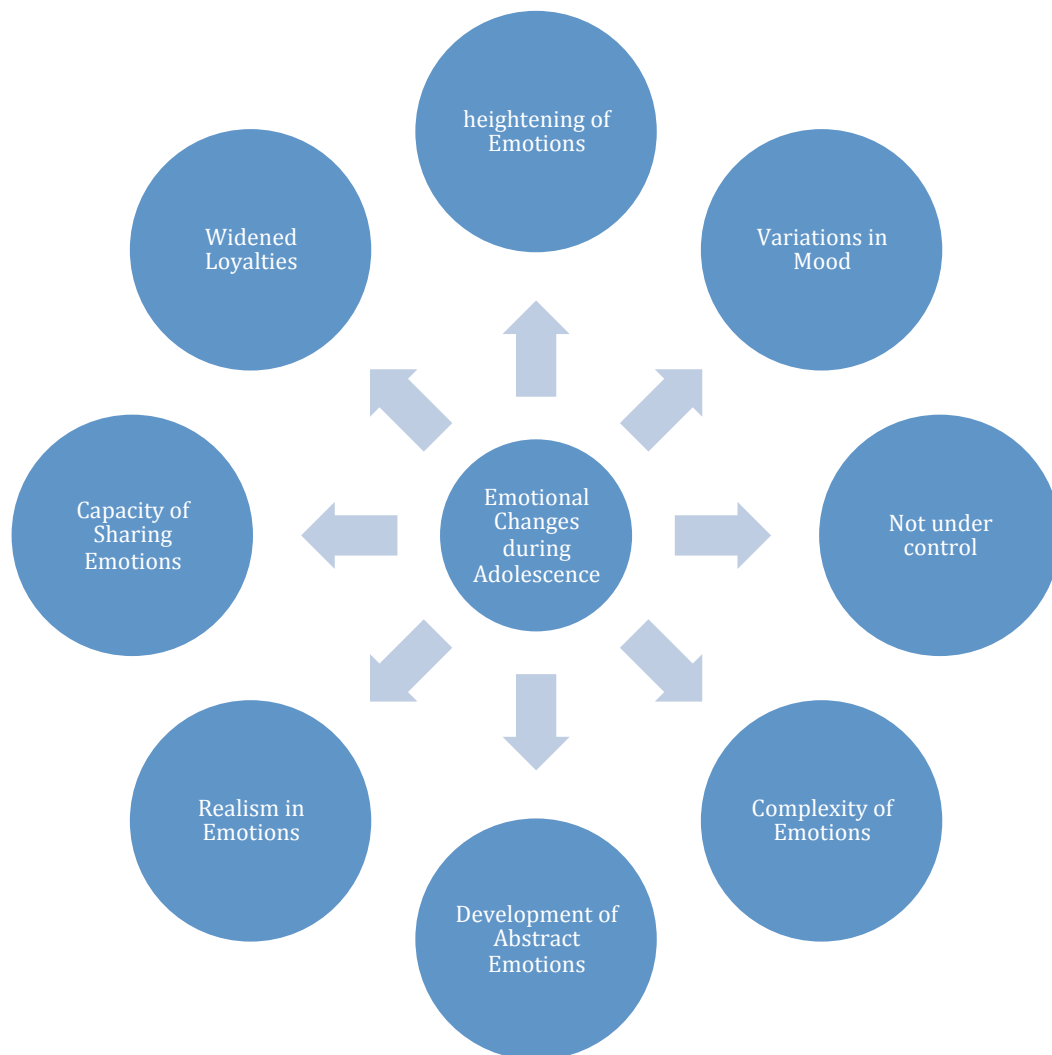
- increase in size of genitals in males
- development of breasts and growth of pelvis in females.
- Sex glands begin to function. Sex instinct becomes active.
- Hair growth in pubic regions, underarms, legs, limbs, Trunk and thighs.

To sum up, we can say Adolescence is a period of Maximum physical growth which brings about changes in the body proportions and making boys and girls, Man and woman respectively.

