



ADOLESCENCE

Psychological & behavioral changes in puberty

Abdulrahman Bahkley | Mouaiad Ghabban | Abdulaziz Islam | Abdullah Alghaiheb

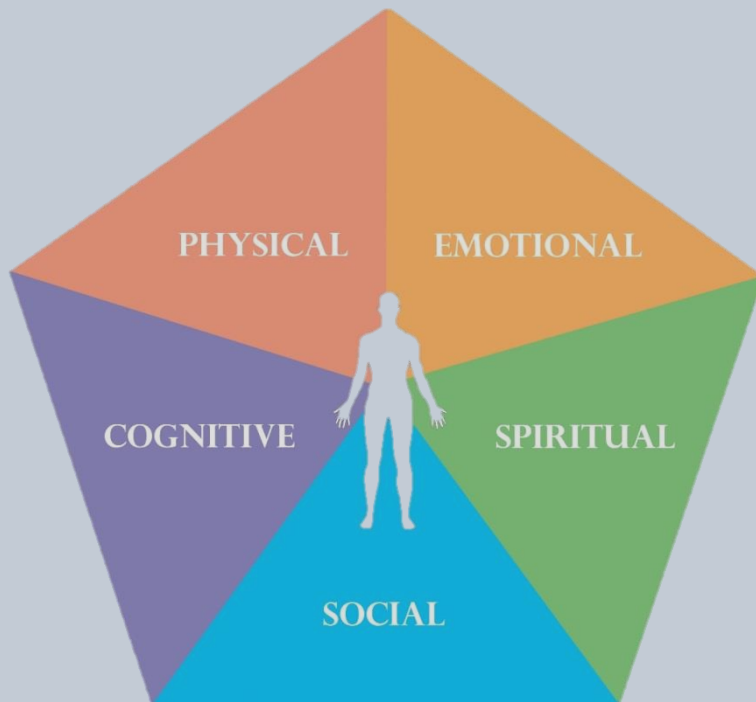


● Adolescence stages:

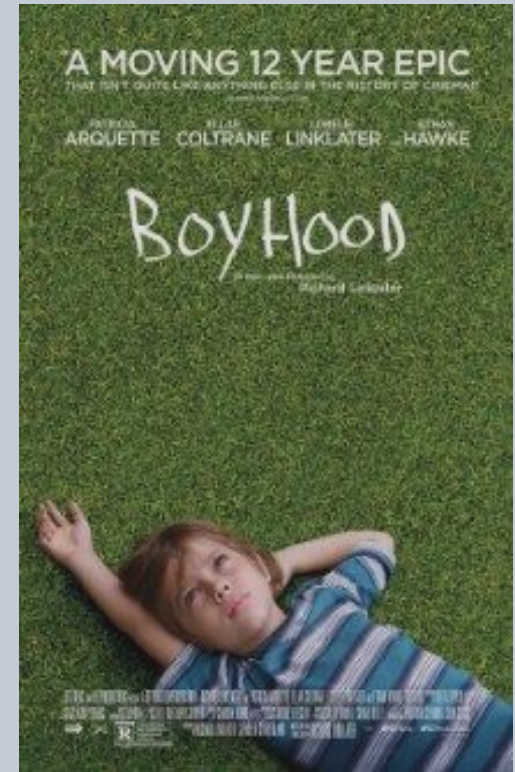
- 1 Beginning of Adolescence (middle school)
- 2 Middle of Adolescence (high school)
- 3 Late Adolescence (college -21)



● During puberty we can grow in many areas:



We recommend this Movie



IMDb



► The life of Mason, from early childhood to his arrival at college.



Introduction:

Puberty is a time of great change and growth.

Adolescence is a period of global & pervasive(widespread) changes and not a matter of developmental crisis.

Most of adolescents pass through it smoothly.

Averagely, it expands between 12 & 20 year of age.

The period of adolescence lasts till the individual becomes a young man or woman.



Factors affecting the adolescence during development :

▶ Family

▶ Peers & friends

Very significant, most of those people affecting the behavior and the changes during adolescence are peers and friends. the effect will not last unless they continue together.

▶ School

When we talk about school we talk about the environment (students) even if they're not friends ,they will be influenced, then they will change their personality. The attitude of the students and their religion also their social economic class will have a positive nor negative effect (general effect). Teachers have high influence on students (individual effect).

▶ Media

Such as (Twitter , Facebook, WhatsApp)





Physical change at puberty:

Puberty is the time when the body grows and develops into an adult.

As a result of rising hormone levels, physical changes are triggered in the body and the reproductive organs begin to work.

