

**EMERGING TRENDS ON ADOLESCENCE WITH SPECIAL
REFERENCE TO PHYSICAL, SOCIAL AND EMOTIONAL
DEVELOPMENT****Sheetal M Singhvi¹, Dr. Mamta Vyas²**¹ Research Scholar, Department of Psychology, Sri Satya Sai University of Technology & Medical Sciences, Sehore, M.P.² Research Guide, Department of Psychology, Sri Satya Sai University of Technology & Medical Sciences, Sehore, M.P.Received : 7.10.2020Revised : 6.11.2020Accepted : 7.12.2020**ABSTRACT:**

Adolescence is a stage of life that lies on the dividing line between childhood and adulthood. Adolescence is defined as the period of time when boys and girls transition mentally, emotionally, socially, and physically from childhood to maturity. Adolescents' physical state is a contributing element to their heightened emotionality. A disturbed state of bodily homeostasis nearly always results in increased emotionality. Additionally, adolescence is a time of social development. During this period, individuals are developing their social skills and become more aware of their civic responsibilities. So, in this article emerging trends on adolescence with special reference to physical, social and emotional development has been discussed.

Keywords: Adolescence, Physical, Social, Emotional, Development

INTRODUCTION:

The adolescent's physical attributes, such as strength, speed, and capacity for physical activity, have a significant impact on his outlook on life, idea of himself, and role in interpersonal relationships. Physical activity and movements of the body can help both boys and girls show and shape their personalities. The teenager starts to question his place in society. The social adjustment of teenagers is significantly influenced by social competence. The ability to deal with people and social situations is referred to as "social competency." Adolescents' emotional development is crucial to their overall well-being. An emotion is a state of the whole organism that has been stirred up. [1]

PHYSICAL DEVELOPMENT:

The teenage years are extremely amazing in terms of physical growth. Due to physio-chemical changes and overactive endocrine glands, teenagers undergo rapid bodily changes as puberty begins. Significant growth in height, weight, and other anatomical and muscular development follow. In the adolescent stage, the body's internal and external components undergo tremendous changes. The pubic hair grows in, boys' and girls' voices differ slightly, and the digestive, respiratory, and circulatory systems of the body become more active. Additionally, during this period, sexual maturity becomes more apparent, and sexual manifestation starts earlier. [2] When

adolescent girls' and boys' sex instincts awaken, they become more interested in their own bodies, self-conscious, and restless.

Physical fitness, bodily coordination, and diverse motor development are all crucial to a boy or girl's growth and development. Psychologists have established that healthy physical development is necessary for personality development to occur.

SOCIAL DEVELOPMENT:

Teenagers spend much of their time away from home among their peers. Peer groups have a greater influence on adolescents' views, speech, interests, physical appearance, and behavior than does family. For instance, most teenagers discover that dressing like members of prominent organizations increases their chances of getting accepted.

The peer group serves as the adolescent's real world and gives him a platform to test out both himself and other people. He continues to develop and update his sense of self in the peer group since it is here that he is judged by people who are ostensibly his equals and who are unable to subject him to the consequences of the adult world from which he usually struggles to escape. The peer group provides the teenager with a setting where he can socialize in which the values that matter are those that are set in the society of his own age rather than by adults. [3] As a result, the teenager finds support for his efforts at emancipation in the society of his peers, and it is there that he might discover a world that allows him to exercise leadership. Of course, the peer group is also a teenager's primary source of recreational activity. For all of these reasons, the adolescent can view having a specific number of friends who can accept him and depend on him in his peer group as being of the utmost importance.

In her book "Adolescence Psychology," Luella Cole makes the claim that adolescents constantly seek the fulfilment of belonging to a group and, as a result, seek social acceptance.

Boys and girls need precisely the kinds of experiences they want since adolescents' social skills are still developing and awkward, allowing them to gain composure and acclimatize to societal expectations. As a result, an adult, whether a teacher or a parent, has a clear responsibility in regards to adolescents' spontaneous social lives. The most important thing is that the adult stays nearby and be available when needed, but he should avoid interfering when it's not necessary or making obvious attempts at direction. In addition to being pointless and stupid, making an effort to fit in with the group by acting like you belong there will almost certainly make the teenagers uncomfortable. [4]

The most notable and significant change can be seen in his relationship with the person who is of the opposite sex. The common interests and objectives of the teenage boys and girls are used to construct the groups. Boys in our society have more freedom than girls, so their social circles are broader.

