

6- The adolescent stage

Introduction:-

Adolescents are children who are 10 to 20 years of age. They are in a period between childhood and adulthood, called adolescence. This time period is divided into three stages, including early (10 to 13 years of age), middle (14 to 17 years of age), and late (18 to 20 years of age). During this time, your child will go through many changes in his physical, psychological (mental and emotional), and social growth.

Definition:

1-Is a period between the age of 12 to 18 years

2-A period of transition from childhood to adulthood, marked by major physical changes of puberty and important cognitive and social changes.

Physical growth:

Height: - boys gain 10-30 cm ceases at 18 - 20 years.

- girls gain 5-20 cm ceases at 16 - 17 years.

Weight : - boys gain 7 - 30 kg. - girls gain 7 - 25 kg.

Physiological growth:-

-**Temperature** normal varies between 36.5-37.5 It can reach 37.8 after vigorous exercise.

- **Puls e** reaches adult value 60-80beats /min

-**Respiration** 16-20cycle /min

-**Blood pressure** reaches adult value 120/80mmhg \pm 20%

- *Onset of puberty*

- ✓ for girls The average is at 10 or 11 years

- ✓ for boys age 11 or 12 years

Secondary sex characteristics develop:

- *Boys*

- Increase in size of genitalia

- Swelling of the breast

- Voice changes.

- Production of spermatozoa in boys spermatogenesis is a continuous process that is usually well established by 17 years of age.

- *Female*

- Development of the breasts

- Change in the vaginal secretion

- Growth of pubic and axillary hair.

- Increase in transverse diameter of the pelvis.

- Menstruation (first menstruation is called menarche which occurs between 12 to 13 years)

Cognitive development:

The adolescents are able to formulate hypotheses and test them against facts and personal experiences. They can think in abstract terms i.e. use abstract symbol and drawn logical conclusions from a set of observations.

Search for identity:

Many adolescents turn to religion to strengthen their identity and to provide a set of clear-cut rules for belief and behavior. Adolescents

struggle to fit the roles they have played and those they hope to play with the current style, to integrate their concepts and values with those of the society and to come to a decision regarding an occupation. Inability to solve the core conflict results in **role confusion**.

Moral development:

According to Kohlberg's it is the post conventional level. According to that level correct behavior tends to be defined in terms of general individual rights and standards that have been examined and agreed on by the entire society. This period associated with moral judgment that is rational and internalized into one's standards or value.

Social development:

An adolescent may begin to spend less time with parents and more with friends. He often longs for freedom and starts to detach himself from his family. He begins to depend on himself more and learn responsibility.

-Friends:-

During early adolescence, having close relationships and being accepted into a peer group is very important.

-Community:-

As a child grows older, his relationships with others also grow. By late adolescence, he learns to think about the needs of others instead of thinking only of himself.

Emotional development:

Rapid physical changes occur in this period are accompanied usually by changes in emotional control. Adolescent exhibits alternating and recurrent episodes of disturbed behavior with periods of quite one. He may become hostile or ready to fight, complain or resist every think .little things can cause emotional upheaval: the tension is relieved, emotion is brought under – control and he retreats in an attempt to master his anger and to grow his ability to control his emotions and gain from the new experience

Social development:

- During the adolescence, the parents – child relationship changes from one of protection dependency to one of mutual affection and equality (independency)
- The peer group serves a strong support, provide a sense of belonging and a feeling of strength and power. Adolescents spend increasing amounts of time among their peers and have less contact with their parents.
- Adolescent shows interest in other sex.
- He looks for close friendships.

Care during adolescent stage:

- Personal care :- including hygienic care. adequate sleep and rest.
- Vision : Regular vision testing is an important part of health care and supervision during adolescence period.
- Education for prevention of smoking.

- Nutrition :

The calorie and protein requirements during these years are higher than any other time of life.

- Posture :

Rapid skeletal growth is associated with lag in muscular growth leads to weakness, and easy fatigability. These characteristics predispose younger to slumping and make them less include to stand or sit correctly.

- Dental health.

- Accidents prevention: motor vehicle accidents or sports injuries.

- Sex education and guidance.

Health problems of adolescents

1. Delayed growth and maturation.
2. Acne is a common problem during adolescence.
3. Infections, mononucleosis.
4. Systemic hypertension.
5. Disorders of the reproductive system.

Areas of stress in adolescence:

- Body image.
- Sexuality conflict.
- Relationships with parents.
- Relationships with sibling.
- Relationships with peers.
- Finances.
- Decision about present and future roles.