

Welcome to Three day Orientation Programme for Principals / OSDs of AP TWREIs



Topic: CHILD PSYCHOLOGY WITH SPECIAL REFERENCE TO ADOLESCENTS

Dr. B. PRASAD BABU, M.A., M.Ed., M.Phil., Ph.D.

Asst. Regional Director (Psychology)

Indira Gandhi National Open University
(A Central University, Ministry of HRD, Govt. of India)
Regional Centre, Vijayawada

Contents

1. Introduction about child psychology
2. Stages of Human Development
3. Adolescents
4. Characteristics of Adolescents
5. Problems related to self and body, home, school and society
6. Contemporary problems facing by adolescents
7. Life skills
8. Conclusion - Awareness /education about during adolescence period

Introduction

Science and Technology bring improvement in the quality of human life in many ways, it is also resulted in many new crises. Crowding, noise pollution, competition, social insecurity, unemployment, violence, loneliness etc., are all accompaniments of modern living. These are all influence on our behaviour.

Child psychology studies the behaviour of child from birth to adolescence period. During this period, psychologists observe the factors like intelligence, development (physical, emotional, social, moral) attitudes, interests, aptitudes and personality

Stages of human development

1. Childhood (0-10 yrs)
2. Adolescence (11 – 18 yrs)
3. Adulthood (19-40 yrs)
4. Middle age (41-60 yrs)
5. Old age (above 60 yrs)

Adolescence

- Adolescence is one of the important stages in the life span of a human being. It is a transitional period in a person's life between childhood and early adulthood, starting at approximately 11 to 12 years of age and ending at 18 to 20 years of age.

Characteristics of Adolescents

- Important period
- Period of change (physical, psychological)
- Problem Age
- Heightened Self-consciousness
- Intensification of sex-urge
- Craving for Independence
- Peer-group relationship and pressure
- Aspiring for Leadership
- Search for Identity
- Vocational Choice and Need for Self-support

Problems related to self and body, home, school and society

Problems related to body and self

- Body image
- Pimples
- Complexion
- Eating disorders
- Body changes
- Moodiness
- Anger
- Feelings of rebel
- Crushes
- Day dreaming



Problems related to home

- Authoritative parenting
- Poor rapport with parents
- Lack of communication
- Low socio economic background
- Space constraint
- Comparison with others
- Lack of money
- Frequent quarrels with siblings and parents

Problems related to school

- Strict teachers
- Partial treatment
- Closed school atmosphere
- Not acceptable by classmates
- Poor marks
- Too much homework
- No co-curricular activities
- Long school hours

Problems related to society

- Gender bias
- Generation gap
- Orthodox practices
- Over expectation
- Lack of friends
- Community related problems

Contemporary problems facing by adolescents

- Stereotypes and misconceptions related to adolescence period have given rise to various problems among the adolescents. Some of the critical issues include:
 - Academic problems
 - Juvenile Delinquency
 - Substance abuse (Cigarette smoking, alcohol, drugs)
 - Sexual problems (homosexuality, lesbianism)
 - Early Marriage and Teenage pregnancy

- Mental Health problems
(Stress, anxiety, depression and suicides)
- Modern technological devices and impact on students.
(internet, mobile phones, tabs, computers, games, social networking)
- Eating disorders
(excessive junk foods and over dieting)

Enhancing Life skills

- Self-awareness
- Empathy
- Critical thinking
- Creative thinking
- Decision making skill
- Problem solving
- Effective communication skill
- Interpersonal relationship skills
- Coping with stress and emotions



Conclusion



We should create Awareness /education to teenage students and parents about adolescence period changes and their behaviour.

Awareness about sex education

Periodically conduct parent teacher meetings to solve their children problems.