Teenagers form friendships with people who conform to their standards and share their preferred personality qualities. Although the number of friendships declines, the attachment strengthens over time. Making friends with people of the opposite sex is appealing. The adolescent does not accept parental and other family members' meddling in friend selection.

EMOTIONAL DEVELOPMENT:

Luella Cole defined an emotion as "an event that has an impact on a person's physiological functions and causes him to become more active than usual." The fundamental motivations that drive a person's behavior are provided by their emotional life. The intensity of these desires varies not only from person to person but also with age. When they are unmet, they cause conflict and frustration that can be resolved in a variety of ways. [5]

The physiological changes begin as soon as one starts to feel an emotion. The adrenal glands' release of adrenalin has a nearly immediate effect. The adrenalin is released by the glands into the bloodstream, where it is quickly distributed throughout the entire body. It has a variety of effects on various physiological structures. It affects the stomach and slows down the body's natural digestion. Peristalsis in the stomach and intestines stops completely in severe cases. When someone is emotional, only about 15% of the stomach's normal gastric juice is released. The salivary glands almost completely stop producing saliva. The liver is affected by emotion, which causes it to release its secretions into the bloodstream and reach the muscles. The "meal" that the muscles need to contract is this. The tiny muscles that control how much can be absorbed into the lungs are also affected by the hormone's actions. Due to the relaxation of these muscles, an angry person breathes more deeply and exhales more carbon dioxide than usual. The person starts to breathe more quickly and erratically. Additionally, the blood vessels supplying the abdominal organs are affected by the adrenalin, which causes the blood to flow from the belly into the muscles, neurological system, and lungs. Changes in the blood's chemical makeup, which cause it to coagulate more quickly, are another impact. The heart beats more forcefully and quickly as a result of adrenalin's direct effects on the cardiac muscles. The blood pressure increases as a result of this adjustment for the length of the emotion.

The sweat glands in the skin are also activated by adrenalin, creating moisture on the cheeks and in the palms of the hands. When a person is feeling, they are actually stronger and more resilient than when they are normally calm, but they do not have the same control over their muscles as when they are emotionally disturbed.

By the conclusion of adolescence, boys and girls are considered to have developed emotional maturity if, instead of "blowing up" when others are around, they wait for a convenient time and place to release their emotions in a way that is acceptable to others. Another key sign of emotional maturity is when a person evaluates a situation analytically before acting on it emotionally, as opposed to reacting to it in a childlike or immature way. As a result, adolescents tend to tune out a lot of stimuli that would have previously triggered emotional outbursts. Finally, emotionally developed adolescents maintain consistency in their emotional reactions and do not fluctuate between moods or emotions as they did in the past.

The majority of psychologists hold the view that societal norms, which influence everyone's behavior, are somewhat to blame for the emotional changes that accompany adolescence. Both girls and boys feel more physical energy and tension, which manifests as emotions like fear, rage, irritability, depression, etc. The majority of emotional illnesses, according to psychologists, are thought to arise when adolescents are unable to properly direct their exuberant energies.

Emotional stress and frustration can lead to aggressive or irritable attitudes, such as timidity and withdrawal.

ADOLESCENT:

From infancy through adulthood, the human person experiences a number of changes or developmental stages. Adolescence is the most crucial stage of development among these several developmental stages. Fundamentally, adolescence is a time of physical and physiological transformation. The physical foundation for emotional, social, intellectual, and economic maturity is provided by this shift. [6] The Latin word adolescence, which meaning to grow or mature, is where the word "adolescence" originates.

Numerous affective features of this adjustment to adult society are somewhat associated with puberty. Additionally, it involves quite significant intellectual changes. He is able to achieve his integration into adult social connections thanks to these cerebral changes typical of the adolescent's thinking, which are also the most pervasive aspect of this developmental stage.

