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## Article

### Adolescence: Problem, Challenges and Solutions

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#### Abstract

*A teacher is unable to impart knowledge to the children, without knowing about the current knowledge and capabilities of their students. Teachers should know their student understands level and the process of growth and development, for preparing, and delivering the content to them. Child psychology is an important subject of the teacher training program, it has provided knowledge about child development and growth to the trainees, so a teacher can prepare himself and teach their lessons effectively. Teachers should know about the problem that an individual faces at a particular stage and what are the factors behind that and how to protect and guide the child accordingly.*

*Adolescence is the period that requires special attention. The growth of the child at this stage is quite rapid in all areas- physical, psychological, mental, and social, so there is a need to understand them and educate them.*

#### Introduction

Child development is a process of changes that may occur from birth and the end of adolescence. Apart from physical or external changes, there are some other changes we can see in the process of child development for instance- mental, emotional, and psychological changes.

In the early childhood stage, a child starts to learn the language in the home environment and develops the ability to express their feeling to the teacher and with peers in school.

In the later childhood stage, the logical and rational thinking capability may develop gradually. Moreover, the child becomes capable to solve any problem by using logic according to the situation.

### **Adolescence**

The word “adolescence” is derived from the word Latin word *adolescere* means- to grow and to mature. Adolescence is the period that lies between childhood and adulthood.

According to **Jean Piaget** -adolescence is the formal stage of life in which the individual thoughts start an abstract from an egocentric thought decrease.

The Merriam-Webster Dictionary refers to Adolescence as that period of life when a child develops into an adult.

According to Stanley Hall, the Adolescence age is called a time of storm and stress. Storm refers to a low level of self-control and stress is a high level of emotions. The children at this stage go through a high level of aggression and lose their self-control. Many factors like family background, peer groups, and school environment, culture may affect the growth and development of adolescents.

Also, this is a stage when qualities like high order thinking, logical thinking, creativity, problem-solving are developed among children.

There are some theories about adolescent development and their behaviour-

**According to Stanley hall**, physical development during adolescence is happen due to some changes in hormones and genes.

**According to Sigmund Freud** adolescent behavior is based on the interaction of id, ego, and superego.

**According to Jean Piaget-** Cognitive development is in this stage at a high peak and the highest level of cognitive development. Characteristics at this stage are problem-solving, logical thinking.

## Stages

**Early Adolescence** (10-14 years)- With the effect of external and internal factors, adolescents improve their ability to express themselves and also use to express feelings by action than by words only. At this stage, individuals develop an interest in making friends and in some cases, they are influenced by them as well. They tend to become less affectionate towards their parents. Moreover, they become thoughtful about their future.

**Middle age adolescence** (15-16years)- During this period children are conscious about knowing themselves. They don't like interference from their Guardians and are keen for freedom. They worry about their failures, share their feelings in peer groups only, and are curious to make new friends. They are anxious about the academic performance and other school-related issues. They become more conscious about their appearance and look, and have developed the ability to set goals and maintain a diary of their experiences.

**Late adolescence** (17- 21years)-At this period adolescence became more stable in terms of interest and emotion. They are highly concerned about their future. Critical thinking and problem-solving skills are developed in this stage and they are ready to make their own decision and feel proud of their works.

## Problems and challenges faced by adolescents

Throughout life, an individual grows in many stages. Each stage has its unique characteristics and process of growth and development. In Adolescents stage, there are many changes that an individual goes through. The changes are in psychological, physical social, emotional mental areas.

The main characteristics during adolescence - involvement in new experiments, trying to gain experiences, and having desired freedom and do the search for self-identity.

Challenges of adolescence-

- 1- The achievement of biological maturation
- 2- Adjustment with a social-cultural environment
- 3- Personal identity
- 4- Experiment with new things and gain new experiences.

There is a frame of risk factors in the lives of adolescents which include self(their psychological and sociological factors), home environment, school environment, neighborhood.

Today's adolescents are the future of the country so the problem facing at present it is not only for an individual but it is a social problem, so we have to understand them and take necessary steps to solve their problems and find out the right solutions for them in a particular situation.