Now we shall take up

EMOTIONAL CHANGES

During Adolescence period, emotional development of an individual reaches its maximum. Adolescents are not at peace. This period is a period of stresses and storms. Some outstanding characteristics of emotions of Adolescence period are



- (1) **Heightening of Emotions:** Adolescence is a period of heightened emotionality. Adolescents are disturbed due to hidden physiological changes (sexual development). They have very intense emotions. Things like nail biting, Tensions, conflicts and frequent quarreling with family members are the manifestations of heightened emotions.
- (2) **Variation in Moods**
Emotions of Adolescent change very frequently. Sometime they are in a very elated mood and at another moment they are depressed. Their moods shift from

positive to negative, negative to positive emotions frequently. An extreme of negative emotions is feeling of committing suicide.

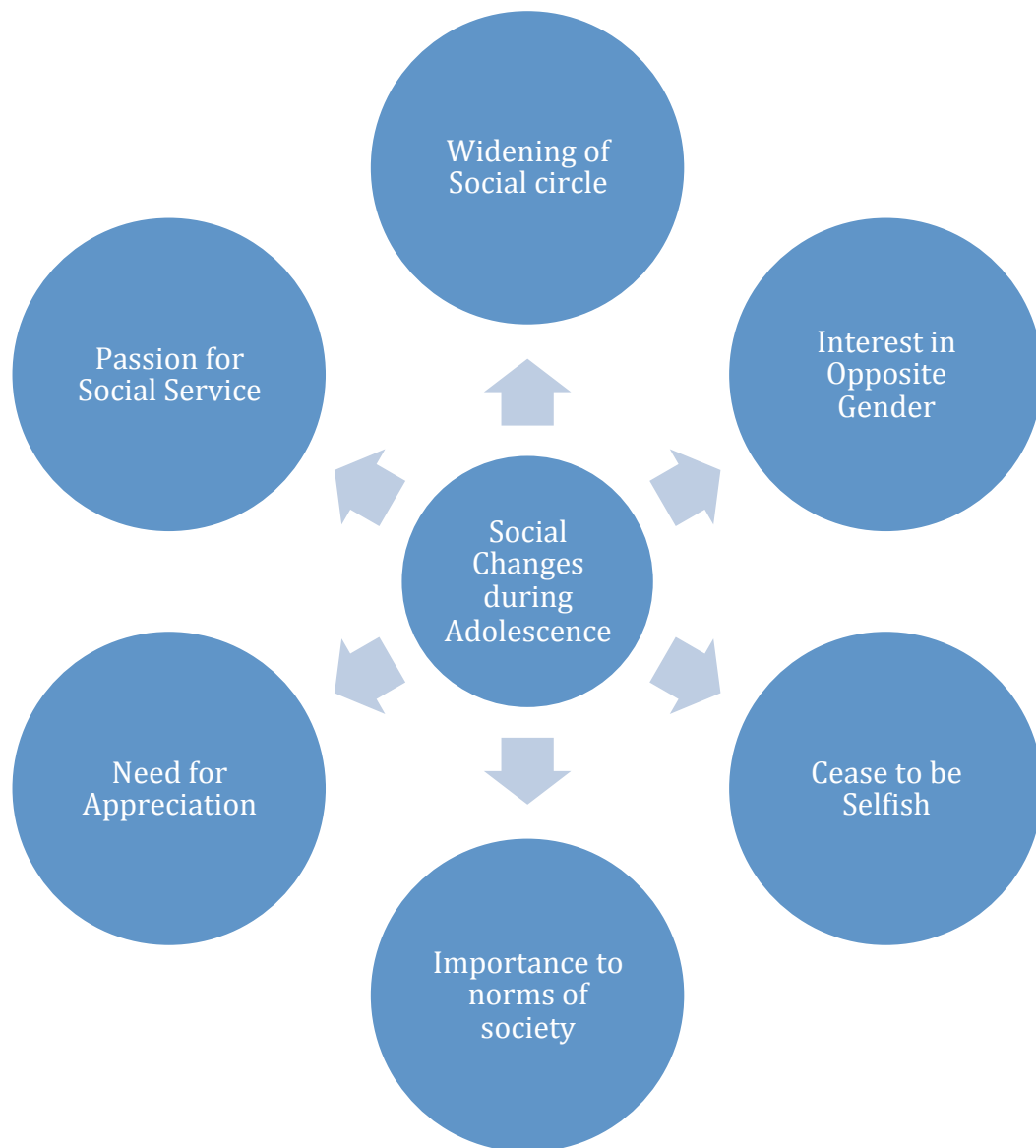
- (3) **Not Under Control:** Emotions of Adolescence are not under control. Outbursts are common features of adolescent's emotions.
- (4) **Complexity:** Due to complexities of experiences in environment, adolescent experience number of upheavals and emotional development becomes complex.
- (5) **Development of Abstract Emotions:** In childhood, individual develops emotions towards concrete objects but during adolescence period, individual starts developing emotions towards abstract objects e.g. truth, wisdom etc.
- (6) **Realism in Emotions:** Though Adolescence is known as period of emotional upheavals, yet Adolescents enters a period of reality. He starts perceiving and appreciating people and objects around him.
- (7) **Capacity of Sharing Emotions:** Adolescents develop an increased capacity for sharing emotional experiences with others. He starts showing concern for the feeling of others like he feels pain when friends or neighbors are in pain and he feels joy when they are happy.
- (8) **Widened Loyalties:** Child is loyal to his family but during Adolescence period, his loyalties are widened. He becomes loyal to his friends and other clubs and organizations. His loyalties towards them are to the extent that he can forgo loyalty towards his family.

