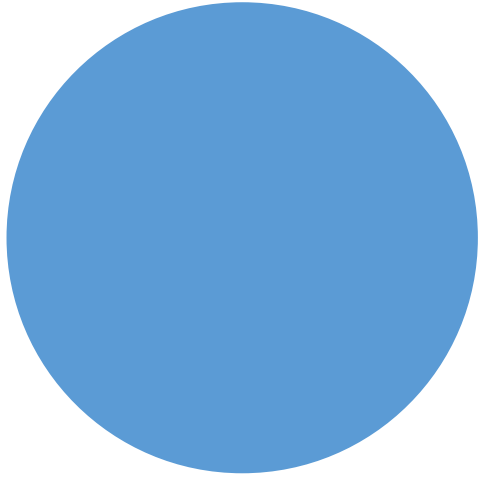


# LIFE SPAN DEVELOPMENT IN ADOLESCENTS

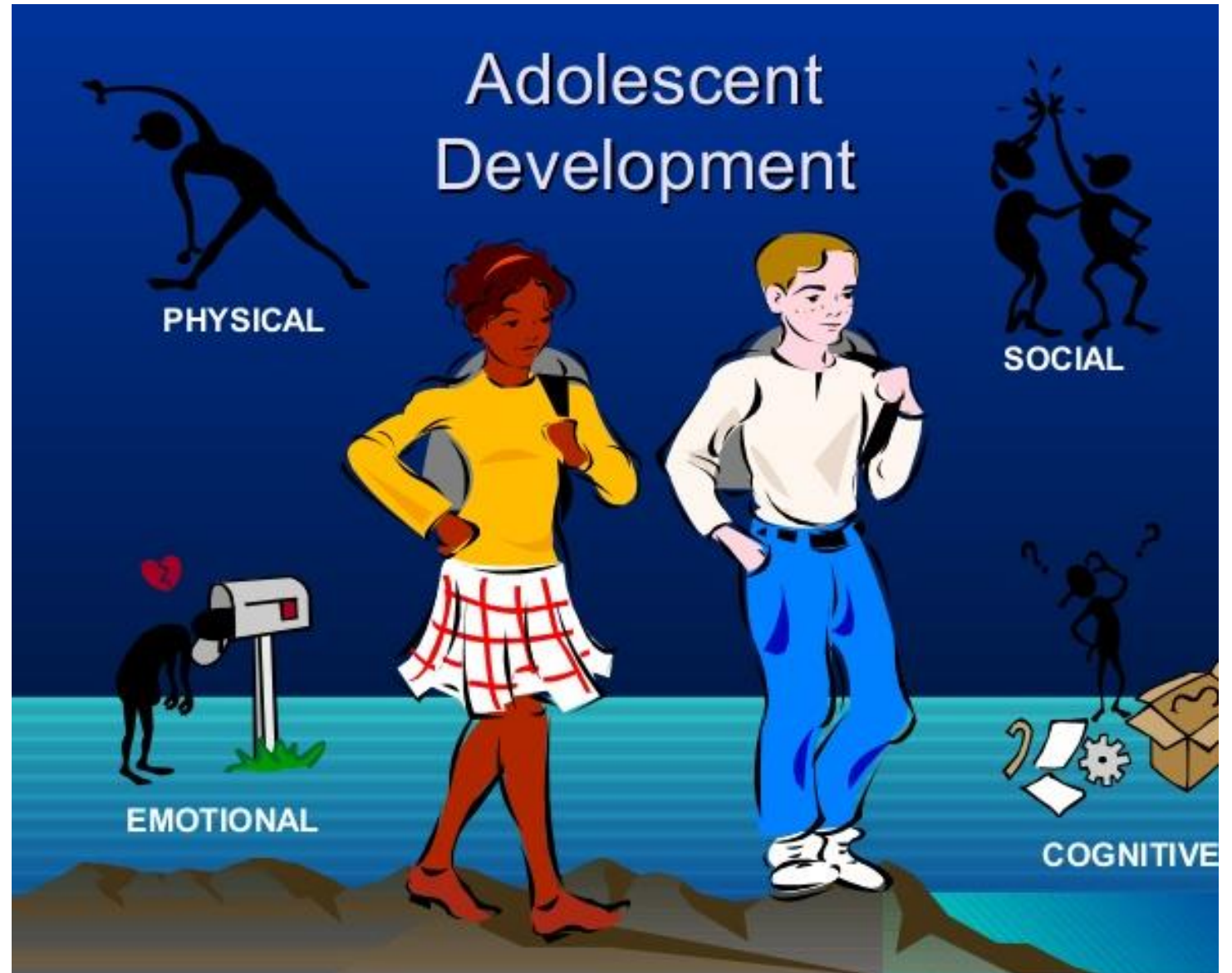


# Adolescents

- This stage is the period of discovery in terms of self-identity, education, making friends, and social relationship.
- The age range for adolescence is usually between the 11 to 18 years. During this period different changes occur in the child from physical or psychological changes in their appearance, behaviours, emotions and how they think.

<https://www.psychologytoday.com/gb/basics/adolescence>

# STAGES OF ADOLESCENT DEVELOPMENT



## BEHAVIOUR, EMOTIONS AND HUMAN COGNITIONS IN ADOLESCENCE

- Social changes- Changes in their social behaviour occurs as many adolescents seek for more independence during this period. They also find ways of fitting into the crowd so as to get accepted by their peers, which sometimes can affect self-esteem. Getting into new relationships, making new friendships are ways of them having identity.
- Emotional changes- They also experience emotional changes like having mood swings, and anger which can be difficult to understand the cause. They could easily get irritated and get into unnecessary arguments leading to constant misunderstandings with their parents, and friends. <https://lifestyle.howstuffworks.com/family/parenting/tweens-teens/emotional-changes-in-adolescence.htm>

## BEHAVIOUR, EMOTIONS AND HUMAN COGNITIONS IN ADOLESCENCE

- Human cognition- The human cognitive development involves how a child thinks and their understanding. Adolescents begin to develop in their thoughts, try identity who they are and their future goals. Questions like 'who am I', 'What do I want to become' begins to fill their thoughts. <https://www.psychologytoday.com/us/blog/surviving-your-childs-adolescence/201007/adolescence-and-emotion>

## PSYCHOLOGICAL THEORIES IDENTIFIED IN ADOLESCENTS

- Erikson's Psychosocial Developmental Theory- This theory was developed by Erikson who stated that the way we interact socially others helps in our development. It looks at how adolescents develop themselves in terms of having an identity which influences their behaviour. Adolescents also face the challenges of identifying themselves in terms of their characters.

## PSYCHOLOGICAL THEORIES IDENTIFIED IN ADOLESCENTS

- COGNITIVE THEORY OF DEVELOPMENT- This theory states that the mind and our thoughts contribute to the growth of a child. As adolescents grow, they spend more time thinking about the future which helps them develop on themselves and what they want from life in general. They also try to imagine what others are thinking about them and find ways to relate with others.  
<https://parentandteen.com/adolescent-cognitive-development/>.

# Common Adolescents behaviors

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# Conclusion

- Adolescents health should be put at top because proper health management will help them become better individuals. As social and health workers it is our duty to provide help to them to improve their well-being. <https://courses.lumenlearning.com/psychology2x4master/chapter/lifespan-theories/>
- Parents, school environment and social workers can help support teenagers by being a good listener, patience, showing empathy amongst other skills to build good relationship and get their trust.
- Giving them the chance to speak and express themselves also helps to learn about them and find the best patterns that suits everyone.

## REFERENCES

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