



Adolescents' health issues & education

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Abstract

When we think about school atmosphere. The atmosphere deals with animate things like students, teachers, headmaster/headmistress, and non teaching staff. So the relationship, positive and energetic atmosphere, cooperation have lot of importance. Person's emotional health & wellbeing is so important for everyday living. When people are doing well emotionally, they are extremely aware of their thoughts, and how they are functioning. Every one need of Normal Emotional Health. Normal Emotional Health includes ability to manage feelings (coping), dealing with difficulties, Social interactions, Flexibility to learn new things & adapt to change, Positive feelings about one self, Control of their thoughts and behavior. School is place where teacher & headmaster/headmistress have to play a crucial role for healthy atmosphere of school. Their behavior, teaching, decisions, interactions, can create enthusiastic, energetic, joyful, healthy atmosphere for everyone in the school. Now a days dealing with teens or adolescents is a big issue for school authority. Today the lifestyle has changed and life is like a rat race. The stage of adolescence is a stormy state. Rapid changes in physical, mental, social, intellectual, moral, emotional etc. of adolescents made them very sensitive. Some of the children in adolescence stage are involved in anger, violence, delinquency, cyber break, moodiness etc. activities so the education is a good way to overcome with these issues for that teacher's role of connecting with adolescents is very important.

Keywords :- Teen or Adolescence stage, Health Issues, Normal Emotional Health Common Adolescents problems

INTRODUCTION :-

The term adolescence is derived from a Latin word 'adolescere' meaning 'to grow', 'to mature'. According to A.T. Jersid "Adolescence is that span of years during which boys and girls move from childhood to adulthood mentally, emotionally, socially, and physically." Mainly the age group of 13 year to 19 year considers as a adolescence or teen age stage. Adolescence is the period of transition from childhood to adulthood. It is often described as the period of storms & stresses. It is the crucial stage between the age of thirteen to nineteen years when a young person acquires the physical maturity of an adult, but suffers from impulsiveness and instability of emotions.(Judd, 2000)

Adolescence is characterized by emotional instability, instantly changing of moods. The two factors (a) rapid physical growth (b) sudden bodily changes with which the adolescents are incapable of coping and inconsistency in parental attitudes.

Adolescents health issues means their interactions with social community, emotional & mental problems, Physical and Intellectual difficulties, Moral and social problems etc.

So the handling adolescence stage teen ager students in the school are a big issue for teachers & headmaster/headmistress. Troubled teen behavior is problematic for teaching & learning process in school education.

Common Problems of Adolescent Students

1. Anger, argument, and rebellious behavior
2. More influenced by friends than parents, teachers
3. Emotional sensitivity
4. Violence
5. Depression
6. Dealing with cyber break
7. Delinquency
8. Run way
9. Alienation
10. Mood swings
11. Suicide
12. Cutting & self harm
13. Experimenting cigarettes & alcohol

14. Dealing with bully

15. Lack of enthusiasm and motivation

A troubled teen faces behavioral, emotional or learning problems beyond the normal teenagers. They repeatedly practice at risk behavior such as violence, skipping school, criminal act, and self harm act. Adolescents like to do Changing appearance – fashions, wearing attention seeking clothes, dyeing hair, hair cut, and use tattoos

Understanding Teen Development :-

A teen agers brain in this stage is actively developing. It is not as mature as adult's brain. The frontal cortex- the part of the brain used to manage emotions, make decisions, reasons, and control inhibitions is restructured during the teen age years. The whole brain does not reach full maturity until about the mid twenties. Though they look mature, taller by physically, but often he/she unable to think things through at an adult level. Hormones produced during the physical changes of adolescence can further complicate things. Now these biological differences don't excuse teens poor behavior or absolve them from accountability for their actions, but they may help explain why teens behavior so impulsively or frustrate parents and teachers with their poor decisions, anxiety, and rebelliousness. Understanding adolescent's development can help teacher and parents find ways to stay connected to teen and overcome problems together.

(www.helpguide.org/mental/troubled-teens.htm) retrieved on 20th Dec 2013 at 4 pm.

Some ways for handling teens :-

a) Uncover what is behind the anger, rebel, argument -

Adolescent students need someone to listen with their adjustment

b) Manage parent's and teacher's anger -

To remain calm & balanced is a good way to control own and adolescent's anger

c) Establish rules & consequences –

Establish some easy free rules for teen agers and try to be control them in their space. They should be aware with the what consequences and results of

their actions.

d) Encourage for different exercise -

Engaging teens with school activities, home study exercises, social activities, play etc.

e) Sex education –

Proper and need based sex education should be given by experts to the teen agers

f) Consolers -

Right counseling on right time is needed with experts is key point for adolescents

g) Set limits with technology -

Let the child know parent, teacher monitoring his or her use of mobile, T.V. programme, computer, email, messages. Limit the amount of time they spending with it .Try to avoid violent video game play.

h) Create Motivational, energetic atmosphere -

Expert Guest lecturers on motivation, personality development, Career Guidance, life skills should be arranged for adolescents.

Conclusion :-

In this way understanding the psychology behind adolescence stage is the better way to handle the adolescence students. So the teacher's & headmaster's/headmistress's behavior, interactions, decisions, teaching can create enthusiastic, energetic, joyful, and healthy atmosphere for adolescents in the school.

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