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1.Introduction

To begin with on this report is going to be analysed the theory and functions of one of the stages of moral development which is Adolescence based on Kohlberg theory, In total there are seven different stages of psychology that human go through during their life span, infancy, early childhood, middle childhood, adolescence, early adulthood, middle adulthood and old age. In the adolescence stage of moral development, it is very important to understand that there are more levels that explain and analyse the stages in which each person at this certain age is experiencing and goes through as an example of their behaviour and different life experiences they have. Psychology in moral development is a thing that requires a lot of research as its very controversial and there are many theories that describe different parts of it in totally different ways, for instance

Kohlberg's theory has different perspective from other Psychologists and experts such as Erikson's.

2.Theory

At first, adolescence is a stage in which all grown-ups have gone through and in which they have experienced different parts of it either the positive at times or negative or even both at the same time. Indeed, as it has been admitted by most people and with experiments and research adolescence is one of the toughest times that a person goes through throughout their life, going through ups and downs and experiencing different parts of life and hormonal changes slowly turning themselves into adults all at a very sudden and fast pace that makes the body and mind shocked. The cognitive developments of adolescence are part of the progression of thinking and decision making from a child to an adult

At times this stage of development can be very challenging for parents, but also for clinicians to care for adolescents

Cognitive development is critical in preparing young people to be able to manage complexity, make judgments, plan.

Also, it is an emotional development as they choose their pals and begin to have feelings for each other as they form strong and intimate ties with friends and family. They will exhibit more love and have more trust in their family if they have a close relationship with them. When adolescents observe changes in the body, such as hair growth, gender and sexual orientation development occurs.

Before talking about further reactions, the transition into an adult has, a brief look into Kohlberg theory would be helpful to understand in depth the moral development at the stage of Adolescence.

- His examination based on Jean Piaget's past work, yet he zeroed in additionally on clarifying how newborn children foster good reasoning. Kohlberg fostered his theory dependent on a progression of good issues that he provided for his exploration members.
- There are two phases of good improvement at each level. Kohlberg's hypothesis has been assaulted lately for being Western-driven, one-sided toward men (he utilized for the most part male examination subjects), and having a confined perspective focused on upper-working class esteem frameworks and viewpoints.
- Kohlberg was more inspired by the rationale behind every member's choice than in the response to whether Heinz was right or erroneous. He then, at that point sorted their thinking as per the phases of his ethical improvement speculation. Kohlberg's theory can be divided into three tiers.
- The first stage is Preconventional morality, and it contains 2 stages:

The soonest phases of moral development, compliance and discipline are particularly normal in little youngsters, however grown-ups are likewise equipped for communicating this sort of thinking. As indicated by Kohlberg, individuals at this stage consider rules to be fixed and total. Submitting to the principles is significant in light of the fact that it is an approach to keep away from discipline.

Stage 2 : at the independence and trade phase of good turn of events, Youngsters represent singular perspectives and rate practices dependent on how well they support singular necessities all through the distinction and trade phase of good turn of events.

The Ordinary Ethical quality: Teenagers and grown-ups disguise the ethical standards they've gained from their good examples and society during this time.

Stage 3: This phase of good improvement is frequently alluded to as the "great kid great young lady" direction since it centers around satisfying social hopes and jobs.

Stage 4: While individuals arrive at this degree of good turn of events, they start to ponder society when deciding.

The Postconventional Ethical quality: Individuals foster an information on dynamic good standards at this degree of good development.

Stage 5: People at the accompanying stage start to represent others' different qualities, points of view, and convictions because of the thoughts of a common agreement and individual rights.

To wrap things up Stage 6: Kohlberg's last degree of good thinking depends on unique thinking and widespread moral ideas. Regardless of whether these disguised thoughts of reasonableness conflict with laws and rules, individuals follow them now.

3.Role of health care practitioners

Talking about health care practitioners in this case is more about psychologists, Many psychologists who work in medical settings

devote a significant portion of their time to academic pursuits (teaching and training). They instruct undergraduate and postgraduate medical, dentistry, nursing, and other allied health professionals, as well as psychology students, in all aspects of psychology, human behaviour, and behavioural sciences.

Psychologists, like other health professionals, follow ethical guidelines and follow a code of behaviour. This consists of two parts: (a) general ethical principles (such as competence, integrity, professional and scientific responsibility, respect for people's rights and dignity, concern for the welfare of others, and social responsibility); and (b) specific ethical standards related to their role with their patients and experiments.

When it comes to the moral development and the stages a person go through throughout their life its always beneficial to consult an expert that will help maintain a stable mindset and logical thinking especially on the hard times of passing from childhood to adolescent and form an adolescent becoming an adult.It is essential to know that these health care practitioners are there to support with whatever trauma and worries a person might have.

- When others don't listen, acts as a sounding board
- Observations that are objective
- Expertise is shared.
- Aids in the detection of issues
- Assists you in working through prior trauma.
- Assists you in establishing appropriate objectives.
- It teaches you how to think differently.
- It assists you in changing your habits.
- It teaches you critical coping skills for life.

4.Reflection

Studying and reflecting on this theory gives an impression of how successful the application of these elements learnt will help in the evaluation and expand as of a future career that will be most probably succeeded if these certain studies are delivered. In the future, I will learn how to cope with stressful situations and be ready to handle challenges when dealing with people with stress disorders as a matter of their development.

Adolescent health refers to the physical, social, emotional, cognitive, and intellectual changes that occur during adolescence. The rapid development of these several fields could result in remarkable growth throughout this time. At this young age they are more vulnerable to adopt dangerous behaviours and develop mental health issues when their growth occurs at various speeds.

Reflecting on the adolescent theory is easy to understand the phases a person passes until adulthood and is very easy to realise the importance of guidance at these ages so that all adolescents can thrive and pass this stage as smooth as possible.

5.Conclusion

Adolescence is defined as the period between the ages of 11 and 19, when a person transitions from being a kid to an adult. Not only does the adolescent go through physical changes, but he or she also goes through emotional, psychological, social, and mental changes. This is the theory that has even more analytical thinking and information to talk about as it has a lot of unique detailed description about the level every person goes through while going through transitioning into an adult. To sum up, all stages of moral development are efficiently explained and are necessary to know about because they are needed for further expanding and evaluation as of a person life

stage from the time they are born until the last stage which is old age.

6. References

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