



Problems of Adolescents

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Adolescence



- Neither child nor adult (Age 11/12 onwards)
- Age of turmoil and storm (Energy and rush)
- Growth spurt and hormonal rush
- Development of independence and identity
- Physical as well as social, emotional, cognitive and moral development in progress

Why adolescents are important??



- Future adults, citizens, caregivers etc.
- Connecting link between kids, adults and elderly
- Once life is shaped in a particular direction it's for all
- Active and Productive life is long
- Greater possibility of desirable shaping

Common Problems they face



- **Physical changes:** Body appearance and self-consciousness, Growth spurt and hormonal rush
- **Social problems:** Social roles and responsibilities, within and outside family relationships, Challenging socio-economic circumstances, social comparisons, competition, Dating and relationships



■ **Psychological & Emotional changes:**

- Self-confidence, self-esteem
- Poor emotional regulation
- Mood swings, aggression, being overly emotional
- Role confusion (responsibilities as growing adults and desires as children)
- Identity assertion
- Fast growers vs. Slow growers
- Inferiority/superiority



- **Development of Sexuality and sexual guilt:** Exploring sexuality, Sexual hygiene, Sex education, infatuation
- **Behavioural changes:** Independence, questioning, stubbornness, trying new things, taking risks, Social conformity, peer pressure, urge for uniqueness, lying, stealing
- **Substance use and abuse:** Thrill seeking, experimental vs. Habitual use, attention seeking, inferiority feelings



- **Educational challenges:** Pressure to perform, juggling school work and extra curricular activities, mobile ph, TV
- **Health problems:** Hectic schedule, poor life style, nutritional deficiencies due to unhealthy eating habits, eating disorders
- **Smartphone/cyberspace addiction**
- **Aggression & violence:** Verbal and physical abuse, bullying

Common Psychological Disorders of Adolescence



- Depression
- Anxiety
- Obsessive Compulsive Disorder
- Bipolar disorder
- Oppositional defiance disorder
- Conduct disorder
- Attention Deficit Hyperactivity Disorder
- Eating disorder
- Schizophrenia
- Addiction disorder

Issues faced by teachers in educational settings



- **Issues of heterogeneous classrooms:**
 - ✓ Gender
 - ✓ Socio-economic levels
 - ✓ Levels of prior knowledge
 - ✓ Learning levels (slow/moderate/fast)
 - ✓ Achievement levels
 - ✓ Gifted vs. Slow students



- **Difficult students**

- ✓ **Aggression:** verbal, physical, Bullying, vandalism, Frequent quarrels/conflicts with teachers and other students
- ✓ **Attention deficit Hyperactive students**
- ✓ **Conduct issues:** Bunking, absenteeism, lying, stealing, spoilers, distractors, risky behaviour, addiction
- ✓ **Argumentative teens**

How it can be dealt by teachers



- When you know, you can help
- **BE A GOOD TEACHER** first
- Positive affirmations & confidence
- Empathising, non-judgemental attitude
- Deal with perceptions of favouritism
- Take genuine interest in students
- Mentor students
- Clear, open, democratic two way Communication
- Respect their privacy
- Get rid of 'EGO' / authoritarianism

