

# Adolescence: Issues And Challenges: A Beginning From Childhood To Adulthood

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## **Introduction**

The origin of the word 'adolescence' comes from the latin word 'adolescere' which means 'to grow' or 'to grow to maturity'. Maturity means not only physical but also mental growth. Adolescence is a period which fills the gap between childhood and adulthood. Generally, this period is considered as 'Youth'. It is a stage of rapid psycho-physical growth and development. At this stage, there are so many changes take place in the life of adolescents like intellectual, moral and spiritual which can effect tremendously on the growth of their the personality. According to A.T Jersild, "Adolescence is a span of fears during which boys and girls move from childhood to adulthood mentally, emotionally, socially and physically" (Mohanty, 1997).

## **Problems of Adolescence Period:**

It is observe that if the needs of adolescents are not well cared, there arise different problems in their life. Some of them are-

**1) Problems of emotional instability:** Emotional development is very strong in adolescence. Sometimes, it is observed that adolescents become quite restless due to their emotional immaturity. They found emotionally highly unstable. They experiences intense emotional feelings (Chaube, 1999). Although, adolescents are inexperienced, they are unable to understand how to tackle the problems of practical life. Because of that, sometimes adolescents become very emotional when they fail to fulfil their needs according to their own expectations and approaches. Anxiety, suspicion, jealousy, frustration, anger, violent-behaviour, destructive nature, feeling of revenge are the result of emotional stress of adolescents.

**2) Problems of Identity crisis:** Problem of identity crisis or the problem of insecurity is the toughest problems of adolescents. In social life, adolescents are expected to behave like adults. Though in reality they are not adults but they are not ready to accept the fact (Chaube, 1999). Generally, at this stage adolescents are dependent upon their parents for the fulfilment of their various kinds of their physical, emotional, intellectual, social and economic needs. But sometimes parents cannot understand the needs of the adolescents. They fail to address the demand and desire of the adolescents. Such failure on the part of the parent causes to develop a sense of

insecurity in the minds of adolescents, a feeling that they are not looked after properly and because of that, they suffer from stress and trauma which starts questioning their minds who they are and what is their value. As a result, in most of the cases adolescents fail to make any correct decision of their life and suffer from identity crisis. The feeling of insecurity can create psychological problems in adolescents.

**3) Problems of Delinquency:** Delinquency is a state of behaviour expanded by the young people which is not in accordance with the accepted social standards and social law. In this earth, no child is born as delinquent, criminal and drug addicted. These are acquired gradually (Chaube, 1999). The reason behind it is due to maltreatment, broken home, improper care etc. All these things make a child unadjusted and slowly turn him to be a victim of emotional problems like inferiority, insecurity, jealousy towards others etc and consequently sometimes a child becomes an anti-social personality. The problem of delinquency is very tough during the stage of adolescents (Chaube, 1999).

**4) Problems of rapid growth and development:** At this stage, the rapid growth and development itself creates great adjustment problems for adolescents. Sometimes, adolescents feel awkward to cope up with others because of their noticeable sudden changes in bodily organs particularly in sexual organs. This transition from childhood to adulthood stage debars them to behave neither like a child nor like an adult. As a result, they face the problems of stress and strain, fear, anxiety, discomfort etc.

**5) Problems of proper adjustment:** Adjustment problems are very common in the stage of adolescents. An individual is required to adjust in the environment. For an adolescent, it means adjustment with parents and other members of the family, adjustment with their teachers, friends and other persons in the society etc. But sometimes, adolescents experiences a number of adjustment problems due to the generation gap between parents and adolescents, moral code prevailing in the society which are not sometimes acceptable to adolescents.

So, it is the parents who can help the adolescents to overcome his/her problems smoothly and safely which they are passing through. Parents can also help them to adjust with the environment. Parents must try to understand the psychology of their children. It is very important to treat and handle them properly and provide them proper environment as well as their basic needs and urges. All these require proper parental guidance.

Adolescence stage may be considered as the most crucial stage of life. In this stage, an adolescent boy or girl wants to learn new things and try to undertake new experiments because in this age, maximum number of adolescents develops a feeling of curiosity within them. Sometime it is observed that their level of curiosity becomes so high that they lose their thinking capacity to make the difference between rights or wrong properly. We may take notice on a vivid example while Blue Whale game was running in cyber world. This tearful game has attracted many adolescents who took part therein as per media report. If the parents of those ill-fated young would be careful

on their children, such undesirable happenings could be avoided. If we look at the parents living around us, we find that still today, a huge number of parents remain unaware and unconscious about their children. For instance, parents feel themselves proud enough when they provide a costly mobile set to their wards but they do not take any notice on use of hand set by their children which clearly show us that how curiosity could take the lives of adolescents. It is seen that many lives has been taken by this type of fear game. If parents are a little bit conscious about their child while observing their activities then the cases of unwanted incidents might be checked to some extent. But sometimes, it is found that several parents are not aware about the problems of their adolescents, they even cannot able to perceive whether there is any changes occur in the behaviour of their child or not. There may be various reasons for ignorance of parent's like illiteracy, poverty, too much busy life schedule or any other family problems.

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