

Adolescence

Chapter 9

2) One of the most significant occurrences that ushers in the adolescent period, when youngsters undergo significant bodily transformation, is puberty. At puberty, these changes would cause increased psychological and emotional perplexity and feelings of guilt in the kids. This would imply that teenagers need to be appropriately informed about the psychological and physical changes that puberty entails. Therefore, the early stages of puberty should be carefully monitored to avoid difficulties in development later on.

5) Humans are products of their surroundings, including their upbringing, social network, culture, etc. This would imply that teenagers pick up their behavior from a variety of environments. Children who have parents who smoke cigarettes and drink alcohol are inadvertently encouraged and forced to act in such ways. In addition, friends who used peer pressure would make their peers smoke and drink. Most teenagers succumb to peer pressure, so they model their behavior after their companions. Thirdly, adolescents would have plenty of opportunities in a bad neighborhood to be led to behave in this way. Most of the teens would make poor decisions if their families didn't provide them with guidance. Teenagers who live in a supportive environment, however, will be able to resist temptations and lead fulfilling lives without using tobacco or alcohol.

7) Anorexia Nervosa - is defined by an extremely low body weight, a strong fear of gaining weight, and a desire for a specific body type. The person who has an eating disorder tries to reduce calories significantly or looks for other ways to burn calories, such as by exercising excessively or by following a liquid diet with very few calories, etc. The person frequently becomes so underweight that serious starvation and occasionally death may result. Anorexia entails using unhealthy coping mechanisms to deal with emotional issues and is not always only about food. Instead, it involves using improper coping mechanisms to deal with emotional issues. Moreover, those who suffer from anorexia nervosa frequently restrict their caloric intake by utilizing laxatives and producing vomiting.

Bulimia nervosa - causes episodes of binge eating and purging. This ailment also poses a hazard to life. People with this disorder frequently binge on food, consume excessive amounts, and then vomit the food to reduce calorie intake. This is being done in an unhealthy effort to burn off calories. People frequently purge, induce vomiting, take laxatives, or take weight-loss supplements in an effort to get rid of the calories. People may also engage in behaviors that restrict their intake of food, such as fasting, unhealthy over-dieting, or excessive exercise, in an effort to burn calories.

10) When it comes to concrete operational thought, children prefer to interpret and understand things in a concrete way and perceive meaning as literal. Adolescents are capable of understanding abstract ideas and finding solutions by delving deeper into them when it comes to formal operational cognition. The former approaches problem-solving through trial and error, whereas the latter considers a problem's various root causes. The latter can reason and apply logical reasoning, but the former frequently become perplexed when presented with hypothetical questions.

Chapter 10

17) Parents and their children can relate to or engage with one another in a variety of ways, including as playmates, teachers and students, healers and patients, and reprimands and offenders. According to an out-of-date conception of parent-adolescent relationships, when kids get older, they leave home and enter the outside world on their own. They are left to fend for themselves. Moreover, there was a change in attachment style, which caused adolescents to become anxious, avoidant, and irritable. An authoritative parenting style is characterized by being extremely responsive and demanding. In addition to providing encouragement and affection, authoritarian parents also uphold fair punishments and clear regulations. Secure attachment style and authoritative parenting are associated. The ability to control one's emotions, to experience less emotional discomfort, to get more social support, and to operate better in general on a psychosocial level as an adolescent are all highly correlated with secure connections with parental figures throughout childhood.

18) Adolescents are heavily influenced by their peers, which can result in both positive and harmful peer influences. An adolescent's peer group can help with socialization, which, if maintained, can expand into a social network that will assist the youngster emotionally as he matures and in the years to come. The teen may adopt the bad behaviors of the classmate, though, if they involve drinking or smoking.

20) The trends in dating have changed significantly for both boys and girls. Formerly, individuals dated with the intention of getting married in the future, but now since divorce rates are on the rise, people date and desire to be in a live-in relationship, and marriage rates have fallen. One of the most important causes causing a decline in marriage rates and an increase in cohabiting relationships is the widening wage gap between men and women. Cohabitation has altered how people see it cognitively as its acceptance has grown. Thus, people increasingly favor living together rather than getting married and then divorcing.

21) Events that signify major life transitions, such as a person's birth, adolescence, marriage, children, and death. Ritual exercises and lessons that are designed to relieve people of their particular duties and prepare them for new ones are frequently included in rites of passage.

My own personal rite of passage example:

1) The day my daughter was born was the greatest day of my life since it was then that I understood what true love was and how fiercely protective a person can be of those they love.

2) The death of my grandfather was really sad because it was the first time a close family member had passed away, and my father was quite upset. Nonetheless, I was there to support my father.