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## A ROLE OF PARENTS AND TEACHERS ON CARE AND PROTECTION OF ADOLESCENT ISSUES-A STUDY

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### Introduction

The term adolescence derives from Latin word *adolescere*, meaning “to grow into maturity” it is the transitional period in a person’s life between childhood and adulthood. Adolescence is commonly defined as the life that begins at the one set of puberty, sexual maturity or the ability to reproduce is attained. It has been regarded as period of rapid change both biologically and psychologically. Adolescence is usually associated with the teenage years but its physical, psychological or cultural expressions may begin earlier and end later. The social and psychological dimensions of the adolescent s experience depend on the cultural context. During this period rapid changes, we can see like physical, psychological and social changes and adolescent develop self identity, sense of identity, self esteem, self confidence and various relationship like family, peer, belief system and social responsibility, abstract thinking, sexual orientation and identity.

It is a transitional phase of growth and development between childhood and adulthood. The World Health Organization (WHO) defines an adolescent as any person between ages 10 and 19. This age range falls within whose definition of young people, which refers to individuals between ages 10 and 24. In many societies, however, adolescence is narrowly equated with puberty and the cycle of physical changes culminating in reproductive maturity. In other societies adolescence is understood in broader terms that encompass psychological, social, and moral terrain as well as the strictly physical aspects of maturation. In these societies the term adolescence typically refers to the period between ages 12 and 20 and is roughly equivalent to the word teens.

During adolescence, issues of emotional (if not physical) separation from parents arise. While this sense of separation is a necessary step in the establishment of personal values, the transition to self-sufficiency forces an array of adjustments upon many adolescents. Furthermore, teenagers seldom have clear roles of their own in society but instead occupy an ambiguous period between childhood and adulthood. These issues most often define adolescence in Western cultures, and the response to them partly determines the nature of an individual’s adult years. Also, during adolescence, the individual experiences an upsurge of sexual feelings following the latent sexuality of childhood. It is during adolescence that the individual learns to control and direct sexual urges. Some specialists find that the difficulties of adolescence have been exaggerated and that for many adolescents the process of maturation is largely peaceful and untroubled. Other specialists consider adolescence to be an intense and often stressful developmental period characterized by specific types of behaviour. Stereotypes that portray adolescents as rebellious, distracted, thoughtless, and daring are not without precedent. Young person’s experience numerous physical and social changes, often making it difficult for them to know how to behave. During puberty young bodies grow stronger and are infused with hormones that stimulate desires appropriate to ensuring the perpetuation of the species. Ultimately acting on those desires impels individuals to pursue the tasks of earning a living and having a family.

Historically, many societies instituted formal ways for older individuals to help young people take their place in the community. Initiations, vision quests, the Hindu *samskara* life-cycle rituals, and other ceremonies or rites of passage helped young men and women make the transition from childhood to adulthood. An outstanding feature of such coming-of-age rites was their emphasis upon instruction in proper dress, deportment, morality, and other behaviours appropriate to adult status. The Kumauni hill tribes of northern India offer a vivid example of a culture that traditionally celebrates distinct stages in every child’s life. When girl reaches puberty, her home is decorated with elaborate representations of the coming of age of a certain goddess who, wooed by a young god, is escorted to the temple in a rich wedding procession. Anthropologist Lynn Hart, who lived among the Kumauni, noted that each child grows up at the centre of the family’s attention knowing that his or her life echoes the lives of the gods. Although Kumauni teenagers may act in ways that bewilder their elders, tribal traditions ease the passage through this stage of life, helping young people to feel a connection to their community. From a biological perspective, adolescence should be the best time of life. Most physical and mental functions, such as speed, strength, reaction time, and memory, are more fully developed during the teenage years. Also in adolescence, new, radical, and divergent ideas can have profound impacts on the imagination.

Perhaps more than anything else, teenagers has a remarkable built-in resiliency, seen in their exceptional ability to overcome crises and find something positive in negative events. Studies have found that teens fully recover from bad moods in about half the



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time it takes adults to do so. Despite this resilience, however, for some teens these years are more stressful than rewarding—in part because of the conditions and restrictions that often accompany this period in life. Teenagers spend countless hours doing things they would prefer not to do, whether it be working or spending hours behind school desks processing information and concepts that often come across as abstract or irrelevant. Even excellent students say that most of the time they are in school they would rather be “somewhere else.” Many Western adolescents prefer to spend their time with friends in settings with minimal adult supervision. The layouts of contemporary American communities—especially suburban ones—cause some teens to spend as many as four hours each day just getting to and from school, activities, work, and friends’ houses, yet getting from place to place is not something they have control over until they obtain a driver’s license (an event that became a major rite of passage for adolescents in much of the developed world). But even with access to a car, many teenagers lack appropriate places to go and rewarding activities in which to participate. Many engage with digital devices or digital media or spend time with peers in their free time.

