

Match the paragraphs below with one of the following headings

1. Parents' influence is a key factor
2. Encouragement to make their mark in society
3. The influence of friends
4. A difficult stage in life
5. Teenage culture
6. Trying to find out who they are

### **Adolescent Psychology**

**A)** Adolescent psychology is associated with notable changes in mood sometimes known as mood swings. Cognitive, emotional and attitudinal changes which are characteristic of adolescence, often take place during this period, and this can be a cause of conflict on one hand and positive personality development on the other. Because adolescents are experiencing various strong cognitive and physical changes, for the first time in their lives they may start to view their friends, their peer group, as more important and influential than their parents/guardians. Because of peer pressure, they may sometimes indulge in activities not deemed socially acceptable, although this may be more of a social phenomenon than a psychological one.

**B)** The home is an important aspect of adolescent psychology. Home environment and family have a substantial impact on the developing minds of teenagers, and these developments may reach a climax during adolescence. Responsible parenting has a number of significant benefits for parents themselves, their communities, and most importantly, their children. For example, children who experience significant father involvement tend to exhibit higher scores on assessments of cognitive development, enhanced social skills and fewer behaviour problems.

**C)** In the search for a unique social identity for themselves, adolescents are frequently confused about what is 'right' and what is 'wrong.' G. Stanley Hall denoted this period as one of "Storm and Stress" and, according to him, conflict at this developmental stage is normal and not unusual. Margaret Mead, on the other hand, attributed the behaviour of adolescents to their culture and upbringing.

**D)** Positive psychology is sometimes brought up when addressing adolescent psychology as well. This approach towards adolescents refers to providing them with motivation to become socially acceptable and notable individuals, since many adolescents find themselves bored, indecisive and/or unmotivated.

**E)** Adolescents may be subject to peer pressure within their adolescent time span, consisting of the need to have relationships with the opposite sex, consume alcoholic beverages, use drugs, defy their parental figures, or commit any act which other people, particularly adults, may not deem appropriate. Peer pressure is a common experience between adolescents and may result briefly or on a larger scale.

It should also be noted that adolescence is the stage of a psychological breakthrough in a person's life when the cognitive development is rapid and the thoughts, ideas and concepts developed at this period of life greatly influence the individual's future life, playing a major role in character and personality formation.