Adolescence, according to Dorothy Rogers, is a process rather than a time frame in which people develop the attitudes and beliefs necessary for contributing to society in a meaningful way.

Adolescence is a time of development. The person changes in size and proportion over the period of a few years, transitioning from a childlike to a mature level as a result.

The brief puberty that was valued from an early age has been supplanted in modern culture by a lengthy adolescent. Modern education wants to use the longer period of adolescence for special preparation in dealing with the myriad issues facing modern society, just as primitive people used the few months of puberty as a period of special preparation for boys and girls for their future participation in the life of the tribe.

ADOLESCENCE:

Although the interest and importance of adolescence have been understood since antiquity, scientific research on this period is relatively new. Beginning in the United States of America's 20th century, researchers became increasingly interested in studying adolescence. G. Stanely Hall was the first psychologist to spend a significant amount of time gathering data on adolescence. He occupies a middle ground between the regulated observation and scientific methods of today and the philosophical fiction of earlier eras. He was greatly affected by Darwin's theory of evolution, which was advanced in the nineteenth century. He made an effort to apply and translate the scientific rigor of the burgeoning physical sciences to the study of education. Through writings and structured interviews, he examined how children and teenagers express themselves. In 1904, he published two books on the psychology of adolescence. His work significantly contributed to the development of the field of child behavior science. The greatest way to understand adolescents is in the context of his theories of how they relate to the earlier stage of childhood. He claimed that the unique time in a person's life is between the ages of 8 and 12. Height and weight are ideal, and health is excellent. More activity than ever before is being seen. The child forms his own social network away from home and gains unusual stamina and fatigue resistance. [7]

Greater resistance to danger, exposure, and accident. The new development is positive. It is a time of stress and storm. Important functions that were previously nonexistent start to appear, and every upward stride is littered with the remains of bodies, minds, and morals. Sex makes its dominance known in a variety of arenas and wreaks devastation through covert vices. The social instincts suddenly reveal themselves, and a new love life emerges. Plastic covers everything. Forms of personality and character emerge. Ambitions and self-esteem are elevated. Everything is a wonderful new birth.

PROBLEMS ASSOCIATED WITH ADOLESCENCE:

Few teenagers feel body-cathexis or content with their bodies. They do, however, feel less content with some aspects of their bodies than with others. One of the reasons why adolescents have negative self-concepts and low self-esteem is because they don't feel body-cathexis. An extensive study outlined the significance of being satisfied with the physical changes that occur as children's bodies develop into adult bodies. They contend that a person's physical appearance and sexual orientation are the aspects of him or her that are most evident and accessible to other people in social situations. While clothing and cosmetic products can be used to cover up undesirable physical traits and accentuate those that the adolescent finds appealing, they cannot by themselves cause body cathexis.

Menstruation is a severe worry for many females. This is due to the fact that they undergo emotional changes, such as mood swings, melancholy, restlessness, and a propensity to cry for no apparent reason, in addition to bodily discomforts like cramps, weight gain, migraines, swollen ankles, and breast soreness. Both boys and girls worry about acne and other skin problems. The severity of acne is getting worse, which is raising more questions. Teenage years are the period of life when awkwardness and clumsiness are most prevalent. Adolescents cannot participate in the games and sports that are so crucial to their social lives if their abilities and motor development are not on level with those of their friends. Both their self-concept and their ability to make social changes are significantly impacted by this. The majority of pubescent boys and girls have an obese inclination, and this problem persists into the early adolescent years. But in most situations, older teenagers start to slim down and appear less obese than they did during the puberty fat stage as they grow in height and make an effort to curb their appetites and the consumption of "junk food." An adolescent is much more disturbed by a sex-inappropriate body type than a little child is. Teenagers are evaluated more by their sex-appropriate look than youngsters are, and an improper build, such as excessive height for females or excessive weight for boys, can result in adverse social evaluations that have a negative impact on social acceptance. [8]

