

# **NIOS lesson adaptation project**

**By EMBRACE Volunteers**

(A community initiative of Harchan Foundation Trust)

## **Chapter 20**

# **ADOLESCENCE CHARMS AND CHALLENGES**

(Printable Version)

- **Simplified Lesson**
- **Previous Year Questions with Answers**
- **Terminal Questions**

This project is aimed at supporting children with different needs. Information provided is adapted to the best of knowledge by the volunteers. For complete information please refer to the NIOS resources in <https://www.nios.ac.in/online-course-material/secondary-courses.aspx>.

## LESSON 20

### ADOLESCENCE CHARMS AND CHALLENGES

#### Adolescence

- Adolescence is a crucial period of life between childhood and adulthood during which an individual experiences a range of emotions, very confident about certain things and unsure about others.
- It takes some time and effort to become comfortable with the changes taking place in one's mind and body.
- These changes make this phase of life very exciting.

#### Characteristics of adolescence

- It is the transitional stage between childhood and adulthood
- It is the age between 10 to 19 years Timing and pace of changes may vary among individuals
- These changes are initiated by hormonal changes in the body and are a natural part process of growing up.

These are marked by

- Physical
- Emotional
- Social
- Cognitive changes

#### Physical development- puberty

- Physical development during adolescence begins with puberty which Changes in the physical body from childhood to adulthood changes in the sexual organs every individual has unique structure which is influenced by several factors such as heredity, environment and nutrition.

Common to boys and girls	Specific to boys	Specific to girls
<ul style="list-style-type: none"><li>• Increase in height and weight</li><li>• Growth of underarm hair</li><li>• Growth of pubic hair</li><li>• Pimples / acne</li><li>• Development of reproductive organs</li></ul>	<ul style="list-style-type: none"><li>• Broadening of shoulders</li><li>• Deepening of voice</li><li>• Development of facial hair</li><li>• Increased muscular development</li><li>• Nocturnal emission</li></ul>	<ul style="list-style-type: none"><li>• Growth of breasts</li><li>• Broadening of hips</li><li>• Menarche</li></ul>

It is characterized by

- Menarche in girls
- Nocturnal emission in boys

### **Characteristics of puberty**

- It is initiated by hormonal changes
- Changes are visible both in boys and girls
- This is marked by physical growth and changes in body shape
- Almost 75% of adult height and about 50% of adult weight is achieved during this age

### **Menarche (Periods)**

- It is the process of initiation of menstruation among girls.
- It is the onset of menstruation in girls.
- It is a natural process.
- Occurs only in girls between the age group of nine to 16 years.

### **Menstruation**

- It normally continues from three to five days every month or after 28 days
- It is a biological process and the cycle called menstruation
- This cycle is of 28 days but it may vary from 21 to 35 days

### **Myths of Menstruation**

- Not to engage in Girls should continue with their daily any work during menstruation
- It is an abnormal condition
- It is alright to take medicine to delay menstruation
- Bathing during menstruation causes cramps
- Women should not enter kitchen during menstruation

### **Menstruation the fact file**

- They can continue with their daily activities
- Avoid taking medicines to delay menstruation
- Regularity in the menstrual cycle is common when girls just began to menstruate
- Menstrual cycle may be irregular due to stress illness and inadequate nutrition
- If the girl is sexually active missed. Individually indicates pregnancy

### **Foods during menstruation**

- All girls should have an iron rich diet to prevent anemia
- Girls who bleed heavily are malnourished may also need iron supplements

### **Nocturnal emission ('wet dreams' or 'night fall')**

It is the release of excess Semen from the penis in boys during sleep

### **Nocturnal emission -the fact file**

#### **It is a natural phenomenon**

- It does not cause any sexual or physical weakness
- All boys may not experience nocturnal emission

### **Hygiene of genitals**

- This is very important for both girls and boys
- Wash genital's with clean water after urination
- Trim the pubic hair regularly to avoid infection and exercise sweating
- Use undergarments made of cotton preferably
- Change undergarments at least once a day
- Wash dirty undergarments and dry it in sunlight
- In case the under garment is stained change it immediately

### **Emotional development**

- Angry outbursts mood swings are quite common in the state
- Adolescents feel as if they are sitting on an emotional seesaw

### **Emotional development**

- It is the ability to manage emotions and to express them in positive and responsible way
- Almost all adolescents go through a stage of rebellion against restrictions
- Each person is unique and has different responses to stress. Positive and healthy ways of responding to stressful situations help in decreasing the negative emotions.

