

Psychological Changes During Adolescence – Adolescent Girls

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Abstract:

Adolescence is a stage when physical growth and maturation are occurred by mental and psychological growth. Adolescence timing was related with different symptoms than teen's status/age. It seems to affect negatively girls more than boys. Period of adolescence development rather than chronological age has been reported as a risk element for eating disorders, depression and anxiety. Various mental disorders such as vital depression certain anxiety disorders, eating disorders, and substance use disorders increase in prevalence during adolescence. Adolescence covers vital hormonal changes that are likely to contribute for example to both depressive affect and aggression. The study set out to know the relationship between pubertal timing and emotional and behavioural problems in adolescent girls. The study involved about emotional and behavioural problems, the connection between socio-environmental factors.

Keywords: Adolescence, Adolescent girls, Mental illness, Emotional, Behavioural problems.

Introduction:

Adolescence is a time of major social and emotional growth for children. During adolescence females notice a hold of changes in the manner child interacts with family, friends and peers. Each child's social and emotional growth is different. Child's growth is shaped by child's unique combination of genes, brain development, and environment, experiences with family friends, community and culture. Social and emotional changes show that child is creating a self-reliant identity and learning to be an adult.

The age of obtain sexual maturity among a girl, when she changes physically, hormonally and sexually has soaked, especially in urban India. During this stage the girl's first development is menstruation and linked problems which is marked by feelings of anxiety and eagerness to know about this natural phenomenon. Menarche is the most common for a woman that occurs during the period of adolescence.

The most common clarification for the effect of pubertal timing on depressive symptoms suggests a psychosocial connection precipitated by the physical changes linked with adolescence. Girls who reveal clear signs of physical maturation may find it difficult to maintain friendships with same-sex peers who have not developed at a similar rate. It is significant to note that in the case of depressive symptoms, a psychological type is not automatically inconsistent with a biological one. It is possible that hormonal changes or levels may raise negative, emotional reaction to environmental and circumstances. On the other hand, hormonal shifts may affect girl's behavior in a way that directly effects interactions with peers, parents, boys and others. This is in turn, results in perplexing/abominably social consequences that effect psychological well-being.

Adolescence is a time of growing stresses and challenges social roles. For this excuse, mental health issues often first emerge in adolescence. Social determinants and health linked behaviours are also highly influential. The families, peers and

communities children develop up with can provide social platforms for their mental health. Similarly, negative effects in children environment can be risk elements for mental health difficulties in adolescence. Girls who reached adolescence early also had more difficulties in emotional and social adjustment.

Adolescence and Mental Illness:

Adolescents are those aged between 10-19 years. This period requires special attention because of the turmoil. An adolescent faces due to different phases of growth, different circumstances, different requirements, and diverse problems. World Health Organization (WHO) issued a statement on reproductive health of adolescents to convey to their problems.

Need of Study:

There are several elements that affect the onset and progression of adolescence, such as genetic and biological effects, stressful life events, socioeconomic status, nutrition and diet, amount of body fat, and the presence of a chronic illness. There is necessary a help to parents and other adults about how to explain puberty with younger adolescents. Research results suggest that adolescent girls who are surprised for the physical and emotional changes of adolescence may have the most difficulty with menstruation. The mother can give emotional support and assurance, point up the pragmatics of physical changes, and give details about how it will actually feel, focusing positively their own first experiences with puberty. There is a requirement to organizing individual counseling and group work to create the awareness on psychological changes during puberty among adolescent girls.

Research Methodology:

The study was carried out among adolescent girls aged between 16-19 years were selected and the selected girls were interviewed.

Data Analysis and Result:

Data analyzed with average method.

Table No.1: Behavioural changes among Adolescent Girls:

Behavioural Changes	No of Response	Percentage
I	At the time of Irritation	
Breaking things	06	12
Angry	11	22
Beat others	02	04
Cry	15	30
Shouting with Others	06	12
Sleep	10	20
Total	50	100
II	Lack of Sleep is one of the reason/cause for moodiness	
Yes	39	22
No	11	78
Total	50	100

Source: Field Survey.

Table No.2: Emotional Problems among Adolescent Girls:

Emotional Problems	No of Response	Percentage
I	Feeling Uncertain	
	Decision Making	
Taking own Decision	32	64
Depending on Others	18	36
Total	50	100

Source: Field Survey.

Discussion:

Majority of adolescent girls were facing irritation problems at time of irritation their behavior was changing in different like breaking things (12%), angry (22%), beating others (4%), cry (30%), shouting with other (12%), and sleep (20%). Lack of sleep is also one of the reasons for their moodiness (64%). Adolescence is the life stage of physical maturation, but also of other age linked psychological or socio-cultural growth. Each of these developments

includes risks and opportunities, and may influence mental health issues. To the foremost our knowledge, to convey effects of adolescence status, age, and timing at once with regard to a inclusive set of mental health issues.

Conclusion:

Adolescent girls come out to be in requiring for counseling and support for coping with the bodily as well as psychological changes of adolescence. A regular policy is required to implement and to make sure counseling through imparting and incorporating education on psychological changes during adolescence in all school and college Health Education Programmes are to be carried out.

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