

Psychological & Behavioral Changes of Adolescence

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Objectives :

- Introduction to different aspects of normal development during adolescence.
- Recognizing major physical, cognitive, social, and emotional changes.
- Understanding expected psychological and behavioral consequences.

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 & 18 yr of age.

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

Context of adolescent development:

- Family
- Peers & friends
- School
- Media

Physical Development

AT YOUR AGE, TOMMY,
A BOY'S BODY GOES
THROUGH CHANGES
THAT ARE NOT ALWAYS
EASY TO UNDERSTAND.



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- Puberty
- Primary sexual characters
- Secondary sexual characters
- Increased hormonal release
- Fast & disproportional growth
- Health status.

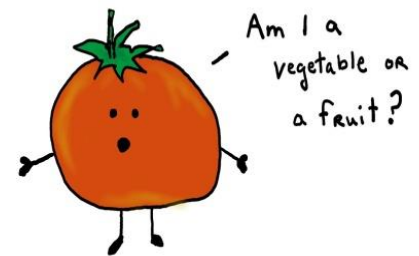
Psychological consequences of physical changes:

- embarrassment
- sensitivity to criticism
- social isolation
- sadness
- irritability

Cognitive Development

- Cognitive development → → →
- IQ & special talents
- Attention span & concentration
- Perception & deep meanings
- Memorizing
- Day-dreams
- Formal operational thinking
- Idealism
- Independence.
- Identity.

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Identity crisis

Cognitive Development



WHEN IS THE WORLD GOING TO REALIZE THAT
WE KNOW EVERYTHING?!

Social Development

“The conflict between the need to belong to a group and the need to be seen as unique and individual is the dominant struggle of adolescence “

Jeanne Elium

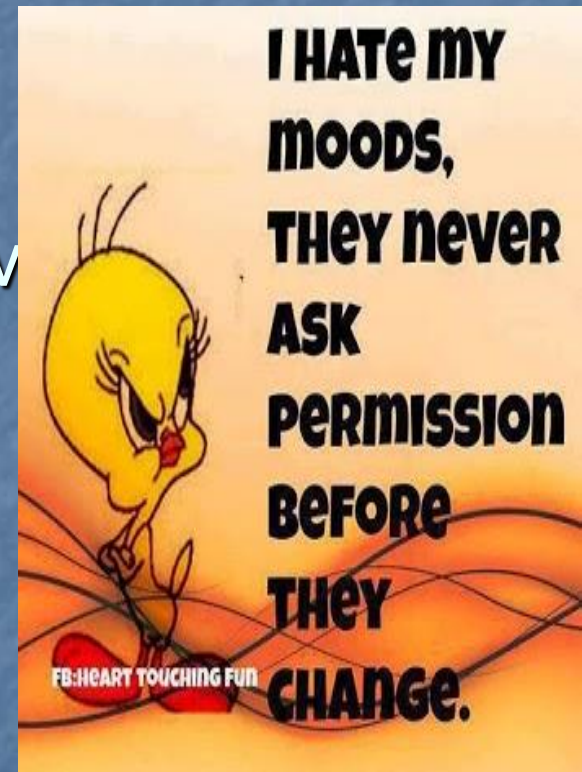
Social Development

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



Emotional development

- Extreme & inconsistent
- Impulsivity & recklessness
- Anger outbursts & easily provoked
- Looking for self-assertion
- Authority resistance
- Critical comments
- Love & romance.



Skills needed preadolescence

- 1. Preparation: values, self-discipline, taking responsibility
- 2. Understanding
- 3. Resilience
- 4. Respect
- 5. Friendship/ Love expression
- 6. Social skills