Adolescents generally find that activities involving physical movement—sports, dance, and drama, for example—are among the most pleasurable and gratifying. Ironically, the opportunities for participation in such activities have dwindled, largely because budget concerns have led schools to cut many nonacademic subjects such as physical education. In some American public schools, extracurricular activities have been greatly curtailed or no longer exist. In this adolescence age the different dimensions.



### Physical Development

In early adolescence, the body undergoes more developmental change than at any other time, apart from birth to two years old. The rate of growth is rapid and uneven, with a different pace and rate of change for each individual. Physical changes include increases in height, weight, and internal organ size as well as changes in skeletal and muscular systems. Puberty occurs in early adolescence, triggered by the release of hormones which lead to the development of primary sex characteristics (genitalia) and secondary sex characteristics (eg breast development in girls; facial hair in boys). The increased hormone production affects skeletal growth, hair production, and skin changes. Physical changes are visible to all and highlight the range and pace of change. This sometimes leads to adolescents feeling more or less mature than others. Physical development growth spurts occur about two years earlier in girls than boys.

During this stage dramatic physical change taken place in both growth rate and sexual characteristics, however puberty is not a sudden event but is part of gradual process.

The hormones development of primary and secondary sexual characteristics. The primary sex characteristics include those directly related to reproduction and secondary sex characteristics include features or signs of achieving sexual maturity. In boys are marked by acceleration in growth, facial hair and changes in voice in girls rapid growth in height. But these changes are differing from person to person for example among two boys or girls of same chronological age one may complete pubertal sequence before other has begun it. Both genetics and environment play a part in this. Nutrition and proper medical care also bring positive changes in adolescent.



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### Social Development

Adolescent social development is often described as the process of establishing a sense of identity and establishing a role and purpose. It is an outwards sense of oneself. Body image is a key factor in developing a sense of self and identity, especially for girls, and the family and increasingly peers play an important role assisting and supporting the adolescent to achieve adult roles. Risk-taking is a natural part of the adolescent journey. Social development and emotional development are closely intertwined as young people search for a sense of self and personal identity.

### Emotional Development

The way a person thinks and feels about themselves and others, their inward thoughts, is key to their emotional development. Developing and demonstrating individual emotional assets such as resilience, self esteem and coping skills is heightened during adolescence because of the rapid changes being experienced. Schools are important sites for social and emotional learning and have developed policies and programs around student wellness, often with a focus on a strengths-based approach.

### Cognitive Development

Cognition is the process involving thought, rationale and perception. The physical changes of the brain that occur during adolescence follow typical patterns of cognitive development. They are characterized by the development of higher-level cognitive functioning that aligns with the changes in brain structure and function, particularly in the prefrontal cortex region. The structural and functional brain changes affect the opportunity for increased memory and processing. They may also contribute to vulnerability, such as risk taking and increased sensitivity to mental illness. In recent years data from developmental neuroimaging has enabled greater understanding of the changes that occur in the human brain during adolescence. This data points towards a second window of opportunity in brain development. Adolescence is a sensitive brain period that is a time when brain plasticity is heightened. During this time, there is an opportunity for learning and cognitive growth as the brain adapts in structure and function in response to experiences. In the next step we will pull together the key developmental aspects of adolescence with a discussion about your own experiences.

### Psychological Changes

Psychological changes also taken place accompanied with physical changes during this period, around puberty adolescents show an increase in interest in members of opposite sex and sexual matters and awareness of sexual feelings develop. This increased attention to sexuality is caused by factors such as individual’s awareness of the biological changes taking place. Adolescents are preoccupied with what they are like and develop individual images of what they look like. Linked to the hormonal and neurodevelopment changes that are taking place are psychosocial and emotional changes and increasing cognitive and intellectual capacities, adolescents develop stronger reasoning skills, logical and moral thinking, and become more capable of abstract thinking and making rational judgments. Also, they are more able to take other people’s perspectives into consideration and often want to do something about the social issues that they encounter in their lives. Important to keep in mind that puberty also involves cognitive and social changes along with physical changes.

### Cognitive Developmental Changes

Adolescents thought becomes more abstract, logical, and idealistic, they become more capable of examining their own thoughts, others thoughts, and what others are thinking about them. Adolescents’ developing ability to reason gives them a new level of cognitive and social awareness. Piaget believed that formal operational thought appears between the age of 11 and 15. During this stage adolescent thinking expands beyond actual concrete experiences and they begin to think more in abstract terms and reason about them. In addition to being abstract, adolescent thought is also idealistic. Adolescents begin to think about ideal characteristics for themselves and others and compare themselves and others with these ideal standards. For example, they may think what an ideal parent is like and compare their parents with these ideal standards. This may at times make adolescents wonder which of the new-found ideal standards they should adopt. In contrast to trial and error approach used by children in earlier stages of development, adolescent thinking becomes more systematic in solving problems they think of possible courses of action, why something is happening the way it is, and systematically seek solutions.