Emotional characteristics of adolescents can be summed up in words of Winifred V. Richmond, Restlessness, changing moods, flaming enthusiasms, often short lived, the romantic fantasies, the tendency to day dreaming, the self-conceit and self-assertion characteristics of the girls in her teens arise from the deepest recess of her nature. Adolescence is the hey day of the life. This is equally true in case of boys.

Now, we will take up

SOCIAL DEVELOPMENT

Adolescence is a period of appropriate socialization and social development of the individual with increased social relationships and contacts. In childhood, individual cares a very little for society but Adolescent develops loyalty towards social groups. Some of the characteristic features of social development at Adolescence period are



- (1) An Adolescent's social circle is widened i.e. goes beyond family. He makes intimate friendships and attaches himself closely to certain groups or clubs.
- (2) He becomes interested in opposite gender.
- (3) An adolescent's social behavior is determined by the group he belongs to.
- (4) An adolescent ceases to be selfish, egocentric and unsocial.
- (5) During this period, adolescent tries to behave according to the norms of the society. He gives more importance to values and beliefs of the peer group than advice of his parents.
- (6) He wants independence. Interference and even the caring attitude of the parents bother him. He is badly disturbed resulting into tantrums when interfered.
- (7) Every adolescent wants to be praised, appreciated or recognized by the members of the peer, clubs, parents, etc.
- (8) Adolescent rebels if parents try to impose their view points and values.

(9) At this stage, ideals of social service are formed. Adolescents passionately do social service in fairs, festivals and public gatherings. They may do it even at the cost of their personal inconvenience.

To conclude, it can be said that during adolescence, the individual rises above his ego and tries to behave according to the norms of the society. For him, clubs and peers are above his family.

Nest is the

Intellectual or Mental Development

Maximum mental development takes place during this stage. Intelligence reaches its maximum (climax) during this period. Intellectual powers like abstract thinking, logical thinking are almost developed up to the end of this period.



1. He learns to rationalize 'how' and 'why' of everything scientifically.
2. His critical thinking is also fully developed making him critically examine everything around. He is not able to apprehend the things around easily because he starts to evaluate the things.

3. Attention is fully developed increasing the span of attention. His concentration also increases i.e. he can sustain his attention on a particular object or situation for increased duration.
4. Memory at adolescence period is fully developed i.e. his retention is improved and he can better recall and recognize the learnt material.
5. Imagination at the stage of adolescence is fully developed. If the imagination is appropriately channelized, outcome is the outstanding poets, artist and philosopher. If the imagination is not appropriately channelized, it may result into day dreaming.

To sum up, we can say that this is the period of maximum mental development where individuals starts rationalizing the objects and events around him independently.

