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PSYCHO-SOCIAL DEVELOPMENT IN ADOLESCENTS

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ABSTRACT:

*"In no order of things is adolescence the simple time of life" The word adolescence comes from the Latin word *adolescere*, which means "to grow" or "to grow to maturity". It is defined as a period of growth between childhood and adulthood (deBrun, 1981). It is generally considered an intermediate stage between childhood and adulthood. In this sense, adolescence is likened to a bridge between childhood and adulthood over which individuals must pass before they take their place as mature, responsible, creative adults. Adolescence is a phase of life beginning in biology and ending in society. For the adolescent, this period is a dramatic challenge, one requiring adjustment to change in the self, in the family and in the peer group.*



For both adolescents and their parents, adolescence is a time of excitement and of anxiety, of happiness and of troubles; of discovery and of bewilderment and of breaks with the past and yet of links with the future. Adolescence can be, then, a confusing time for adolescents experiencing this phase of life.

From a developmental point of view, adolescence is a stage of life when the youth faces biological, cognitive, psychological and social challenges. Adolescence is necessarily a time of inner turmoil and outward conflict; the time when the adolescent faces specific developmental changes (Blos, 1962; Erikson, 1968; Freud, 1969). Psychological tasks involve separation from parents and family and forming a clear sense of self that would become the base of further identity formation (Erikson, 1968). Cognitive tasks include moving from concrete to a higher level of reasoning (Inhelder, 1958), leading to the formation of a systematic values, morals and life goals in accordance with the newly emerging self (Kohlberg, 1976). The emotional tasks include dramatically reduced psychological dependency on parents, separating from the family and forming an adult identity.

KEYWORDS: *biology and ending in society, psychological and social challenges.*

INTRODUCTION

There is a general consensus that the physical, psychological and social changes occurring during adolescence pose a significant challenge to both male and female adolescents. The challenges may be challenging for the family as well, and are often associated with a shift in the balance of family relationships (Steinberg, 1987). As the adolescent matures cognitively, he or she begins to challenge longstanding family routines, customs, beliefs, and values and may upset a once stable system. The impact of adolescent development on close relationships and associated behaviors is likely to be influenced by contextual factors

such as the gender of the adolescents and parent, as well as the family structure and ethnicity. Thus adolescence can be a period of turmoil for both adolescents as well as for parents.

Juvenile development is an individual period of improvement where youngsters need to build up their own convictions, values, and what they need to achieve out of life. As young people continually and sensibly evaluate themselves, they are regularly portrayed as being very reluctant. Be that as it may, the self-assessment process prompts the start of long haul objective setting, passionate and social freedom, and the creation of a develop grown-up.

Three particular stages can be distinguished in the mental advancement of the immature, despite the fact that there is a lot of cover in the stages, and they may not happen amid the age length demonstrated. Amid early puberty (ages 11-13), advancement normally revolves around building up another mental self portrait because of their physiological changes. Youths make utilization of their recently procured aptitudes of legitimate reasoning and capacity to make decisions reasonably. When they achieve the age of fourteen and fifteen (the period known as mid-youth), young people endeavor to release their connections to their folks and their feelings and scholarly limits increments. The immature winds up courageous, and attempts to explores different avenues regarding distinctive thoughts. This assumes an essential job in discovering one's relations to oneself, gatherings, and inverse sex. Amid this time, the juvenile fights over his very own arrangement of qualities versus the set up by guardians and other grown-up figures. The pre-adult likewise starts to go up against more control of instructive and professional interests and favorable circumstances. It is amid this time youths' self-reliance and awareness of other's expectations wind up evident, alongside their journey to add to society and discover their place in it.

Amid late youth (ages extend from sixteen on), young people have a progressively steady feeling of their character and place in the public arena. At this phase in life they feel mentally incorporated and have a genuinely predictable perspective of the outside world. Youths at this point, have set up a harmony between their yearnings, dreams and reality. This is reflected in their anxiety for other people, through giving and minding, rather than the prior youth example of self-satisfaction. By late puberty they have had structured or found their job in the public arena, have define a reasonable objective throughout everyday life, and have started decisively to accomplish it.

There are various personality theories in Psychology which highlights the relationship of development of adolescents and family environment. Some important theories are given below.

Psycho-Social Development in Adolescents

The role of the family and the specific interactions of parent and child have been regarded as powerful determinants of development. Beginning with Anna Freud (1969), early psychoanalytic, who viewed healthy development as a process of individuation attained by a loosening of family and infantile object attachments. According to Huebner (2000) there are five recognized psychosocial issues that teens deal with during their adolescent years. These include:

- **Setting up a character:** This has been called a standout amongst the most critical errands of young people. The subject of "who am I" isn't one that teenagers consider at a cognizant dimension. Rather, throughout the pre-adult years, teenagers start to incorporate the feelings of compelling others (for example guardians, other minding grown-ups, companions, and so on.) into their own preferences. The possible result is an individual who has an unmistakable feeling of his qualities and convictions, word related objectives, and relationship desires. Individual with secure personality, knows where he fits (or where he would prefer not to fit) in his reality.
- **Establishing self-governance:** Some individuals expect that self-rule alludes to winding up totally free from others. They compare it with teenager "insubordination." Establishing independence amid the adolescent years truly implies turning into a free and self-administering individual inside connections. Self-sufficient youngsters gain the capacity to make and finish their choices, live by their own arrangement of standards of good and bad, and have turned out to be less sincerely subject to their

folks. Self-sufficiency is a vital accomplishment if the high schooler is to end up independent in the public arena.

