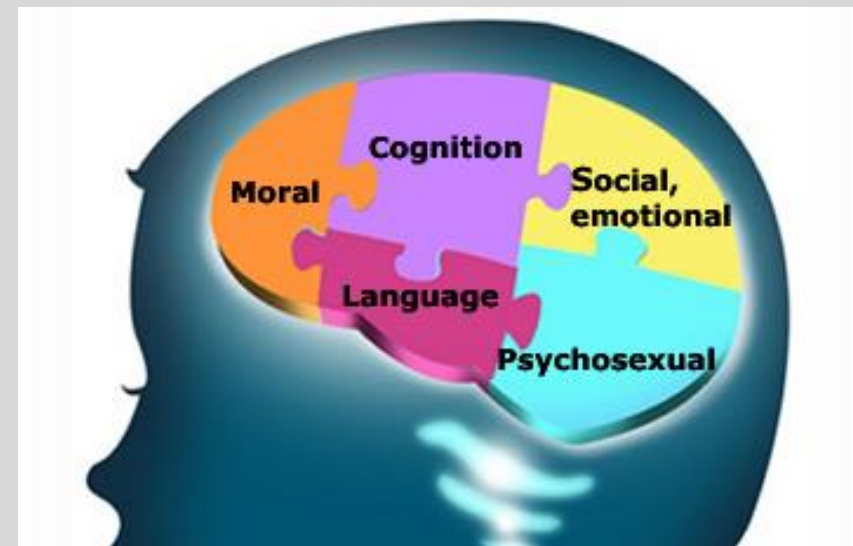


Good Luck

Psychological & Behavioral Changes of Adolescence



Resources:
Dr.Fatima Al-Haidar Slide's ..



Introduction

Adolescence:

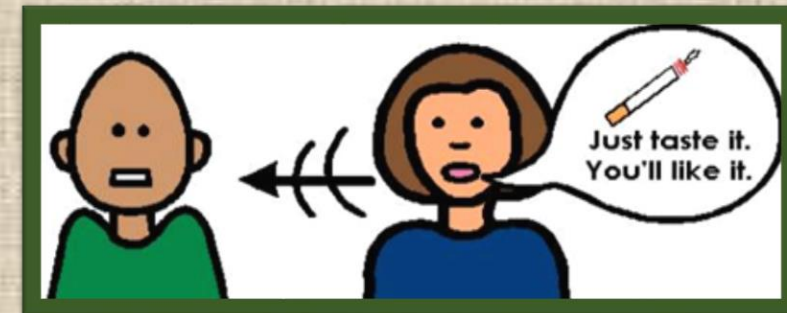
- is a period of global & pervasive changes and **not** a matter of developmental crisis.
- Most of adolescents pass through it smoothly.
- Averagely, it expands between **12 & 20 yr** of age.
- The period of adolescence lasts till the individual becomes a young man or woman.

Context of adolescent development:*

- Family → She/He'll try to show his independence.
- Peers and Friends → Has a **very significant**, If he saw them smoking, he'll smoke.
- School. Being in a school which his friends in higher economic state will affect him negatively..
- Media

*Factors affecting adolescence during development

First year >
attachment period
(2-6) > preformal
thinking
(7-12) > cognitive
thinking
(12-20) > formal
thinking



Puberty:

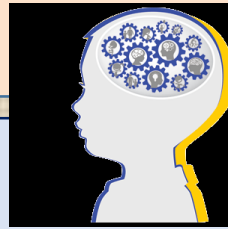
The period during which adolescents reach sexual maturity and become capable of reproduction **by the influence of hormones Physical Changes will appear ..**

1. Physical changes:

	Female	Male
1. Primary sexual characters:	Ovaries	Testis
2. Secondary sexual characters	Breast Menarche Hips becoming wider.	Facial hair Nocturnal emission
	Hair growth under the arms and between legs. Deeper Voice	
3. Increased hormonal release	Estrogen, Progesterone	testosterone
4. Fast & disproportional growth	Curvier appearance,	Muscles becoming more developed creating an angular outline to the body.
	Bony growth is greater than the muscles → increase falls	
5. Health status.	The doctor didn't focus on it	

2. Psychological consequences of physical changes:

1. Embarrassment of their look, "change of body, Acne.."
2. Sensitivity to criticism, "However they criticize others harshly"
3. Social isolation
3. Sadness normal feeling but it's increased in adolescence "Differs from depression which is clinical diagnosis"
4. Irritability



Dealing with stress either by:
1. Managing it.
2. Future plan.
3. Daydreams.