Next is

Moral Development

With the development of social and civic sense, individuals during this period learn to behave according to the norms of their society and culture. Group sense makes them follow some moral and ethical code. It paves the path to the proper moral development. Formation of the sentiments and characters intensifies the process of moral development.

It is the adolescence period when the impact of religion and religious practices is felt for the first time. He tries to talk about God and religion and often engages himself in understanding the philosophical concepts like soul, brahma, meaning of life, the question of death, etc.

Next is,

Sexual Development

As discussed in physical development, sexual development reaches its peak during adolescence. Adolescent is sexually mature. During this stage, whole personality structure and behavior of the individual is dominated by Sex. Sex instincts which had been lying dormant during childhood is reawakened. Adolescent reaches the stage of puberty and is sexually matured. During adolescence, sexual development goes through three stages: Autoeroticism, Homosexuality and Heterosexuality.

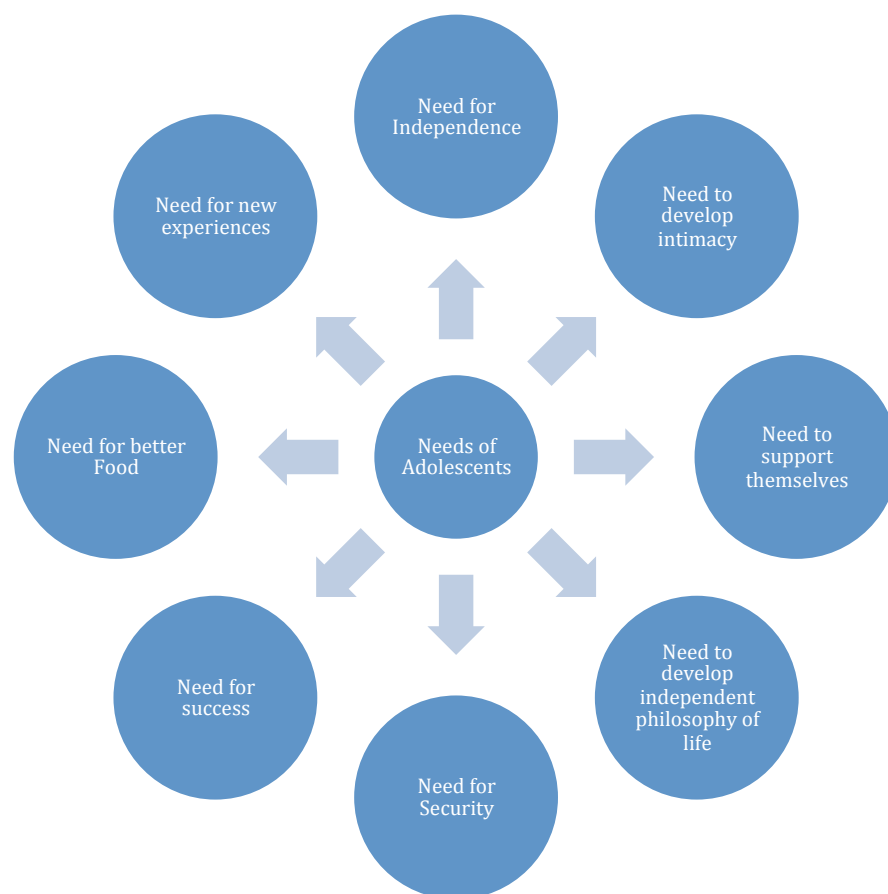
- The first stage is the stage of autoeroticism or self-love. During this stage, individuals fall in love with themselves. They try to take pleasure with their own bodies. Self-decoration and enjoying it before mirror is common practice among them. At this stage, masturbation is very common. Havelock Ellis and other modern psychologists consider it as a natural activity.
- Stage of Homosexuality: At this age, boys and girls are attached towards the member of their own sex and seek gratification from each other's body.
- Heterosexual Stage: At this stage, boys and girls are seen attracted towards each other. They are keen to make friendships or even the sexual relationships with the members of the opposite sex. They meet talks and discuss. Their love may be platonic or Physical contact may be the last stage.