- Establishing closeness: Many individuals, including adolescents, compare closeness with sex. Truth be told, closeness and sex are not the equivalent. Closeness is typically first learned inside the setting of same-sex companionships, at that point used in sentimental connections. Closeness alludes to cozy connections in which individuals are open, fair, mindful and trusting. Fellowships give the principal setting in which youngsters can rehearse their social aptitudes with the individuals who are their equivalents. It is with companions that youngsters figure out how to start, keep up and end connections, practice social aptitudes and end up close.
- Becoming alright with one's sexuality: The high schooler years stamp the first occasion when that youngsters are both physically develop enough to recreate and psychologically propelled enough to consider it. The high schooler years are the prime time for the improvement of sexuality. How youngsters are instructed about and presented to sexuality decides if they build up a sound sexual character.
- Achievement: The general public will in general cultivate and esteem dispositions of rivalry and achievement. In light of intellectual advances, the high schooler years are when youngsters can start to see the connection between their present capacities and plans for their future professional goals. They have to make sense of what their accomplishment inclinations are-what they are right now great at and regions in which they are eager to take a stab at progress.

Excellence has been a long cherished goal for students. The path to reach the pinnacle of excellence may be full of difficulties, but it is always attractive to those who aspire for excellence. To meet the exigencies of this travel to excellence in life requires a sound psyche of individual. It is quite often observed than students of 16 to 18 years loosing killer instinct and that is why they tend to looser when success is just on the threshold whereas a little extra effort would helped them to win over.

"The Youngsters of today, with their capabilities, energy and commitment represents a vital resource, they must be made equal partners in the quest for just future"

Whenever we think of 16-18 year student, a mental picture emerges before us in which one side gives a feeling of freshness, fitness, energy and enthusiasm and other side gives the impression of being rebellious, unpredictable, shortsighted, sloppy and wild. It is because of negative traits, the energy of such students being untapped.

Psychological development largely depends on the physical health, interactions, environment, and peer group and to a great extent on society.

The present era is full of negative psyche. The world is full of anxiety, stress, tensions, depression and frustrations, which have to be face by children later on. Education no doubt enables child to cope with these negative traits. In the words of great Vivekananda, "Education is just to understand what is right/wrong and why it is so.

The defense mechanisms are available but child has to be guided at what extent these ego-defense mechanisms have to be used and up to what extent.

"Sound mind leaves in sound body" It indicates co-ordination between body and mind for achieving success whether is in any field. It indicates the importance of physical training. Certainly physical training provokes individual to control over negative psychological traits.

Exercise has been shown to protect against coronary heart disease, high blood pressure, diabetes, osteoporosis, and some cancers. Regular exercisers also benefit from leaner bodies, improved flexibility and stamina. While most people are aware of these physical health benefits, many are not familiar with the range of mental health benefits that can be derived from regular exercise.

Relatively simple and inexpensive, exercise is a great way of managing stress and maintaining life balance. Its potential to invigorate, improve mood, reduce anxiety and stress, boost self-esteem, and

improve focus and concentration is enormous. In fact, persons who exercise regularly may inoculate themselves against symptoms of anxiety and depression.

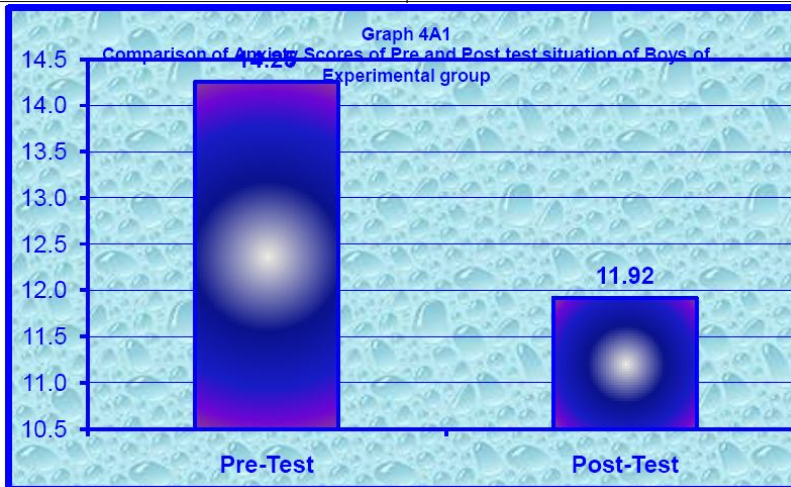
Exercise provides a change of scenery, gets you out of the house and routine, allows you to meet new people and feel less isolated. Its benefits last longer than quick-fixes such as comfort-eating, smoking, or drinking. I know from my own experience that exercise clears my head and generates new creative ideas.