### Some Major Concerns

As adolescent years conflicts, uncertainties, occasional loneliness, group pressures, we feel it was definitely a vulnerable period. During adolescence peer influence, new gained freedom; unresolved problems may create difficulties for many of you. Conforming to peer pressure can be both positive and negative. Adolescents are often confronted with decisions regarding smoking, drugs, alcohol, and breaking parental rules, etc. Adolescents may face periods of uncertainty, loneliness, self-doubt, anxiety, and



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concern about themselves and their future; they are also likely to experience excitement, joy, and feelings of competence as they overcome the developmental challenges. The major challenges faced by adolescents like delinquency, substance abuse, and eating disorders.

### Delinquency

Delinquency refers to a variety of behaviors, ranging from socially unacceptable behavior legal offences, to criminal acts. Examples include truancy, running away from home, stealing or burglary or acts of vandalism. Adolescents with delinquency and behavioral problems tend to have a negative self-identity, decreased trust, and low level of achievement. Delinquency is often associated with low parental support, inappropriate discipline, and family discord. Often adolescents from communities characterized by poverty, unemployment, and having feelings of alienation from the middle class perform antisocial acts to gain attention and to be popular with their peers. However, most delinquent children do not remain delinquent forever. Change in their peer group, becoming more aware of their social responsibilities and developing feelings of self-worth, imitating positive behavior of the role models, breaking negative attitudes, and overcoming poor self-concept help in reduction of delinquent behavior.

### Substance Abuse

Adolescent years are especially vulnerable to smoking, alcohol and drug abuse. Some adolescents take recourse to smoking and drugs as a way of coping with stress. This can interfere with the development of coping skills and responsible decision-making. The reasons for smoking and drug use could be peer pressure and the adolescents' need to be accepted by the group, or desire to act more like adults, or feel a need to escape the pressure of school work or social activities. The addictive powers of nicotine make it difficult to stop smoking. It has been found that adolescents who are more vulnerable to drugs, alcohol, and nicotine use, are impulsive, aggressive, anxious, depressive, and unpredictable, have low self-esteem, and low expectation for achievement. Peer pressure and the need to be with their peer group make the adolescent either go along with their demands to experiment with drugs, alcohol, and smoking or be ridiculed. Drug use if continued long enough can lead to physiological dependency, i.e. addiction to drugs, alcohol or nicotine may seriously jeopardize the rest of the adolescents' lives.

### Role of Parent's Teachers

An important developmental task during adolescence is accepting one's physical self maturity, Adolescents worried about their physical changes that the adolescent compare their physical structure with another and they could not satisfy with his or her physical structure these symptoms can be identify by the parents, care their adolescent in the way of giving correct guidance and protect the children from inferiority complex. Parents and teacher should creative the awareness among the adolescent's about a realistic image of their physical appearance, which is acceptable to them. Even then, many adolescents lack of adequate knowledge or have misconceptions about sex and sexuality. Sex is a topic parents find difficult to discuss with children, so adolescents tend to become secretive about sexual concerns which make exchange of information and communication difficult. So, the parents and teachers take the initiative and discuss about the sex and sexuality and diseases like Aids and sexually transmitted diseases. Creative the awareness about the reproduction, early stage of pregnancy and avoid the unwanted pregnancy. Parents and teachers can be preparing the children to know himself or herself about the reality and create the understanding about the reality between the idealistic and realistic way of life. Positive relationships with parents, peers, siblings, and adults play an important role in preventing drug abuse so parents and teachers can be give the opportunity to the adolescents maintain the good relationship with the above all people. Parents should watch regularly their activities and concerned about them. If any negative behaviour found like delinquency, drug and smoke addiction, immediately parents could take action against them and show an appropriate care, love and affection these are the good remedy for negative behaviour.

We have an ethical obligation to provide the best possible care for our adolescent. The parents as to ensure that adolescents have access to the health services they need, including sexual and reproductive health services and parents should provide nutrition's for proper growth and development. parents and teachers should be concern about their adolescent and provide love and affection to them, the most challenging aspects of taking care of adolescents. We need to provide the best care and protecting confidentiality is an important and Adolescents need to trust their parents and teachers in order to be able to disclose sensitive information that might impact their care. Parents and teachers should always encourage communication between a minor and his or her parents, but they should not force it. Teachers and parents frequently discusses about sex education, Prevent unintended pregnancies and other sexual and reproductive health risks.

Adolescents require access to a full range of sexual and reproductive health services, including condoms, other means of contraception as appropriate and other interventions for the prevention, treatment and care of sexually transmitted infections, including



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HIV; and aware them about hormonal changes reduce the worries about appearance, increasing ability to compromise, build a set of values and a personal sense of morality accept their own sexuality help clarify values, teach decision making educate regarding teen issues, provide counseling for how to deal with anger.

### Conclusion

This article is deeply explaining what are the changes take place during the period of adolescent and what are the precautions to take by the parents and teachers, caring and protection of adolescent very challengeable for both parents teachers but right care and protection and guidance they needed when the adolescent gets the confusion and problems, if the adolescent do not get the assistance they can develop negative behavior.

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