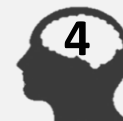
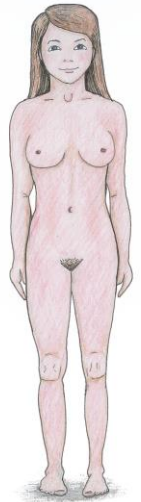


Physical change in girls:

The changes girls will notice between 9-16 years are:

- Rapid growth in height and breasts beginning to grow.
- Hair growth under the arms and between legs.
- Hips becoming wider.
- Curvier appearance to the body outline due to fat being laid down under the skin.
- Slightly deeper voice.
- The menstrual cycle beginning with their first period. (primary sexual feature)


These changes happen over 2-3 years.





Physical change in boys :

The changes boys will notice between 11-17 years are:

- Rapid growth in height.
- Hair growth under arms, between legs and on the face.
- A widening of the shoulders.
- Muscles becoming more developed creating an angular outline to the body.
- Deepening of the voice– called '**breaking**'
- The enlarging of the reproductive organs and sperm production beginning. (Nocturnal emission is the primary sexual feature in males). 

These changes happen over 3–4 years.



Psychological consequences of physical changes:

- 1 Embarrassment of their look “change of body”
- 2 Sensitivity to criticism
- 3 Social isolation
- 4 Sadness
- 5 Irritability





Emotional changes during puberty :

From the Male slides


The huge changes that take place in the body can make puberty an emotional rollercoaster. These teenage mood swings can be caused by:

- The brain still developing – especially the area in charge of **impulse control** and **managing risks** and consequence.
- Hormonal fluctuations of oestrogen and testosterone.
- The frustration of changing from a child to an adult.
- Wanting independence and control.
- Peer influences and the desire to belong to peer group. “worst at the middle of Adolescence”
- The beginning of sexual responses to others; **Awareness of body image**.
- Self-esteem.



Emotional changes during puberty :

From the Female slides

- **Extreme & inconsistent**
- **Impulsivity:**
 - A)**Physical:** when they get angry they start to throw things.
 - B)**Verbal:** starts to using words.
- **Recklessness**
- **Anger & easily provocation** “when u talk to them in a Sensitive topic”.
- **Looking for self-assertion / identity** going through a lot of changes **looking for identity**.
- **Authority resistance** Authority of parents but parents are extended, when someone come with parental authority like Teachers.
- **Critical comments** they're sensitive but they Criticizing others, they say their opinions and don't accept other people opinions.
- **Love & romance.** 





Spiritual changes at puberty:

- We begin to question values instilled at home due to exposure to other value systems in our peers.
- We begin to look outside the immediate family for guidance about our beliefs, values and purpose in life.
- Influence of and approval from peers can begin to matter more than parental influence. **“peer pressure is a key factor of controlling the Adolescence behavior .”**



Social changes at puberty:

- We spend more time with peers than family.
- There is more opportunity and likelihood of **risk taking** behaviour when outside adult supervision. **“most common time is in high school”**
- We begin to experiment with behaviour associated with becoming an adult.
- **We shouldn't response to a Adolescence behavior in a negative and angry way because that will have a negative impact.**





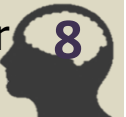
Cognitive changes during puberty : From the Male slides

- Our brain development and gender differences can impact on learning styles and problem solving approaches. Maturity levels and hormonal changes can begin to impact on behaviour in classroom. Subjects, teachers and learning preferences can begin to shape interests, skills and aptitudes. We become aware that there are many ways to be smart and many pathways through education.



Cognitive changes during puberty : From the Female slides

- **IQ & special talents** Increasing of IQ is faster in children due to Curiosity, but in adolescence they have slower increasing of IQ, but special talents will appear in adolescence.
- **Attention span & concentration** lost by daydreams.
- Perception & deep meanings they have Creative ideas, no limits of thinking.
- **Memorizing.**
- **Thinking.**
- **Idealism:**
 - why my brother can sleep late and I can't.
 - why my brother has a phone and I don't.
 - she feels sad when you give something to her elder sister.
- **Independence:** When the teacher tells the students to not do something or not to wear something they do the opposite.





Summary

Psychological and behavioral changes are end result of Emotional, Spiritual, Social ,and Cognitive change during puberty. The key factor of these changes is the **maturity of the prefrontal cortex** which is influenced by hormonal changes. The **most serious risk taking phase** is in high school because at this phase peer pressure dominates the behavior.



MCQs

1- At which stage peers influence is the worst?

- A-Beginning of adolescence.
- B-Middle of Adolescence.
- C-Late Adolescence.




2- Which one of the following is a factor affecting the adolescence during development?

- A-Smoking.
- B-Family .
- C-Diet.

3) Which area in the brain has a role in controlling adolescent behavior?

- A-Superior Temporal Gyrus.
- B-Temporal lobe.
- C-Prefrontal cortex.

4) Identity crisis is usually formed in And if the adolescent doesn't reach it he may suffer from...?

- -Early adolescence, skepticism.
- -Late adolescence, role confusion.
- -Middle adolescence, role confusion.

**“Adolescence is like
having only enough light
to see the step directly in
front of you.”**

— Sarah Addison Allen,
The Girl Who Chased the Moon