### **Several ways of dealing with the emotional development**

- Asking for help is not a symbol of weakness; it signifies strength and good understanding of your inner resources.

- Analyzing the situation, understanding its cause and avoiding it in future are steps that help in managing emotions better.
- Building of positive self-concept is very important for the personality development among adolescents.

### **Self-concept and Self-esteem**

**Self-concept** means the way in which we see our strengths and weaknesses. It is said to be low when we see only our weaknesses and it is high when we look at our strengths and want to improve our self.

**Self-esteem** is our personal judgment of our abilities. In other words, if we have high self-esteem, then we have more belief in our abilities. Positive self-concept leads to higher self-esteem. Success is the key factor in building positive self-concept during adolescence.

### **Social development**

- It is the interaction of adolescence with their family peers and others
- Peer means persons of the same age groups sharing thoughts and feelings
- Adolescents like to stay with peers
- They develop a strong sense of selfhood -**identity**
- Acceptance in the peer group is a major concern
- Identity crisis like” **who am I**” “**Am I an adult or a child**” is one question affects the adolescent
- They develop a strong sense of selfhood and have their own views and feelings about various issues.
- They put effort to become independent and develop their own identity they slowly start taking their own decisions.

### **Role of peer group**

- Cultivate social skills
- Develops empathy
- Helps building up relationships
- Resolves conflicts
- Offers constructive criticism
- Be generous and supportive
- Helps to maintain mutually respectful

### **Cognitive development**

- Cognitive development refers to the development of brain which facilitates performance of more complex mental functions

- Develops thought processes
- It includes the mental process of perception memory and reasoning
- The thought changes are sudden and drastic which can be favorable or anti-social

### **Thought pattern of adolescence can be of following types:**

- Abstract thinking
- Personal fable
- Systematic thinking
- Idealism
- Imaginary audience

### **Effect of cultural and social norms**

- Norms are certain set of rules and expectations in post by the society
- Society expects the behavior in accordance of norms
- Norms affect the way we behave talk dress or conduct personal relationships
- Gender roles are governed by social norms
- Adolescent is often repulsive to norms
- Adolescents define norms and adopt whatever is popular among their peers or is fashionable in media

### **What should an adolescent avoid?**

- Do not give in to societal pure pressure
- Use the word "no" when declining rather than "I can't" or "I shouldn't"
- Avoid feeling guilty and avoid saying I'm sorry
- Stop others from making excessive demand on you
- Stop others from making excessive demand on you
- Make sure your body language does not contradict what you are saying
- Make direct eye contact with the other person

### **Influence of media on adolescence**

- Mass media like television films newspapers magazines radio and Internet have both
- Positive impact
- Negative impact

## **How to reduce the negative effect of media**

- Help the adolescent to distinguish between **fantasy** and **reality**
- Discussing the consequences of **violence** and **risk-taking** behavior
- Empowering adolescence with thinking skills to filter the messages
- Helping them to take decision which is age appropriate

## **Preparing for a career**

Adolescent

- Starts thinking about his or her career have anxiety to have a good job and a decent livelihood
- Should choose an appropriate job through job fair, website, magazine, newspaper etc.
- Should understand that every job requires extra labor and effort for success and promotions
- Must take internship apprentice and have hands on experience

## **We can get relevant information from the following resources:**

- Weekly magazine sections of many newspapers offer guidance on vocational choices, the preparation needed for them, the concerned institutions and how to get there.
- A number of career guidance websites are also available.
- Parents and employees from specific fields can give first-hand knowledge about their careers.
- An internship or on the job training will also equip you with necessary job-related skills.