Due to the sudden changes in this period, many problems are created at this stage, an individual has to adjust with family and school, control their emotions of how to deal with peer groups and society, etc. When an individual does not adjust to the environment and is also unable to control their emotions to maintain or adjust in the particular situation so there is a possibility of a problem arising and a conflict begins between the Inner and Outer sides.

The various risk factors affect adolescent growth and development, as- individual factors, family-related factors, school-level factors.

### **Individual factors**

Biological factor: individual personality differences.

Cognitive factor: low IQ and learning disability

Environmental factor: How to be socialized, Which values and culture should adopt and what should not.

These individual factors affect the development of adolescents and create conflict in daily life. There are some reasons why adolescents are absent from school such as the bad behavior at school.

### **Family factor**

The family is the first school of a child. The learning of an individual should be such that, on the one side teach them the culture of the family, on the other side, teach them required social norm and ethics. Without proper attention, a child will not develop required focus for studies and may be unable to acquire right path for future, and may lead in the wrong direction. If there is a lack of motivational and supportive efforts for studies sometimes they leave school. On the other hand, supportive parents motivate them and are also involved in their studies and motivate them to achieve good grades. Parents involvement is necessary

for the development of a child and good academic performance. Parents should be involved with children and discuss with them about studies and also participate in cultural activities with them.

### **School-level factors**

Adolescents spend most of their time in school so there is a need to study and understand the school-related factors. These factors affect their behavior as well as academics. Adolescents come to school carrying with them their family background, ethics, values, past experiences, and mindset.

Factors affecting adolescents can be- the student-teacher relationship, school climate, available resources and facilities, and class size.

Changes that occur in biological, cognitive development and social environment are the inherent factors of stress seen in adolescents. Secondly, they face difficulty in various phases like junior to senior high school, then to get in college and from living with their parents to living independently. Another factor of stress is the competitiveness of today's world where they have to study and enquire new skills.

There are some daily life problems- punished by teacher or parents, academic pressure, peer group pressure, and homework etc.

### **Solutions**

For the proper development of the adolescents at this stage, there is a need to understand their problems, and possible efforts should be made for their aid. It is the responsibility of not only the parents but teachers, school, and society to understand the mindset and emotions of adolescents and try to provide the required help and advice. There are some measures or solutions which can prove useful in this direction-

- **Knowledge of Adolescent Psychology**

Adolescent Psychology is a study of understanding the adolescents over all areas including physical, mental and social. It helps in understanding the need and expectations of adolescents, and then one can be aware of the problems and difficulties experienced by them in daily life, and help them accordingly.

- **Provide Healthy Environment**

It is necessary to provide them a healthy and positive environment to grow and develop as adolescence is called the stormy stage. Along with a pleasant environment by the teacher and parents, the child should get adequate facilities at the right time so that the growth and development of the child take place smoothly. To stay healthy, moral education and showing them the right direction for decision is necessary for their future.

- **Good Behaviour**

Adolescence is the age when the child is neither a child nor an adult. This is the age when they are conscious about their self-esteem and respect. And they expect respect from other. Efforts should be made to understand their feelings, and they should not be ignored. After understanding, the right advice should be given to them. When they do not get the right direction, thereupon children tend to go on the wrong paths.

The school environment should be healthy. Teacher-student relation should be good. Especially adolescents feel free to discuss their problems with teachers and feel comfortable to ask solutions and there will be no problem with adjustment in the school.

- **Counseling and Guidance**

There should be the procedure of guidance and counseling in the schools. It should be compulsory for adolescent to attend those counseling session. Adolescence is a transition period, the child is not mature like an adult, so he/she must be given guidance and counseling. It will be helpful to them in tackling daily problems faced at school, home and society.

- **Life Skill Education**

Academic education is not sufficient to deal with daily life challenges. Life-skills education plays an important role in developing an individual for those challenges.

According to World Health Organisation (WHO) - Life skills are a group of psychosocial competencies and interpersonal skills that help people make informed decisions, solve problem, think critically and creatively, communicate effectively, build health relationship with others and manage their life in a healthy and modular manner."

Critical thinking, Creative Thinking, decision making, problem-solving, self-awareness, effective communication, and empathy are examples of some life skills. Adolescents face many challenges daily.

Some of the strategies for life skill education a teacher can use in the classroom are Role playing, group discussion, storytelling, drama, games, creative artwork, etc.

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