

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

Summary

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.