## **PREVIOUS YEARS QUESTIONS**

**1. Suggest to your adolescent brother or sister eight ways by which they can be more assertive and not undergo peer pressure**

**Ans:**

- Do not give in to societal peer pressure. Don't fall under the impression that just  
Because "everyone else is doing it", that you should do it too.
- Use the word "no" when declining rather than "I can't" or "I shouldn't".
- Avoid feeling guilty and avoid saying "I'm sorry".
- Stop others from making excessive demand on you.

- Make sure your body language does not contradict what you are saying.
- Make direct eye contact with the other person.
- Not give other people reasons for every action we take
- Maintain your dignity in relationships
- Let other people know how you are feeling

**2. Explain with example how ‘personal fable’ and ‘idealism’ are typical of adolescent behavior**

**Ans:**

**Personal fable**

- At this stage adolescents think that they are unique and nothing bad can happen to them.
- They try to take risks.
- They are energetic and spontaneous in nature and try new things without fear.
- This includes helping peers and family, serving the country which leads in positive self-identity.
- The ability to try new things can be used positively to bring about a positive change in the society.
- Experimenting with drugs, sex, driving at high speed, pillion riding without helmets; etc can result in serious negative consequences.

**Idealism**

- It is one of the main characteristics of adolescence is idealism. They have a strong sense of right and wrong.
- They develop awareness about themselves and their surroundings with a strong sense of pride.
- It leads to positive thinking and actions.
- For example, many youngsters help in difficult situations like disaster, conflict.

**3. Mention main physical changes in that takes place in girls during adolescence**

**Ans:**

- Growth of breasts
- Broadening of hips
- Menarche



**4. Sweety is a teenager who likes to remain alone and gets angry if her parents try to impose any restrictions. How can her parents improve their relationship with her?**

**Ans:**

- They should establish an open channel of communication.
- Sweety and her parents should listen to each other's opinions, think through each other's suggestions carefully and then put forth views and feelings clearly in a mutually respectful manner.

**5. What four physical changes takes place in boys during adolescence?**

**Ans:**

- Broadening of shoulders
  - Deepening of voice
  - Development of facial hair
  - Increased muscular development
  - Nocturnal emission
- are the physical changes that take place in boys during adolescence.

**6. List down four ways by which parents can reduce the negative effect of media on adolescents?**

Parents can reduce the negative effect of media on adolescents by

- Helping the adolescent to distinguish between fantasy and reality
- Discussing the consequences of violence and risk-taking behavior
- Empowering adolescence with thinking skills to filter the messages
- Helping them to take decision which is age appropriate

**7. List out any four physical changes that are common in adolescent boys and girls?**

- Increase in height and weight
- Growth of underarm hair
- Growth of pubic hair
- Pimples / acne
- Development of reproductive organs

**8. Sudhir a teenage boy keeps to himself and avoids talking to his parents. He seems to be under a lot of stress. Suggest two ways in which his parents can help him**

- He must share his feelings with his parents and establish an open channel of communication.

- He and his parents should listen to each other's opinions, think through each other's suggestions carefully and then put forth views and feelings clearly in a respectful manner.

**9. In what four ways can the media influence the personality of adolescents?**

- Media creates awareness about various issues and also provides opportunities for them to participate in various programs on television and radio, publish articles in newspapers, magazines, websites; etc.
- By promoting sports, social work, media can motivate adolescents to take up such activities.
- Media also promotes certain stereotype images and views that may have a negative influence on adolescents.
- Adolescents often over-identify with famous people and idolize stars, professional athletes, movie actors, and television personalities to the point of apparent loss of their own individuality.

**10. What do you understand by self-concept and self-esteem?**

**Ans:**

**Self-concept** means the way in which we see our strengths and weaknesses. It is said to be low when we see only our weaknesses and it is high when we look at our strengths and want to improve our self.

**Self-esteem** is our personal judgment of our abilities. In other words, if we have high self-esteem, then we have more belief in our abilities. Positive self-concept leads to higher self-esteem. Success is the key factor in building positive self-concept during adolescence.

**11. Explain the following with the help of an example each**

1. Abstract thinking
2. Personal fable
3. Idealism
4. Imaginary audience

**Abstract thinking**

- At this stage, they can imagine the impossible.
- They can write poetry and understand humour.