3. Cognitive Development:

- IQ & special **"talents"** :
mainly no significant increase in IQ after childhood.
- Attention span & concentration:
Now they can focus longer.
- Perception & deep meanings
"مع كيلو فلسفة"
- Memorizing:
decreases and deepens on the ability of connecting information
- Day-dreams:
A way of escaping stress or boredom.
- Thinking
- Idealism
يعصب لان العالم مو بالمثالية اللي بيغها من عدل و سلام
- Independence:
her mother tells early, she won't do it just to show her mom that she's old enough to make her own decisions

- ❑ **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.**

**male lecture

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.

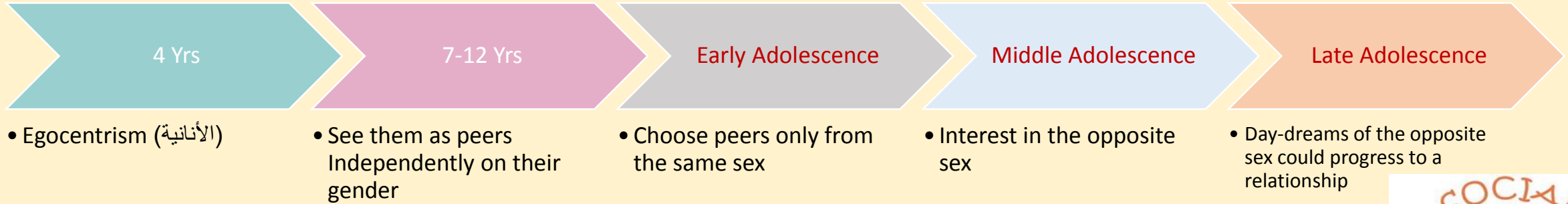
- ❖ We spend more time with peers than family.
- ❖ There is more opportunity and likelihood of risk taking behaviour when outside adult supervision.
- ❖ We begin to experiment with behaviour associated with becoming an adult.

❖ 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.
- ❖ The beginning of sexual responses to others.
- ❖ Awareness of body image.
- ❖ Self-esteem.

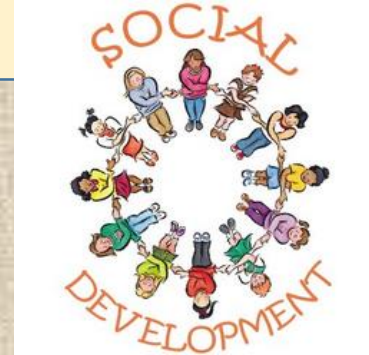
4. Social Development:

- Social relationship during adolescence
- Relationship with parents
- Relationship with peers



5. Emotional development :

- Extreme & inconsistent
- Impulsivity & recklessness
- Anger & easily provocation
- Looking for self-assertion / identity, keep changing until they find themselves..
- Authority resistance "Keep fighting with their teachers and parents, until late Adolescence"
- Critical comments
- Love & romance.



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.

Ans:

1-B

2-B

3-C

SAQs

Give me 3 examples of Cognitive Development that occur during adolescence .

1. Attention span & concentration

2. Memorizing

3. Independence

Why MOOD SWINGS can be happened in adolescence? "2 Causes are enough"

1. Hormonal fluctuations of oestrogen and testosterone

2. The brain still developing – especially the area in charge of impulse control and managing risks and consequence.

Done By :
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