



BEHAVIOUR AND ADAPTATION PROBLEMS IN ADOLESCENCE

Human life is composed of some special terms. Each one of these terms is important for the existence of the background and experience. The word “adolescence” which is also called “Youth Period” maybe the most special period of the lives for its being mysterious and full of emotions that will be remembered in following years.



“Adolescence is a period of growth that is thought to happen in humans” bodies, with the change of the emotions, sexuality, personality and sociality.” (Kulaksızoğlu, A.2000)



Between the ages of 12-15 Adolescence period is observed. The span shows difference due to socio-cultural environment, age and sex. For an adolescence it is important to be good looking, having good communication with his/her friends and also th views of other people around an adolescence are very important. It is a must that an adolescence be aware of his/her emotions and ideas. Furthermore s/he should take into consideration that s/he knows the purpose of his/her behaviours and s/he should be cabable of making decisions in “the Early Adolescence Period” between age of 12-15.



The parents should support their children in many ways with being aware of the fact that the changes in

the teenagers are quite normal, and these children need help from their parents. Parents should know their children’s interests and lead them to deal with these interests.

Furthermore, the parents ought to provide their children with self-confidence. Helping adolescences while they are making decisions and getting aims for them are the two important aspects.



However, parents should consult an expert when it is heeded. Adolescences need to love and be loved. They are eager to take part in the society. Thus, by the means of this period, adolescences can have purposes for their future, they may also choose their occupations and feel free to act. It is more important than ever in an adolescence’s life to have a good communication with his/her family.



A teenager who is listened without any criticism, interference by his/her parents will not have difficulty in overcoming the difficulties. In addition to this s/he will not avoid sharing his/her problems with his/her parents. An adolescence is always ready to have different relationships. If you are a parent of an adolescence and you think you haven't got an efficient communication with your child, then it is beneficial to have a look at the relationship you set between you and your child. For an adolescence being cared and understood by his/her parents are very important. But if s/he realizes that s/he isn't cared or understood by his/her parents, s/he will find it useless to maintain the relationship and becomes introverted. An adolescence likes being in contact with an adolescence. By the means of empathy, adults

can have a good relationship with adolescences.

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