To sum up, adolescent undergoes tremendous changes in all aspects of life which completely changes his life

We shall now discuss the

NEEDS OF ADOLESCENCE PERIOD

As we have already discussed, adolescence is the period of maximum changes in all the aspects. So, the adolescent experiences various difficulties and problems arising as a result of such changes. Some of the important needs of adolescents are



- Need of Freedom from dependence. Adolescents consider themselves as full-fledged adults. So they do not want to be controlled by the elders. Hence they feel the need of independence. They want to control the life of their own. This creates difficulty for the parents and teachers.
- During this stage, sex instinct is very intense and forceful. Adolescents have a craving for the company of the opposite sex. They decorate themselves and try to attract members of the opposite sex. Sometimes, they are not satisfied with the mere company of the opposite sex. They feel the need to develop intimacy.
- As already discussed, adolescents are fully developed in all the aspects of life. They want to choose the path of life on their own and they develop the need to support themselves.

- Adolescent being mentally mature needs to develop independent philosophy of life.
- As adolescents do not want interference. As a result of this, when they lose the support of their parents, they develop the need for security.
- Adolescents develop a strong need for self-recognition and self-appreciation because at this stage they want to be the center of attraction.
- Multifaceted changes and stresses and strains sometimes are responsible for the failures which disintegrate the whole personality. So they develop the need for success as the success helps in proper adjustment.
- As Adolescence is the stage of rapid development, body develops fast and requires nutritious food giving rise to the need for better food.
- Due to the fast mental and social development, adolescents are easily fed up from the routine. He is interested in new experiences. So the need for new experiences arises during this stage.

To sum up, we can say that keeping in view the need discussed so far, parents, teachers, coaches and educationists should help the adolescent to satisfy their needs.

Now we will take up

EDUCATIONAL IMPLICATIONS of the problems of the Adolescence period

The ongoing discussion have clearly maintained that adolescence period, is a period of tremendous changes. If not properly tackled by parents, teachers and educationists may become a crucial period. But if they properly handle the situation, this period can become a comfortable and smooth period of one's life. To exercise their responsibility, there are certain implications which we will discuss one by one.

1. **Physical Exercise and Activities:** Adolescence, as discussed is a period of rapid development. The physical exercises and activities like sports, drills, games and dancing etc. should be introduced to ensure proper physical development and give outlet to the surplus energy.
2. **Provision for Sex Education:** Appropriate sex education at right time by right persons will help the adolescents to overcome their problems.
3. **Sympathetic and Affectionate Attitude:** As already discussed, adolescents get disturbed due to various changes faced by them and over protective and interfering attitude of the parents and teachers. They feel insecure and they should be treated sympathetically and affectionately so that they feel secure and develop a positive self-concept.
4. **Respecting the Individuality:** Adolescents have a need for appreciation and recognition. So their individuality should be respected to ensure smooth personality development.
5. **Democratic Atmosphere:** In schools and homes, adolescents should be provided democratic atmosphere and they should be provided opportunities for leadership.

6. Maximum Provision for Co-curricular activities: Adolescents should be exposed to the atmosphere where they get maximum chance of self-expression. This can be ensured by introducing co-curricular activities in the curriculum.
7. Stress upon Moral and religious education: there should be stress upon quality moral and religious education so that their developing moral and religious philosophy gets a boost. Parents, teachers and religious leaders should not propagate narrow religion. They should try to inculcate the values of brotherhood and humanitarianism. Educational program should aim at helping the individuals in the formation of sentiments like honesty, truth, goodness, patriotism, etc.
8. Coordination of parents and teachers: Parents and teachers should coordinate and co-operate each other in understanding and solving the problems of adolescent. School should act as a center of community service. School should provide ample opportunities for rendering community services and helping them to rise above social disparities and develop dignity of labor.
9. Guidance Centers: As we know, there are tremendous changes in every aspect of life of an adolescent. So there is every probability of facing the problems by adolescents in any field. So there should be guidance centers helping the adolescents to seek guidance in every field.

To conclude, we can say that, adolescence is the period of tremendous changes exposing the adolescents to stresses and strains which may give rise to many problems and needs. So parents, teachers and educationists should understand their problems, provide the atmosphere which enable the adolescents to pass through this stage smoothly.

That's all for today's Lecture

Thank You!