Teenagers, whether boys or girls, rarely have no regard for their physical beauty. They understand that handsome people receive preferential treatment compared to those who are less attractive. They are also conscious of how essential appearance is in selecting leaders. Other concerns that teenage girls have are based on their physical traits. Girls who are overweight or very tall experience considerable self-consciousness. Girls with exceptionally large hands, feet, or legs have the same issue. They are more concerned by any anomalies in face growth than boys

are. A skin imperfection is a serious source of worry, and hair that for some reason cannot be made to lie properly in the fashionable way is almost as awful. If a girl's breasts are too little, they worry, and if they are too big, they are even more unhappy. Because it is clear that her breasts move as she runs or leaps, many girls are discouraged from participating in sports that they would love to. Even if a girl's developing breasts provide her prestige value, she is not entirely at ease with their prominence in her thinking. Since fat is thought to be the cause rather than bone, the widening of the hips is likely to trigger an outbreak of rigid dieting. The females are unhappy because of their facial hair and are unsure on how to fix it. The breasts, however, are the secondary alterations that cause people the most humiliation.

EMOTIONALITY IN ADOLESCENT:

Adolescence is a time of increased emotionality, according to the majority of researchers that study adolescent emotions. Few people, though, are ready to assign a name to this inner turmoil and tension. It also highlighted the fact that adolescents are naturally confused, but not in the sense of having a psychological illness. increased emotionality, which typically happens during developmental transitional times. The body's equilibrium will be more severely disrupted by quick and pronounced physical changes, which increases the chance of elevated emotionality. The need to build new cognitive and behavioral patterns and disrupt old ones leads to increased emotionality. The teenager is emotionally upset when the adjustment is taking place. After making the necessary modification, he calms down and loses his emotionality. Adolescents frequently experience feelings of uneasiness and uncertainty, which make them more likely to experience intense emotions. Additionally, maintaining homeostasis is particularly challenging at times of developmental change, such as the early adolescent years. Similar to this, emotional stress that manifests as anxiety or annoyance will lead to nutritional problems, which will then exacerbate and prolong the emotional tension. [9]

At any age, adjusting to a new situation is challenging. The teenager finds adjustment particularly challenging for two reasons: first, he must quickly become accustomed to a number of different situations, and second, his long-standing patterns of acclimatization to a child's environment have trained him to think and act in infantile ways. The adolescent's response to a circumstance depends on how he perceives it. If he hasn't been ready for it, he'll probably see it as more dangerous than it actually is, which will create anxiety. The immature adolescent analyses events in a similar way to how he did as a youngster. This causes emotional reactions that are immature, particularly angry outbursts that make him think about his younger years. Many of the emotions of personal inadequacy that lead to heightened emotion are rooted in social expectations. It has been discovered that children from homes with strict discipline and high expectations experience emotional instability and breakdowns when faced with new duties. Constant pressure to meet expectations is likely to result in a generalized anxiety state and predispose the teenager to heightened emotionality in all contexts, not just those in which social expectations are present. He starts to hold himself to the same standards as his social circle, which causes conflict on the inside. The social group expects the teenager to exhibit more adult behavior in a variety of contexts, including his interactions with people of the opposite sex. To a

teenager who is experiencing all of these issues for the first time, knowing what to talk about, what is proper social etiquette, and many other connected issues are confusing. These cause anxiety and general emotional excitement, like other new issues that require adjustment. Many teenagers who struggled in elementary school find it extremely difficult to shift to high school or college work. Adolescents are quite sensitive about their failures, no matter what the reason(s) may be. They could experience such severe emotional distress that they quit school, move out of the house, or even commit themselves. Teenagers naturally desire to be financially independent. They do not wish to rely on family members or their parents.

CONCLUSION:

As the adolescent's school days come to an end, issues like what to do after graduating, where one's talents lie, and if one will be able to get a job arise. Many teenagers worry about the future, which makes them more prone to mental stress. Teenagers' emotional issues are often brought on by their families' current circumstances. Many teenagers believe they are misunderstood or that their homes have overly rigid parental rules. [10] The main causes of conflict in the family are an adolescent's lack of independence and a parent's ignorance of their interests. They cause parents of adolescent children to divide evenly. The adolescent is very concerned about financial barriers that prevent him from having the clothes, educational benefits, recreational opportunities, or spending money that his classmates do. Whenever he is with his buddies who have more than him, he becomes emotionally distraught.

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