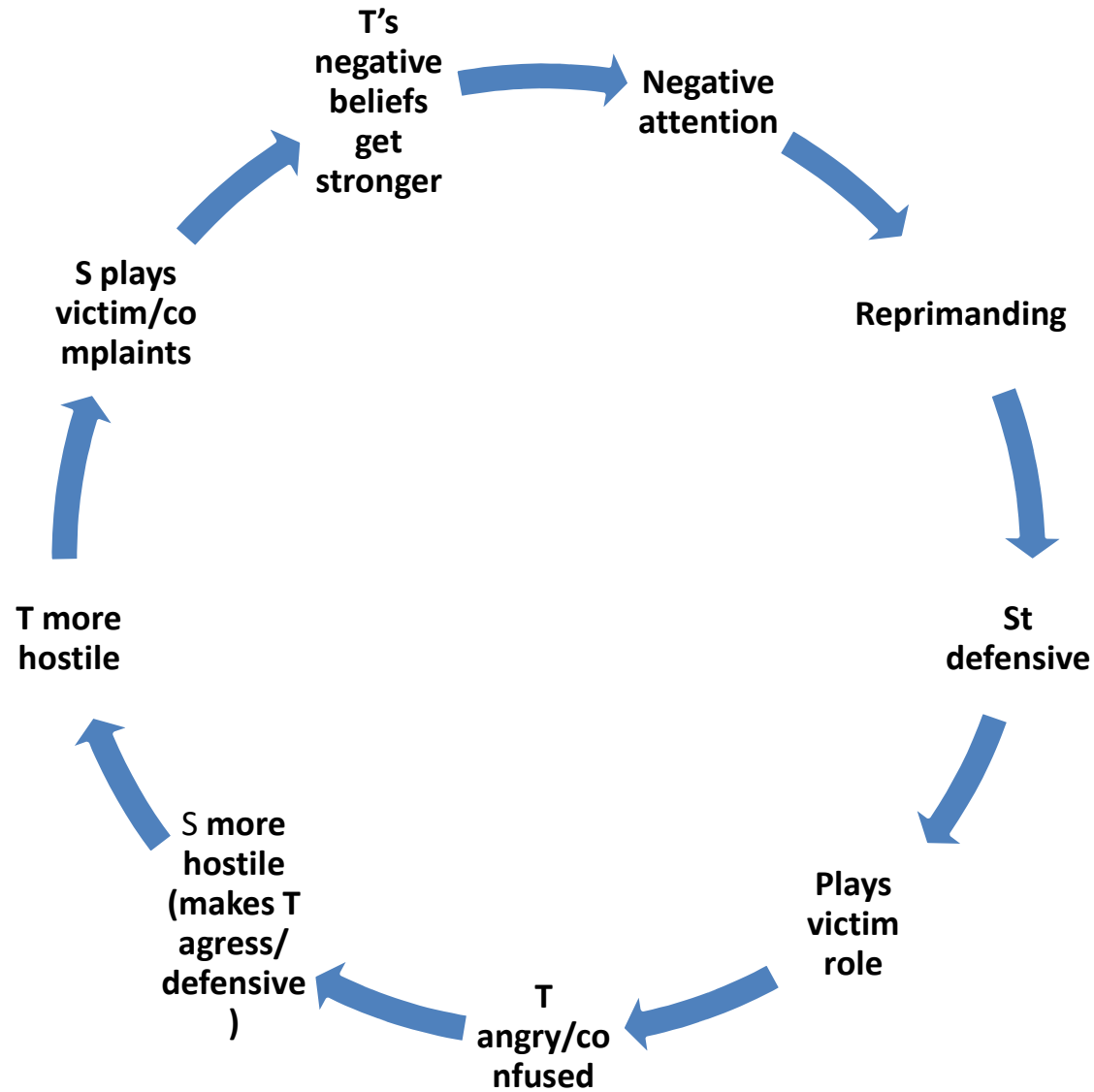


- Build strong rapport/bond with your students and their parents
- Always remember your developmental psychology classes and use time tested techniques
- Use ABC analysis, reinforcements, modelling, co-operative learning
- Discuss with other teachers/seniors
- Understanding generation gap
- Understanding socio-economic and cultural background



- Development of Positive class climate
- Being in touch with parents
- Taking help from their friends
- Make customised plans for students
- Role of stakeholders (administration, parents, students, teachers)
- Involving school psychologist/counsellors
- Awareness, sensitization and capacity building programmes for stakeholders

Negativity cycle and how it can be broken



S- Student
T- Teacher



Way forward

- Identify
 - Plan
 - Execute (Take help from Stakeholders, Utilise all the resources)
 - Success/Failure analysis
- Practice, patience, perseverance and politeness is the key to deal with adolescents



Thank you....