Adding or increasing exercise is often one of the single most potent lifestyle changes you can make to improve your emotional life. It can catalyze other positive lifestyle changes as well.

RESULTS

Table 1 Comparison of Anxiety Scores of Pre and Post test situation of Boys of Experimental group

Experimental Group Boys	Pre-Test	Post-Test
Mean	14.25	11.92
S.D.	1.499	1.634
N	75	75
Standard Error	0.173	0.189
r	0.958	
Mean Diff	2.333	
t	42.579	
p value	0.000	



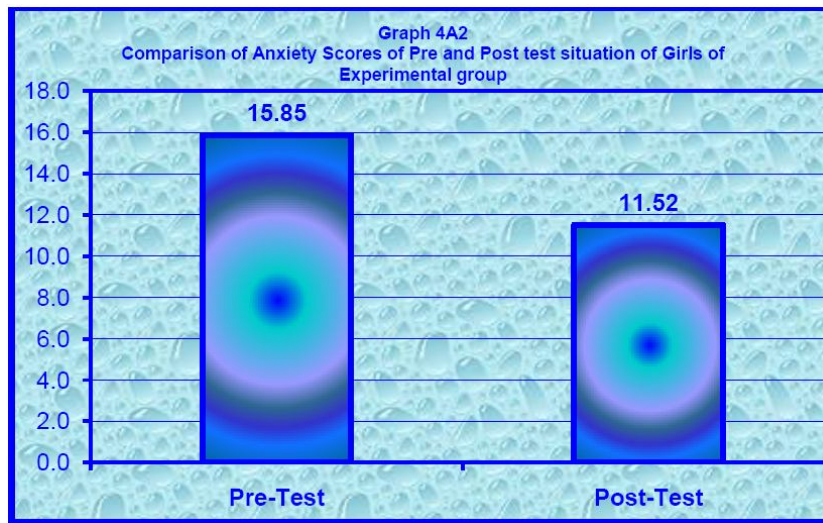
The above table and graph 4A1 show that the mean anxiety scores of boys of experimental group for pre-testing situation is found to be 14.25 while the mean anxiety scores of boys of experimental group for post-testing situation is found to be 11.92. The mean difference is found to be 2.333 and 't' score is found to be 42.759 which is significant at 0.01 level. It infers that there is significant difference between anxiety scores of pre and post test situation of boys of experimental group. It further infers that due to physical exercises there is a reduction in anxiety level of boys.

Comparison of Anxiety Scores of Pre and Post test situation of Girls of Experimental group

Table 4A.2 showing comparison of anxiety scores of pre and post test situation of girls of experimental group.

Table 2
Comparison of Anxiety Scores of Pre and Posttest situation of Girls of Experimental group

Experimental Group Girls	Pre-Test	Post-Test
Mean	15.85	11.52
S.D.	2.011	2.114
N	75	75
Standard Error	0.232	0.244
r	0.975	
Mean Diff	4.333	
t	79.076	
p value	0.000	



The above table and graph 4A2 show that the mean anxiety scores of girls of experimental group for pre-testing situation is found to be 15.85 while the mean anxiety scores of girls of experimental group for post-testing situation is found to be 11.52. The mean difference is found to be 4.333 and 't' score is found to be 79.076 which is significant at 0.01 level. It infers that there is significant difference between anxiety scores of pre and post test situation of girls of experimental group. It further infers that due to physical exercises there is a reduction in anxiety level of girls.

SUGGESTIONS

- > It was observed that students in their daily routine do not has sufficient physical activities and school also emphasized on literary activities in comparison to co- curricular activities. Therefore, for overall development of adolescents Yoga and physical exercises can be made a part of school curriculum.
- > Module can be given on the basis of interest or choices of the students. This will help the adolescent in the optimal development.
- > Yoga and physical exercises can be used as a therapeutic method to enhance energy.
- > Problems at adolescents phase are increasing at a rapid pace. Therefore, public awareness should be created about the positive impact of yoga and physical exercises with the help of mass media, seminars, discussions, programs etc.

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- > This study was conducted on adolescents of both the gender that is girls and boys. Study can be conducted with one gender only that is either on boys and girls. This will help in finding out the differential impact on girls and boys.

CONCLUSIONS

Adolescence is a transition phase. The adolescent develops physically, mentally, emotionally and socially in this phase of life. In today's Indian society lot of pressure is exerted on adolescence in terms of his future life. This leaves the growing youth in stressful condition resulting in the loose of killer instinct which is necessary for excellence.

The stress of being excellent may inhibit the overall development of adolescents. "*Sound mind lives in sound body*", it indicates the importance of co-ordination between body and mind for achieving success and developing all round personality. Proper psychological development of adolescents also depends upon the physical health. In present scenario life style is getting changed drastically.

The result of changed life style is that many persons are suffering from non- communicable diseases like diabetes, blood pressure, ulcer, asthma etc., One of the important reason to have non-communicable diseases is insufficient physical exercise among adolescents. Therefore, physical exercise and yoga should be essential part of one's daily routine. Adolescent daily routine does not provide them sufficient exercise. They are very much busy in the school home work, tuitions and other tasks. They also do not have time for games and sports.

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