For example, if they hear idioms like A Leopard Can't Change His Spots, they can now understand that it means that a person cannot change his/her basic nature.

### **Personal fable**

- At this stage adolescents think that they are unique and nothing bad can happen to them.
- They try to take risks.
- They are energetic and spontaneous in nature and try new things without fear.
- This includes helping peers and family, serving the country which leads in positive self-identity.
- The ability to try new things can be used positively to bring about a positive change in the society.
- Experimenting with drugs, sex, driving at high speed, pillion riding without helmets; etc can result in serious negative consequences.

### **Systematic thinking**

- They think systematically. They can take a decision and can list and examine various alternatives and the consequences of each alternative, before choosing any one.

For example, while planning for a family holiday they can list out suitable options available; examine them keeping in mind weather condition, location, best time to go, ways to reach the destination and places to see and accordingly decide and plan a holiday.

### **Idealism**

- It is one of the main characteristics of adolescence is idealism. They have a strong sense of right and wrong.
- They develop awareness about themselves and their surroundings with a strong sense of pride.
- It leads to positive thinking and actions.

For example, many youngsters help in difficult situations like disaster, conflict.

### **Imaginary audience**

- They imagine that everyone is watching them.
- They become more aware of their surroundings.

For example; if there is a very small hole in their T shirt, they think everyone can see it.

## **TERMINAL QUESTIONS**

**1) Explain the physical changes that are common to both adolescent boys and girls.**

**Ans:**

- Increase in height and weight.
- Growth of underarm hair.
- Growth of pubic hair.
- Pimples/ acne
- Development of reproductive organs.

**2) Differentiate between emotional and social changes during adolescence.**

**Ans:** Emotional change: means developing an ability to manage emotions and to express them in positive and responsible ways.

- Adolescents go through a stage of disobeying restrictions from the parents.
- Angry outbursts, mood swings are common in this stage.
- Feel like they are sitting on emotional seesaw.

Social change: Refers to the interaction of adolescents with their family, peers and others.

- At this stage adolescents are confused about their identity, whether they are adults or children.
- They develop a strong sense of selfhood and have their own views and ideas.
- They want to be independent and develop their own identity .
- They slowly start taking their own decisions.

**3) Giving one example explain how positive self esteem helps in better performance.**

**Ans:** Self-esteem is our personal judgment of our ability.

If we have high self-esteem, we have more belief in our abilities.

Positive self concept leads to higher self-esteem.

For example a boy is afraid of participating in debate. He sits all alone and judges himself, finds that his positive qualities are far more than his weaknesses. Thus he develops self-esteem, participates in debate and wins the prize.

**4) How would systematic thinking help in choosing a career?**

**Ans:** We must make systematic thinking before choosing a career.

- First is health and natural gifts: Some professions need sound health, e.g., army, police.

- Taste and liking.
- Resources: You cannot run a business, if you don't have money or other resources.
- Nature of profession: Some professions like officials in administration and judiciary etc. charm everyone. So we have to prepare ourselves to go through the competition.

**5) Educate your friend on how to be assertive when being forced to do things against their wishes.**

**Ans:** Don't fall under the impression that just because everyone else is doing it, I should do it too.

- Use the word 'no' when declining rather than "I can't" or "I shouldn't".
- Avoid feeling guilty and avoid saying "I'm sorry".
- Stop others from making excessive demand on you.
- Make direct eye contact with whom you are talking.
- Not to give reasons for every action you take.
- Maintain dignity in relationship.
- Let other person know how you are feeling. When it becomes difficult to say no use any one of the following techniques.
- Ignore the question or statement and walk off.
- Pretend as if you have not understood anything.
- Change the topic.
- Convince to say no.
- Make an excuse.

**6) List various sources from where you can get information regarding your career.**

**Ans:** 1) weekly magazine sections of many newspapers: These magazines and newspapers offer guidance on

- Vocational choices
- The preparation needed for them
- The concerned institution and
- How to get there.

2) A number of career guidance websites.

3) Parents and employees from specific field.

4) An internship or on the job training.